

# GKI MILK/DARK/YOGURT CASHEWS

11/19/2010

## Nutrition Facts

Serving Size (40g)  
Servings Per Container

Amount Per Serving

**Calories** 220    **Calories from Fat** 140

% Daily Value\*

**Total Fat** 15g                      **23%**

    Saturated Fat 9g                      **45%**

    Trans Fat 0g

**Cholesterol** 0mg                      **0%**

**Sodium** 10mg                      **0%**

**Total Carbohydrate** 21g              **7%**

    Dietary Fiber 1g                      **4%**

    Sugars 16g

**Protein** 3g

Vitamin A 0%                      • Vitamin C 0%

Calcium 2%                      • Iron 6%

\*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	300 mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: MILK CHOCOLATE (SUGAR, COCOA BUTTER, WHOLE MILK POWDER, CHOCOLATE LIQUOR, SOY LECITHIN (AN EMULSIFIER), VANILLIN (ARTIFICIAL FLAVOR), AND SALT), PARTIALLY HYDROGENATED PALM KERNEL OIL, COCOA POWDER, YOGURT (SUGAR, PARTIALLY HYDROGENATED PALM KERNEL OIL, NONFAT MILK POWDER, WHOLE MILK POWDER, YOGURT POWDER (CULTURED WHEY AND NONFAT MILK), LACTIC ACID, SOY LECITHIN (AN EMULSIFIER), VANILLIN (ARTIFICIAL FLAVOR)), WHEY SOLIDS, CREAM 73100 (PARTIALLY HYDROGENATED SOYBEAN OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE), SOUR CREAM FLAVOR), DARK CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, CHOCOLATE LIQUOR PROCESSED WITH ALKALI, SOY LECITHIN (AN EMULSIFIER), VANILLA, SALT), CASHEWS AND CONFECTIONERS GLAZE.

Contains Cashews, Milk and Soy.

Allergy information: this product made in facility that processes peanuts, tree nuts, soy, wheat and dairy products.