LINDT & SPRÜNGLI

Lindt Milk Chocolate Bear 3.5oz (100g)

Nutrition Facts

Serving Size (40g)
Servings Per Container about 2.5

Amount Per Serving	
Calories 220	Calories from Fat 120
	% Daily Value*
Total Fat 13g	**20%**
Saturated Fat 8g	**40%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 35mg	**1%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 1g	**4%**
Sugars 22g	
Protein 3g	

Vitamin A 2% • Vitamin C 0%

Calcium 8% • 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
Saturated 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:

Sugar, cocoa butter, **milk**, chocolate, lactose, skim milk, **soya** lecithin (emulsifier), barley malt powder, milkfat, artificial flavor.

May contain tree nuts.

Please note:

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