



# LINDT & SPRÜNGLI

## Surfin Bittersweet Bar 10.5oz (300g)

<b>Nutrition Facts</b>	
Serving Size 5 Blocks (38g)	
Servings Per Container about 8	
<b>Amount Per Serving</b>	
<b>Calories 200</b>	<b>Calories from Fat 110</b>
<b>% Daily Value*</b>	
<b>Total Fat 12g</b>	<b>18%</b>
Saturated Fat 8g	<b>38%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 19g	
<b>Protein 2g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 14%
*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, chocolate, cocoa butter, soya lecithin (emulsifier), vanilla.

**May contain peanuts/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.