**RESEARCH AND DEVELOPMENT FINAL PROJECT**

 **CHOCOBRO HEALTHY CHOCOLATE**

**(BROCCOLI CHOCOLATE)**



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(BROCCOLI CHOCOLATE)

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Surabaya, July 9, 2020

Darian Lukas Adipranata

**EXECUTIVE SUMMARY**

Chocobro is one of a many healthy food out there. Why chocobro, because we use chocolate and broccoli as the main ingredients, so with the name of chocobro writer is hope easy to remember. Broccoli is an edible green plant in the cabbage family (family Brassicaceae, genus *Brassica*) whose large flowering head and stalk is eaten as a vegetable. The word *broccoli* comes from the Italian plural of *broccolo*, which means "the flowering crest of a cabbage", and is the diminutive form of *brocco*, meaning "small nail" or "sprout". 1 cup (91 grams) brocolli contain 31 calories 0.3g fat, 30mg sodium, 6g carbohydrates, 2.4g fiber, 1.5g sugars, 2.5g protein. Chocolate is a preparation of roasted and ground cacao seeds that is made in the form of a liquid, paste, or in a block, which may also be used as a flavoring ingredient in other foods. Dark chocolate compound contain (25g)140Cal**,** 14g Carbs**,** 9gFat**,** 1gProtein

Keyword : Chocolate, Broccoli

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