

TS-Cocoa Gems

06/16/2015

Nutrition Facts	
Serving Size About 44 Pieces (40g)	
Amount Per Serving	
Calories 190	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 30g	10%
Dietary Fiber 1g	4%
Sugars 29g	
Protein 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• 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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Confectionery Coating (Sugar, Hydrogenated Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin [An Emulsifier], Vanilla), Sugar, Artificial Coloring (Includes Red 40 Lake, Yellow 6 Lake, Yellow 6, Yellow 5 Lake, Blue 2 Lake, Blue 1 Lake), Gum Arabic, Corn Syrup, Confectioner's Glaze.

Contains Milk, Soy.

May also contain Peanut, Tree Nuts, Wheat.

Recipe: TS-Cocoa Gems

Multi-Column

Nutrients	Per 100g	Nutrients	Per 100g
Basic Components		Minerals	
Calories (kcal)	481.48	Boron (mcg)	--
Calories from Fat (kcal)	191.81	Calcium (mg)	60.15
Calories from SatFat (kcal)	174.48	Chloride (mg)	0.07
Protein (g)	2.12	Chromium (mcg)	--
Carbohydrates (g)	74.35	Copper (mg)	0.19
Dietary Fiber (g)	1.36	Fluoride (mg)	--
Soluble Fiber (g)	0.62	Iodine (mcg)	--
Insoluble Fiber (g)	0	Iron (mg)	1.57
Total Sugars (g)	71.30	Magnesium (mg)	35.37
Monosaccharides (g)	0.08	Manganese (mg)	0.00
Disaccharides (g)	23.94	Molybdenum (mcg)	--
Kilojoules (kj)	2014.52	Phosphorus (mg)	53.70
Fructose (g)	--	Potassium (mg)	180.56
Galactose (g)	--	Selenium (mcg)	0.00
Glucose (g)	0.08	Sodium (mg)	59.20
Lactose (g)	--	Zinc (mg)	0.25
Maltose (g)	0.06	Poly Fats	
Sucrose (g)	23.88	Omega 3 Fatty Acid (g)	--
Other Carbs (g)	0.59	Omega 6 Fatty Acid (g)	--
Net Carbs (g)	72.96	Amino Acids	
Fat (g)	21.31	Alanine (g)	--
Saturated Fat (g)	19.39	Arginine (g)	--
Mono Fat (g)	0.74	Aspartic Acid (g)	--
Poly Fat (g)	0.32	Cystine (g)	--
Trans Fatty Acid (g)	0.37	Glutamic Acid (g)	--
Cholesterol (mg)	0.55	Glycine (g)	--
Water (g)	1.00	Histidine (g)	--
Ash (g)	1.18	Isoleucine (g)	--
Starch (g)	--	Leucine (g)	--
Vitamins		Lysine (g)	--
Vitamin A - IU (IU)	2.22	Methionine (g)	--
Vitamin A - RAE (RAE)	--	Phenylalanine (g)	--
Vitamin A - RE (RE)	0	Proline (g)	--
Carotenoid RE (RE)	--	Serine (g)	--
Folate (mcg)	2.36	Threonine (g)	--

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Multi-Column cont.

Nutrients	Per 100g	Nutrients	Per 100g
Folic Acid (mcg)	--	Tryptophan (g)	--
Folate, DFE (mcg)	--	Tyrosine (g)	--
Folate, food (mcg)	--	Valine (g)	--
Vitamin K (mcg)	--	Other Nutrients	
Pantothenic Acid (mg)	0.30	Sugar Alcohol (g)	0.03
Retinol RE (RE)	--	Glycerol (g)	--
Alpha-Carotene (mcg)	--	Inositol (g)	--
Beta-Carotene Equiv (mcg)	--	Mannitol (g)	--
Beta-Carotene (mcg)	--	Sorbitol (g)	--
Vitamin B1 (mg)	0.04	Xylitol (g)	--
Vitamin B2 (mg)	0.18	Organic Acids (g)	--
Vitamin B3 (mg)	0.50	Acetic Acid (g)	--
Vitamin B3 - Niacin Equiv (mg)	--	Citric Acid (g)	--
Vitamin B6 (mg)	0.04	Lactic Acid (g)	--
Vitamin B12 (mcg)	--	Malic Acid (g)	--
Biotin (mcg)	1.44	Choline (mg)	--
Vitamin C (mg)	0.07	Taurine (g)	--
Vitamin D - IU (IU)	1.19	Lycopene (mcg)	--
Vitamin D - mcg (mcg)	--	Alcohol (g)	--
Vitamin E - Alpha-Toco (mg)	--	Caffeine (mg)	0.01
Vitamin E - Alpha-Toco Equiv (mg)	--	Artificial Sweetener (mg)	--
Vitamin E - IU (IU)	--	Aspartame (mg)	--
Vitamin E - mg (mg)	--	Saccharin (mg)	--