



CHOCOLATE DATES 100g



Milchsokolade Mandeln		Milchsokolade Mandeln		Milchsokolade Mandeln	
Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 10.53g	15%	Sodium 19.91mg	1%	Magnesium 70.78mg	19%
Saturated Fat 4.73g	24%	Total Carbohydrate 68.58g	26%	Calcium 108.28mg	14%
Trans Fat 0g		Dietary Fiber 6.35g	23%	Iron 1.44mg	10%
Polyunsaturated Fat 1.13g		Total Sugars 59.57g		Potassium 627.75mg	18%
Monounsaturated Fat 3.78g		Protein 4.5g	9%		
Cholesterol 5.57mg	2%				

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Milchsokolade Pistazien		Milchsokolade Pistazien		Milchsokolade Pistazien	
Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 8.89g	13%	Sodium 19.46mg	1%	Magnesium 59mg	16%
Saturated Fat 4.61g	23%	Total Carbohydrate 69.78g	27%	Calcium 95.49mg	12%
Trans Fat 0g		Dietary Fiber 6.1g	22%	Iron 1.37mg	10%
Polyunsaturated Fat 0.89g		Total Sugars 60.95g		Potassium 635.47mg	18%
Monounsaturated Fat 2.61g		Protein 3.92g	8%		
Cholesterol 5.44mg	2%				

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Dunkle Schokolade Mandeln		Dunkle Schokolade Mandeln		Dunkle Schokolade Mandeln	
Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 12.62g	18%	Sodium 3.19mg	0%	Magnesium 98.16mg	26%
Saturated Fat 5.58g	28%	Total Carbohydrate 66.89g	26%	Calcium 77.52mg	10%
Trans Fat 0.02g		Dietary Fiber 7.47g	27%	Iron 2.41mg	17%
Polyunsaturated Fat 1.09g		Total Sugars 55.98g		Potassium 674.99mg	19%
Monounsaturated Fat 4.83g		Protein 4.13g	8%		
Cholesterol 1.45mg	0%				

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Dunkle Schokolade Pistazien		Dunkle Schokolade Pistazien		Dunkle Schokolade Pistazien	
Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 10.94g	16%	Sodium 3.13mg	0%	Magnesium 85.74mg	23%
Saturated Fat 5.44g	27%	Total Carbohydrate 68.13g	26%	Calcium 65.43mg	8%
Trans Fat 0.02g		Dietary Fiber 7.19g	26%	Iron 2.3mg	16%
Polyunsaturated Fat 0.85g		Total Sugars 57.45g		Potassium 681.62mg	19%
Monounsaturated Fat 3.63g		Protein 3.55g	7%		
Cholesterol 1.42mg	0%				

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Weiße Schokolade Pistazien		Weiße Schokolade Pistazien		Weiße Schokolade Pistazien	
Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 9.47g	14%	Sodium 22.07mg	1%	Magnesium 46.93mg	13%
Saturated Fat 4.82g	24%	Total Carbohydrate 69.74g	27%	Calcium 97.85mg	12%
Trans Fat 0g		Dietary Fiber 5.35g	19%	Iron 0.87mg	6%
Polyunsaturated Fat 0.8g		Total Sugars 62.73g		Potassium 615.12mg	18%
Monounsaturated Fat 3.06g		Protein 3.49g	7%		
Cholesterol 4.97mg	2%				

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Weiße Schokolade Mandeln		Weiße Schokolade Mandeln		Weiße Schokolade Mandeln	
Amount/serving	% Daily Value*	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 11.11g	16%	Sodium 22.57mg	1%	Magnesium 58.43mg	16%
Saturated Fat 4.95g	25%	Total Carbohydrate 68.54g	26%	Calcium 110.71mg	14%
Trans Fat 0g		Dietary Fiber 5.58g	20%	Iron 0.93mg	7%
Polyunsaturated Fat 1.04g		Total Sugars 61.38g		Potassium 606.92mg	17%
Monounsaturated Fat 4.25g		Protein 4.07g	8%		
Cholesterol 5.09mg	2%				

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