



## MILK CHOCOLATE ALMONDS

| Nutrients                | Per Serving | Per 100g | Nutrients           | Per Serving | Per 100g |
|--------------------------|-------------|----------|---------------------|-------------|----------|
| Calories (kcal)          | 209         | 533.76   | Carbohydrates (g)   | 19.83       | 50.66    |
| Calories from Fat (kcal) | 124.74      | 318.57   | Dietary Fiber (g)   | 1.97        | 5.04     |
| Fat (g)                  | 13.86       | 35.4     | Total Sugars (g)    | 16.86       | 43.05    |
| Saturated Fat (g)        | 7.26        | 18.53    | Protein (g)         | 3.09        | 7.88     |
| Trans Fatty Acid (g)     | 0.02        | 0.06     | Vitamin A - IU (IU) | 25.74       | 65.73    |
| Cholesterol (mg)         | 1.72        | 4.39     | Vitamin C (mg)      | 0.12        | 0.31     |
| Sodium (mg)              | 13.01       | 33.23    | Calcium (mg)        | 49.77       | 127.09   |
| Potassium (mg)           | 142.26      | 363.32   | Iron (mg)           | 1.02        | 2.6      |

| <b>Nutrition Facts</b>   |           |                              |            |
|--|-----------|------------------------------|------------|
| Serving Size 12 pieces (39g)   |           |                              |            |
| Servings Per Container   |           |                              |            |
| <b>Amount Per Serving</b>  |           |                              |            |
| <b>Calories 210</b>  |           | <b>Calories from Fat 120</b> |            |
| % Daily Value*   |           |                              |            |
| <b>Total Fat</b> 14g   |           |                              | <b>22%</b> |
| Saturated Fat 7g   |           |                              | <b>35%</b> |
| Trans Fat 0g   |           |                              |            |
| <b>Cholesterol</b> 0mg   |           |                              | <b>0%</b>  |
| <b>Sodium</b> 15mg   |           |                              | <b>1%</b>  |
| <b>Potassium</b> 140mg   |           |                              | <b>4%</b>  |
| <b>Total Carbohydrate</b> 20g  |           |                              | <b>7%</b>  |
| Dietary Fiber 2g   |           |                              | <b>8%</b>  |
| Sugars 17g   |           |                              |            |
| <b>Protein</b> 3g  |           |                              |            |
| Vitamin A 0% • Vitamin C 0%  |           |                              |            |
| Calcium 4% • 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                        | 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   |           |                              |            |

| <b>Nutrition Facts</b>   |           |                              |            |
|--|-----------|------------------------------|------------|
| Serving Size (100g)  |           |                              |            |
| Servings Per Container   |           |                              |            |
| <b>Amount Per Serving</b>  |           |                              |            |
| <b>Calories 530</b>  |           | <b>Calories from Fat 320</b> |            |
| % Daily Value*   |           |                              |            |
| <b>Total Fat</b> 35g   |           |                              | <b>54%</b> |
| Saturated Fat 19g  |           |                              | <b>95%</b> |
| Trans Fat 0g   |           |                              |            |
| <b>Cholesterol</b> 5mg   |           |                              | <b>2%</b>  |
| <b>Sodium</b> 35mg   |           |                              | <b>1%</b>  |
| <b>Potassium</b> 360mg   |           |                              | <b>10%</b> |
| <b>Total Carbohydrate</b> 51g  |           |                              | <b>17%</b> |
| Dietary Fiber 5g   |           |                              | <b>20%</b> |
| Sugars 43g   |           |                              |            |
| <b>Protein</b> 8g  |           |                              |            |
| Vitamin A 2% • Vitamin C 0%  |           |                              |            |
| Calcium 15% • Iron 15%   |           |                              |            |
| *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   |           |                              |            |



## **MILK CHOCOLATE ALMONDS**

**INGREDIENTS:** Milk Chocolate (sugar, cocoa butter, chocolate liquor, milk, lactose, soy lecithin [an emulsifier], salt, natural flavor), Almonds, Sugar, Palm Kernel Oil, Cocoa, Whey, Nonfat Milk, Soy Lecithin (an emulsifier), Water, Gum Arabic, Natural Flavor, 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.

September, 2015