

Semi Dark

NATURALLY & ARTIFICIALLY FLAVORED

Nutrition Facts

Serving Size 3 tbsp (35g/ 1 cup prepared)
Servings Per Container about 10

Amount Per Serving

Calories 140 Calories from Fat 35

% Daily Value*

Total Fat 3.5g **6%**

Saturated Fat 3g **16%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrates 29g **10%**

Dietary Fiber 1g **5%**

Sugars 23g

Protein <1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

* 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
Sat 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

INGREDIENTS: SUGAR, CONFECTIONERY FLAKE (SUGAR, PARTIALLY HYDROGENATED PALM KERNEL OIL, COCOA, UNSWEETENED CHOCOLATE, COCOA PROCESSED WITH ALKALI, AND SOY LECITHIN AS AN EMULSIFIER), NON DAIRY CREAMER (CORN SYRUP SOLIDS, PARTIALLY HYDROGENATED COCONUT OIL, SODIUM CASEINATE (A MILK DERIVATIVE), DIPOTASSIUM PHOSPHATE, SODIUM TRIPOLYPHOSPHATE, MONOGLYCERIDES, **DATEM**, SODIUM SILICOALUMINATE, ARTIFICIAL FLAVOR), COCOA POWDER (PROCESSED WITH ALKALI), CORN SYRUP SOLIDS, MALTODEXTRIN, MOLASSES, NATURAL AND ARTIFICIAL FLAVORS, SALT, CELLULOSE GUM, AND SILICONE DIOXIDE. **CONTAINS SOY (LECITHIN), COCONUT (OIL) AND MILK (CASEINATE).**

Triple Chocolate

NATURALLY & ARTIFICIALLY FLAVORED

Nutrition Facts

Serving Size 3 tbsp (35g/ 1 cup prepared)
Servings Per Container about 10

Amount Per Serving

Calories 140 Calories from Fat 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 3.5g **17%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrates 28g **9%**

Dietary Fiber 1g **5%**

Sugars 24g

Protein <1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • 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
Sat 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

INGREDIENTS: SUGAR, CONFECTIONERY FLAKE (SUGAR, PARTIALLY HYDROGENATED PALM KERNEL OIL, COCOA, UNSWEETENED CHOCOLATE, COCOA PROCESSED WITH ALKALI, AND SOY LECITHIN AS AN EMULSIFIER), NON DAIRY CREAMER (CORN SYRUP SOLIDS, PARTIALLY HYDROGENATED COCONUT OIL, SODIUM CASEINATE (A MILK DERIVATIVE), DIPOTASSIUM PHOSPHATE, SODIUM TRIPOLYPHOSPHATE, MONOGLYCERIDES, **DATEM**, SODIUM SILICOALUMINATE, ARTIFICIAL FLAVOR), COCOA POWDER (PROCESSED WITH ALKALI), BROWN SUGAR, MOLASSES, NATURAL AND ARTIFICIAL FLAVORS, SALT, CELLULOSE GUM, SILICONE DIOXIDE, CARRAGEENAN AND GUAR GUM. **CONTAINS SOY (LECITHIN), COCONUT (OIL) AND MILK (CASEINATE).**