

Cocoa Powder vs Cacao Powder (vsdiff.com)

Attribute	Cocoa Powder	Cacao Powder
Processing	Roasted and often <i>alkalized</i> (Dutch-processed); pressed to remove cocoa butter	Minimally processed; typically <i>cold-pressed</i> or raw-ish; less or no alkalization
Flavor	Deeper, bitter-roasted notes; mellower after Dutching	Sharper, more astringent and floral/fruit-forward
Fat (cocoa butter)	Lower: approx. 10-22% remaining	Higher: up to ~22-30%+ depending on processing
Polyphenols (antioxidants)	Reduced by <i>roasting/alkalizing</i> ; variable	Generally higher; flavonoids better preserved
Caffeine & Theobromine	Moderate ; lower if heavily processed	Slightly higher on average
Typical uses	Baking, hot cocoa mixes, industrial confections	Raw desserts, health-focused recipes, single-origin tasting

Source: <https://vsdiff.com/cocoa-powder-vs-cacao-powder/>