



## Indicative Nutritional Information

### CF-1046 LANDMARK CONF. CTG.

Number of Servings: 1 (100 g per serving)

Weight: 100 g

<i>Nutrient</i>	<i>Value</i>
Calories (kcal)	528.53
Protein (g)	3.94
Carbohydrates (g)	65.78
Dietary Fiber (2016) (g)	2.11
Total Sugars (g)	62.27
Added Sugar (g)	58.72
Fat (g)	28.46
Saturated Fat (g)	26.36
Trans Fatty Acid (g)	0.16
Cholesterol (mg)	1.34
Vitamin D - mcg (mcg)	0.56
Calcium (mg)	95.31
Iron (mg)	2.34
Potassium (mg)	254.5
Sodium (mg)	76.19
Ash (g)	1.05
Water (g)	0.5
Mono Fat (g)	1.58
Poly Fat (g)	0.33
Vitamin C (mg)	0.46
Vitamin A - IU (IU)	1.47
Phosphorus (mg)	116.21
Magnesium (mg)	43.67
Theobromine (g)	0.14
Caffeine (mg)	16.5
Starch (g)	0.82
Total Soluble Fiber (g)	0.36
Total Insoluble Fiber (g)	1.75
Soluble Fiber (2016) (g)	0.36
Insoluble Fiber (2016) (g)	1.75
Vitamin A - RE (mcg)	0.42
Vitamin D - IU (IU)	22.24
Folate (mcg)	3.35
Manganese (mg)	0
Zinc (mg)	0.28
Copper (mg)	0

#### INGREDIENT STATEMENTS:

Sugar, palm kernel oil, hydrogenated palm kernel and palm oils, nonfat dry milk, cocoa, soy lecithin, salt, and artificial flavoring