



Cargill Cocoa & Chocolate
12500 West Carmen Avenue
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Indicative Nutritional Information

Peter's Viking 165 Semi-Sweet Chocolate

Number of Servings: 1 (100 g per serving)

Weight: 100 g

<i>Nutrient</i>	<i>Value</i>
Calories (kcal)	492.98
Fat (g)	34.97
Saturated Fat (g)	20.97
Trans Fatty Acid (g)	0.14
Cholesterol (mg)	6.9
Sodium (mg)	45.38
Carbohydrates (g)	56.05
Dietary Fiber (2016) (g)	7.22
Total Sugars (g)	43.07
Added Sugar (g)	42.78
Protein (g)	4.86
Calcium (mg)	35.37
Iron (mg)	5.68
Vitamin D - mcg (mcg)	0
Potassium (mg)	822.84
Water (g)	0.69
Ash (g)	2.85

INGREDIENT STATEMENTS:

SEMISWEET CHOCOLATE (CHOCOLATE LIQUOR PROCESSED WITH ALKALI, SUGAR, COCOA BUTTER, MILK FAT, SOY LECITHIN - AN EMULSIFIER, VANILLIN - AN ARTIFICIAL FLAVOR, NATURAL FLAVORS).