



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

Indicative Nutritional Information

Peter's Ascent MC-6922-160

Number of Servings: 1 (100 g per serving)

Weight: 100 g

<i>Nutrient</i>	<i>Value</i>
Calories (kcal)	532.52
Protein (g)	6.42
Carbohydrates (g)	59.05
Dietary Fiber (2016) (g)	1.65
Total Sugars (g)	56.13
Added Sugar (g)	48.51
Fat (g)	32.42
Saturated Fat (g)	19.83
Trans Fatty Acid (g)	0.17
Cholesterol (mg)	22.52
Vitamin D - mcg (mcg)	0.08
Calcium (mg)	202.22
Iron (mg)	1.38
Potassium (mg)	352.35
Sodium (mg)	79.58
Ash (g)	1.52
Water (g)	0.9
Mono Fat (g)	10.81
Poly Fat (g)	1.23
Vitamin C (mg)	2.43
Vitamin A - IU (IU)	222.94
Phosphorus (mg)	201.29
Magnesium (mg)	53.5
Theobromine (g)	0.02
Caffeine (mg)	1.92
Starch (g)	0.13
Total Soluble Fiber (g)	0.05
Total Insoluble Fiber (g)	0.21
Soluble Fiber (2016) (g)	0.05
Insoluble Fiber (2016) (g)	0.21
Vitamin A - RE (mcg)	5.54
Vitamin D - IU (IU)	0
Folate (mcg)	8.11
Manganese (mg)	0.27
Zinc (mg)	1.07
Copper (mg)	0.26