

Mint 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%
Trans Fats	0 g	
Cholesterol	55 mg	19%
Sodium	65mg	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

Skim milk, sugar, corn syrup, cream, buttermilk solids, cocoa(processed with alkali), mono and diglycerides, cellulose gum, guar gum, polysorbate 80 and carrageenan