

Barry Callebaut Canada inc.
CHM-WA-0082301-053 Milk Chocolate

8 February 2011

Total Weight: 100.0 g (3.5 oz-wt.)

Cost: --

Per Serving

Nutrient	Amount Per 100g	Amount Per Serving
Basic Components		
Calories	544.3	544.3
Calories from Fat	314.3	314.3
Calories from Saturated Fat	196.8	196.8
Protein	7.3 g	7.3 g
Carbohydrates	55.1 g	55.1 g
Dietary Fiber	1.7 g	1.7 g
Sugar - Total	51.8 g	51.8 g
Other Carbs	1.6 g	1.6 g
Fat - Total	34.9 g	34.9 g
Saturated Fat	21.9 g	21.9 g
Mono Fat	11.9 g	11.9 g
Poly Fat	1.2 g	1.2 g
Trans Fatty Acids	0.2 g	0.2 g
Cholesterol	21.5 mg	21.5 mg
Water	0.9 g	0.9 g
Ash	1.8 g	1.8 g
Vitamins		
Vitamin A IU	43.1 IU	43.1 IU
Vitamin A RE	11.5 RE	11.5 RE
Thiamin-B1	0.1 mg	0.1 mg
Riboflavin-B2	0.3 mg	0.3 mg
Niacin-B3	0.3 mg	0.3 mg
Vitamin-B6	0.1 mg	0.1 mg
Vitamin-B12	0.7 mcg	0.7 mcg
Biotin	0 mcg	0 mcg
Vitamin C	1.5 mg	1.5 mg
Vitamin D mcg	2.1 mcg	2.1 mcg
Vitamin E mg	2.0 mg	2.0 mg
Folate	14.9 mcg	14.9 mcg
Vitamin K	7.9 mcg	7.9 mcg
Pantothenic Acid	0.6 mg	0.6 mg
Minerals		
Calcium	228.4 mg	228.4 mg
Chloride	161.0 mg	161.0 mg
Iodine	0 mcg	0 mcg
Iron	3.5 mg	3.5 mg
Magnesium	53.7 mg	53.7 mg
Phosphorus	229.1 mg	229.1 mg
Potassium	412.1 mg	412.1 mg
Sodium	92.0 mg	92.0 mg
Zinc	1.2 mg	1.2 mg
Other		
Alcohol	0 g	0 g
Caffeine	31.4 mg	31.4 mg
Sugar Alcohol	0 g	0 g