

GKI MILK/DARK/YOGURT ALMONDS

03/19/2012

Nutrition Facts	
Serving Size (40g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 9g	45%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%
*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, MILK, CHOCOLATE LIQUOR, SOY LECITHIN (EMULSIFIER), LACTOSE, VANILLIN (ARTIFICIAL FLAVOR), SALT, PARTIALLY HYDROGENATED PALM KERNEL OIL, COCOA, DRY WHEY (MILK), NONFAT DRY MILK), DARK CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, CHOCOLATE LIQUOR PROCESSED WITH ALKALI, SOY LECITHIN (EMULSIFIER), SALT, VANILLA), YOGURT COATING (SUGAR, PARTIALLY HYDROGENATED PALM KERNEL OIL, NONFAT MILK POWDER, YOGURT POWDER (CULTURED WHEY, NONFAT MILK SOLIDS), ARTIFICIAL COLOR (TITANIUM DIOXIDE), LACTIC ACID, SOY LECITHIN (EMULSIFIER), VANILLIN (ARTIFICIAL FLAVOR)), YOGURT POWDER (NON FAT MILK SOLIDS, WHEY SOLIDS, LACTIC ACID), MILK POWDER (WHOLE MILK POWDER, NON FAT DRY MILK, WHEY SOLIDS, LACTOSE), SOUR CREAM (ARTIFICIAL FLAVORING), ALMONDS AND CONFECTIONERS GLAZE.

Contains Almonds, Milk and Soy.

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

*JK KUN 3-21-12
OK RCW 3-22-12*