

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%
<i>Trans</i> 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%
<i>Trans</i> 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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