



Indicative Nutritional Information

Peter's Lenoir 115 Semisweet Chocolate

Number of Servings: 1 (100 g per serving)

Weight: 100 g

<i>Nutrient</i>	<i>Value</i>
Calories (kcal)	501.25
Calories from Fat (kcal)	308.41
Fat (g)	34.33
Saturated Fat (g)	20.47
Mono Fat (g)	11.44
Poly Fat (g)	1.25
Trans Fatty Acid (g)	0.08
Cholesterol (mg)	7.22
Calcium (mg)	33.02
Sodium (mg)	9.41
Carbohydrates (g)	57.41
Dietary Fiber (g)	6.73
Total Sugars (g)	45.24
Protein (g)	4.51
Vitamin A - IU (IU)	91.85
Vitamin C (mg)	0
Iron (mg)	2.78
Ash (g)	2.64
Potassium (mg)	786.22
Water (g)	0.63
Vitamin D - mcg (mcg)	0
Added sugars	45.0

INGREDIENT STATEMENTS:

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