



LINDT & SPRÜNGLI

Valentine's LINDOR Milk Heart 5.7oz (162g)

Nutrition Facts

Serving Size 3 Pieces (39g)
Servings Per Container about 4

Amount Per Serving

Calories 240 **Calories from Fat** 160

% Daily Value*

Total Fat 18g **28%**

Saturated Fat 13g **65%**

 Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 40mg **2%**

Total Carbohydrate 17g **6%**

 Dietary Fiber 1g **4%**

 Sugars 16g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 6% • 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, vegetable oil (coconut, palm kernel), cocoa butter, **milk**, chocolate, skim milk, lactose, **soya** lecithin (emulsifier), barley malt powder, milkfat, artificial flavors.

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.