



LINDT & SPRÜNGLI

Surfin Dark Chocolate Thins 4.4oz (125g)

Nutrition Facts	
Serving Size:	16 pieces (41 g)
Servings Per Box about	5
Amount Per Serving	
Calories	230
Calories from Fat	130
% Daily Value*	
Total Fat	16 g 23%
Saturated Fat	9 g 46%
Trans Fat	0 g
Cholesterol	0 mg 0%
Sodium	5 mg 0%
Total Carbohydrate	23 g 8%
Dietary Fiber	3 g 10%
Sugars	19 g
Protein	2 g 4%
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	15%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily diet:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 86g
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 36g
Calories per gram:	
Fat	9
Carbohydrate	4
Protein	4

INGREDIENTS:

Sugar, chocolate, cocoa butter, soya lecithin (emulsifier), vanilla.

May contain tree nuts/milk.

Please note:

*Although we regularly update this website, the information displayed is for guidance only. Please always read the label for definitive advice.