

Nutrition Facts

Serving Size 2 Pieces (34g)

Amount Per Serving

Calories 160 **Fat Calories 120**

% Daily Value

Total Fat 13g **20%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Potassium 50mg **1%**

Total Carbohydrate 18g **6%**

Dietary Fiber 4g **16%**

Sugars 0g

Sugar Alcohols 12g

Protein 2g **3%**

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **Iron** 4%

Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carb		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

*Counting Net Carbs?

Fiber and sugar alcohols should be subtracted from the total carbs since they minimally impact blood sugar.

TOTAL CARBS (18g) - FIBER (4g) - SUGAR ALCOHOLS (12g) =

2g **ATKINS**
NET CARBS

INGREDIENTS: MALTITOL, COCOA BUTTER, PEANUTS, POLYDEXTROSE, UNSWEETENED CHOCOLATE, MILKFAT, CONTAINS LESS THAN 2% OF: PALM KERNEL AND PALM OIL, SALT, SODIUM CASEINATE, SOY LECITHIN, MONO- AND DIGLYCERIDES, MILK, NATURAL AND ARTIFICIAL FLAVORS, PEANUT OIL, MIXED TOCOPHEROLS (TO MAINTAIN FRESHNESS), SUCRALOSE.

CONTAINS PEANUTS, MILK, SOY.