



PURE MILK CHOCOLATE COCOA DUSTED ALMONDS

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Calories (kcal)	213.21	524.88	Carbohydrates (g)	19.74	48.59
Calories from Fat (kcal)	127.42	313.68	Dietary Fiber (g)	2.2	5.41
Fat (g)	14.16	34.85	Total Sugars (g)	16.47	40.54
Saturated Fat (g)	5.91	14.55	Protein (g)	3.59	8.85
Trans Fatty Acid (g)	0.03	0.09	Vitamin A - IU (IU)	36.02	88.69
Cholesterol (mg)	3.22	7.92	Vitamin C (mg)	0.22	0.53
Sodium (mg)	18.28	45	Calcium (mg)	62.37	153.55
Potassium (mg)	158.45	390.07	Iron (mg)	0.83	2.05

Nutrition Facts			
Serving Size 12 pieces (41g)			
Servings Per Container			
Amount Per Serving			
Calories 210		Calories from Fat 130	
% Daily Value*			
Total Fat 14g			22%
Saturated Fat 6g			30%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 20mg			1%
Potassium 160mg			5%
Total Carbohydrate 20g			7%
Dietary Fiber 2g			8%
Sugars 16g			
Protein 4g			
Vitamin A 0% • Vitamin C 0%			
Calcium 6% • Iron 4%			
*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Nutrition Facts			
Serving Size (100g)			
Servings Per Container			
Amount Per Serving			
Calories 520		Calories from Fat 310	
% Daily Value*			
Total Fat 35g			54%
Saturated Fat 15g			75%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 45mg			2%
Potassium 390mg			11%
Total Carbohydrate 49g			16%
Dietary Fiber 5g			20%
Sugars 41g			
Protein 9g			
Vitamin A 2% • Vitamin C 0%			
Calcium 15% • Iron 10%			
*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
Saturated Fat	Less than	20g	25g
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Total Carbohydrate		300g	375g
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Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



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INGREDIENTS: Milk Chocolate (sugar, cocoa butter, chocolate liquor, milk, lactose, soy lecithin [an emulsifier], salt, natural flavor), Almonds, Cocoa, Water, Gum Arabic, Modified Starch (tapioca).

Contains Milk, Soy, Tree Nuts (almonds).

Manufactured in a plant that processes peanuts, tree nuts, soy, wheat (gluten), eggs, and dairy products.

July, 2015