

Nutritional Information

Source of Information:
Chocolate Manufacturers Association

<http://www.chocolateusa.org>

Nutrient Profiles for Selected Candy

	Weight	Calories	Calories from Fat	Total Fat (% Daily Value)	Saturated Fat (% Daily Value)	Cholesterol (% Daily Value)	Sodium (% Daily Value)	Total Carb. (% Daily Value)	Protein	Calcium (% RDI)
	40g	200	100	11g (17)	7g (35)	0mg (0)	0mg (0)	25g (8)	1g	0
Milk Chocolate Almond Bar (1.4 oz.)	40g	210	130	14g (22)	7g (35)	7mg (2)	30mg (2)	21g (7)	4g	8
Milk Chocolate Bar (1.4 oz.)	40g	210	120	13g (20)	7g (35)	11mg (4)	35mg (2)	23g (8)	3g	10
Milk Chocolate Covered Peanuts (16 pieces)	40g	210	120	13g (20)	4g (20)	2mg (1)	15mg (1)	21g (7)	6g	6
Milk Chocolate Covered Raisins (35 pieces)	40g	160	50	6g (9)	3.5g (18)	2mg (1)	15mg (1)	27g (9)	1g	4
Milk Chocolate Malted Milk Balls (17 pieces)	40g	180	50	6g (9)	3g (15)	2mg (1)	55mg (2)	28g (9)	0g	6
Semi-Sweet Chocolate Chips (30 pieces)	15g	70	35	4g (6)	2.5g (12)	0mg (0)	0mg (0)	27g (9)	1g	0