



LINDT & SPRÜNGLI

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

Nutrition Facts	
Serving Size 3 Pieces (39g)	
Servings Per Container about 4	
Amount Per Serving	
Calories 240	Calories from Fat 170
	% Daily Value*
Total Fat 19g	29%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 15g	
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, chocolate, **milk**, skim milk, milkfat, lactose, **soya** lecithin (emulsifier), barley malt powder, artificial flavors.

May contain peanuts/ tree nuts.

Please note:

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