

14% Chocolate

Nutrition Facts			
Serving Size	100 grams		
Servings Per Container	1		
Amount per Serving			
Calories	230	Calories from Fat	130
		% Daily Value*	
Total Fat	14 g		22%
Saturated fat	9 g		46%
Cholesterol	55 mg		19%
Sodium	65 mg		3%
Total Carbohydrate	22 g		7%
Dietary fiber	0 g		0%
Sugars	20 g		
Protein	3 g		
Vitamin A	10%	•	Vitamin C 0%
Calcium	8%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

MILKFAT AND NONFAT MILK SOLIDS, SUGAR, COCOA (PROCESSED WITH ALKALI) BUTTERMILK POWDER, MONO AND DIGLYCERIDES, CELLULOSE GUM, GUAR GUM, POLYSORBATE 80, CARRAGEENAN AND VANILLIN (AN ARTIFICIAL FLAVOR)

THIS PRODUCT CONTAINS 0 GRAMS OF TRANS FATS PER 100 GRAMS