

Full Report (All Nutrients) 45283930, ALMONDS COVERED IN DARK CHOCOLATE, UPC: 030034098520
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Report Date: August 23, 2019 09:52 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Giant Eagle, Inc.

Nutrient	Unit	Data points	Std. Error	9.0 PIECES 40g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	210	525
Protein	g	--	--	3.00	7.50
Total lipid (fat)	g	--	--	15.00	37.50
Carbohydrate, by difference	g	--	--	20.00	50.00
Fiber, total dietary	g	--	--	3.0	7.5
Sugars, total	g	--	--	14.00	35.00
Minerals					
Calcium, Ca	mg	--	--	40	100
Iron, Fe	mg	--	--	1.44	3.60
Potassium, K	mg	--	--	300	750
Sodium, Na	mg	--	--	20	50
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	6.000	15.000
Fatty acids, total monounsaturated	g	--	--	7.000	17.500
Fatty acids, total polyunsaturated	g	--	--	1.500	3.750
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

DARK CHOCOLATE (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, CHOCOLATE LIQUOR PROCESSED WITH ALKALI, SOY LECITHIN [EMULSIFIER], SALT, NATURAL VANILLA FLAVOR), ALMONDS, WATER, GUM ARABIC, CONFECTIONERS GLAZE, MODIFIED STARCH (TAPIOCA), COCONUT OIL. *Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017*