



Cargill Cocoa & Chocolate
12500 West Carmen Avenue
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Indicative Nutritional Information

Peter's Westchester Icecap Caps 80

Number of Servings: 1 (100 g per serving)

Weight: 100 g

<i>Nutrient</i>	<i>Value</i>
Calories (kcal)	543.63
Fat (g)	33.71
Saturated Fat (g)	32.15
Trans Fatty Acid (g)	0.54
Cholesterol (mg)	1.61
Sodium (mg)	55.32
Carbohydrates (g)	60.75
Dietary Fiber (2016) (g)	2.3
Total Sugars (g)	55.79
Added Sugar (g)	51.56
Protein (g)	4.6
Calcium (mg)	113.9
Iron (mg)	2.86
Vitamin D - mcg (mcg)	0.67
Potassium (mg)	301.39
Water (g)	0.53
Ash (g)	1.18

INGREDIENT STATEMENTS:

SUGAR, *HYDROGENATED PALM KERNEL OIL, NON-FAT MILK, COCOA (PROCESSED WITH ALKALI), SORBITAN MONOSTEARATE, LACTIC ACID ESTERS OF MONO- AND DIGLYCERIDES WITH CITRIC ACID TO HELP PROTECT FLAVOR, SOY LECITHIN (AN EMULSIFIER) AND ARTIFICIAL FLAVOR.

*This oil ingredient is a fully hydrogenated oil (FHO) based on a definition approved by the Institute of Shortenings and Edible Oils Board (ISEO), March, 2014. ISEO's definition of a FHO is: "fully hydrogenated oils have an iodine value of 4 or less". The FDA has not yet defined FHO and PHO's. FDA's definition may differ from ISEO's definition.