

LINDT & SPRUNGLI (USA) INC.

BLUEBERRY VANILLA YOGURT BAR 3.5OZ (100g)

Nutrition Facts

Serving Size 5 Pieces (42g)

Servings Per Bar about 2.5

Amount Per Serving

Calories 210

Calories from Fat 120

% Daily Value*

Total Fat 13g

20%

Saturated Fat 8g

40%

Trans Fat 0g

Cholesterol 10mg

3%

Sodium 40mg

2%

Total Carbohydrate 21g

7%

Dietary Fiber less than 1g

0%

Sugars 20g

Protein 3g

Vitamin A 2%

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Vitamin C 2%

Calcium 10%

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Iron 2%

*Percent Daily Values are based on a 2,000 calories 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	

Calories per gram:

Fat 9

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Carbohydrate 4

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Protein 4

INGREDIENTS: Sugar, cocoa butter, milk, yogurt powder, chocolate, skim milk, butterfat, blueberry pieces (blueberry, glucose syrup), artificial flavors, soya lecithin (emulsifier), lactose, vanilla extract, concentrates (black carrot, hibiscus), barley malt powder, citric acid.

May contain traces of peanuts / tree nuts