



Cargill Cocoa & Chocolate  
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## Indicative Nutritional Information

### Peter's Gibraltar 150 Bittersweet Chocolate

Number of Servings: 1 (100 g per serving)

Weight: 100 g

<i><b>Nutrient</b></i>	<i><b>Value</b></i>
Calories (kcal)	465.44
Fat (g)	34.14
Saturated Fat (g)	20.3
Trans Fatty Acid (g)	0.15
Cholesterol (mg)	7.63
Sodium (mg)	12.83
Carbohydrates (g)	54.02
Dietary Fiber (2016) (g)	9.76
Total Sugars (g)	36.66
Added Sugar (g)	36.3
Protein (g)	6.59
Calcium (mg)	47.8
Iron (mg)	5.45
Vitamin D - mcg (mcg)	0
Potassium (mg)	1158.25
Water (g)	0.89
Ash (g)	3.71

INGREDIENT STATEMENTS:

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