



# LINDT & SPRÜNGLI

## Swiss Milk Chocolate Gold Bar 10.5oz (300g)

### Nutrition Facts

Serving Size 5 Pieces (38g)

Servings Per Bar 8

#### Amount Per Serving

Calories 200 Calories from Fat 110

#### % Daily Value\*

**Total Fat** 12g 18%

Saturated Fat 7g 37%

Trans Fat 0g

**Cholesterol** less than 5mg 1%

**Sodium** 70mg 3%

**Total Carbohydrate** 22g 7%

Dietary Fiber 1g 3%

Sugars 21g

**Protein** 2g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 4%

\*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:** Sugar, cocoa butter, **milk**, chocolate, lactose, skim milk, **soya** lecithin (emulsifier), barley malt extract, artificial flavor.

**May contain peanuts/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.