

Milk Chocolate

Dark Chocolate

Nutrition Facts

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

Amount per Serving		
Calories	150	Calories from Fat 85
% Daily Value*		
Total Fat	10g	13%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	5mg	2%
Sodium	20mg	1%
Total Carbohydrate	15g	5%
Dietary Fiber	1g	4%
Sugars	14g	
Protein	2g	
Vitamin A 0% • Vitamin C 0%		
Calcium 5% • 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			
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	140	Calories from Fat 83
% Daily Value*		
Total Fat	10g	13%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	16g	6%
Dietary Fiber	2g	7%
Sugars	12g	
Protein	1g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		

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Fat 9 • Carbohydrates 4 • Protein 4