

LINDT & SPRUNGLI (USA) INC.

60% EXTRA DARK LINDOR SINGLES BAR- 100g 3.5oz

Nutrition Facts

Serving Size 7 Pieces (39g)

Servings Per Bar about 3

Amount Per Serving		
Calories	250	Calories from Fat 200
		% Daily Value*
Total Fat	21g	32%
Saturated Fat	15g	76%
Trans Fat	0g	
Cholesterol	less than 5mg	1%
Sodium	10mg	0%
Total Carbohydrate	13g	4%
Dietary Fiber	2g	10%
Sugars	12g	
Protein	2g	
Vitamin A	0%	●
Calcium	2%	●
Vitamin C	0%	
Iron	12%	

*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 ● Carbohydrate 4 ● Protein 4

INGREDIENTS: Chocolate, sugar, vegetable oil (palm, palm kernel, coconut), cocoa butter, butterfat, milk, lactose, soya lecithin (emulsifier), skim milk, vanilla, artificial flavorings. barley malt powder.

May contain traces of peanuts / tree nuts