



Cargill Cocoa & Chocolate
12500 West Carmen Avenue
Milwaukee, WI 53225-6199
Tel: 414 358 5700

Indicative Nutritional Information

Peter's Newport 125 Semi-Sweet Chocolate

Number of Servings: 1 (100 g per serving)

Weight: 100 g

<i>Nutrient</i>	<i>Value</i>
Calories (kcal)	479.23
Fat (g)	34.48
Saturated Fat (g)	20.55
Trans Fatty Acid (g)	0.13
Cholesterol (mg)	6.82
Sodium (mg)	11.29
Carbohydrates (g)	55.54
Dietary Fiber (2016) (g)	8.12
Total Sugars (g)	40.86
Added Sugar (g)	40.54
Protein (g)	5.43
Calcium (mg)	39.56
Iron (mg)	3.35
Vitamin D - mcg (mcg)	0
Potassium (mg)	948.87
Water (g)	0.72
Ash (g)	3.19

INGREDIENT STATEMENTS:

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