



PURE MILK CHOCOLATE ALMONDS

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Calories (kcal)	212.04	526.03	Carbohydrates (g)	19.58	48.57
Calories from Fat (kcal)	126.5	313.83	Dietary Fiber (g)	1.94	4.82
Fat (g)	14.06	34.87	Total Sugars (g)	16.62	41.24
Saturated Fat (g)	5.92	14.69	Protein (g)	3.4	8.44
Trans Fatty Acid (g)	0.03	0.09	Vitamin A - IU (IU)	36.39	90.26
Cholesterol (mg)	3.24	8.04	Vitamin C (mg)	0.21	0.52
Sodium (mg)	18.16	45.04	Calcium (mg)	61.49	152.53
Potassium (mg)	146.73	363.99	Iron (mg)	0.64	1.59

Nutrition Facts	
Serving Size 11 pieces (40g)	
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 150mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 17g	
Protein 3g	
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 530	Calories from Fat 310
% Daily Value*	
Total Fat 35g	54%
Saturated Fat 15g	75%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Potassium 360mg	10%
Total Carbohydrate 49g	16%
Dietary Fiber 5g	20%
Sugars 41g	
Protein 8g	
Vitamin A 2%	• Vitamin C 0%
Calcium 15%	• Iron 8%
*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
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Calories per gram:	
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INGREDIENTS: Milk Chocolate (sugar, cocoa butter, chocolate liquor, milk, lactose, soy lecithin [an emulsifier], salt, natural flavor), Almonds, Water, Gum Arabic, Confectioners Glaze, Modified Starch (tapioca), Coconut Oil.

Contains Milk, Soy, Tree Nuts (almonds).

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

June, 2015