

Milk Chocolate

Dark Chocolate

Nutrition Facts

Serving Size 1 oz (28g)
Servings per Container 1

Amount per Serving

Calories 168 Calories from Fat 97
% Daily Value*

Total Fat 10g **17%**
Saturated Fat 6g **31%**
Trans Fat 0g
Cholesterol 5mg **2%**
Sodium 41mg **2%**
Total Carbohydrate 15g **5%**
Dietary Fiber 1g **3%**
Sugars 14g

Protein 0g

Vitamin A **0%** • Vitamin C **0%**
Calcium **4%** • Iron **0%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie 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 • Carbohydrates 4 • Protein 4

Nutrition Facts

Serving Size 1 oz (28g)
Servings per Container 1

Amount per Serving

Calories 166 Calories from Fat 97
% Daily Value*

Total Fat 11g **17%**
Saturated Fat 7g **33%**
Trans Fat 0g
Cholesterol 0mg **0%**
Sodium 0mg **0%**
Total Carbohydrate 12g **4%**
Dietary Fiber 2g **10%**
Sugars 10g

Protein 0g

Vitamin A **0%** • Vitamin C **0%**
Calcium **0%** • Iron **0%**

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