

## COMPARISON / COMPOSITION OF NUTRITION FACTS OF DARK AND WHITE CHOCOLATE

Nutrition Facts			
Dark chocolate ▾			
Amount Per 100 grams ▾			
Calories 546			
		% Daily Value*	
<b>Total Fat</b> 31 g			47%
Saturated fat 19 g			95%
Polyunsaturated fat 1.1 g			
Monounsaturated fat 10 g			
Trans fat 0.1 g			
<b>Cholesterol</b> 8 mg			2%
<b>Sodium</b> 24 mg			1%
<b>Potassium</b> 559 mg			15%
<b>Total Carbohydrate</b> 61 g			20%
Dietary fiber 7 g			28%
Sugar 48 g			
<b>Protein</b> 4.9 g			9%
<b>Caffeine</b> 43 mg			
Vitamin A	1%	Vitamin C	0%
Calcium	5%	Iron	44%
Vitamin D	0%	Vitamin B-6	0%
Vitamin B-12	3%	Magnesium	36%

\*Per cent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts			
Milk chocolate ▾			
Amount Per 100 grams ▾			
Calories 535			
		% Daily Value*	
<b>Total Fat</b> 30 g			46%
Saturated fat 19 g			95%
Polyunsaturated fat 1.4 g			
Monounsaturated fat 7 g			
<b>Cholesterol</b> 23 mg			7%
<b>Sodium</b> 79 mg			3%
<b>Potassium</b> 372 mg			10%
<b>Total Carbohydrate</b> 59 g			19%
Dietary fiber 3.4 g			13%
Sugar 52 g			
<b>Protein</b> 8 g			16%
<b>Caffeine</b> 20 mg			
Vitamin A	3%	Vitamin C	0%
Calcium	18%	Iron	13%
Vitamin D	0%	Vitamin B-6	0%
Vitamin B-12	13%	Magnesium	15%

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