

**NUTRITION STATEMENT
PARIS GOURMET**

Item #

Description

NOE110 NOEL NOIR 72% BUTTONS 5K

NUTRITIONAL VALUES (Average value for 100g)

Nutrition information (per 100g)

Nutritional Values	Target	Unit
Energy Kcal	606	kcal
Fat	44	g
of which saturates	27	g
of which trans fats	0,0	g
Cholesterol	1,4	mg
Sodium	0,009	g
Total carbohydrates	44	g
Fiber	11,0	g
of which sugars	29	g
Protein	8,5	g
Vitamin A	1,5	µg
Vitamin C	0,0	mg
Calcium	49,9	mg
Iron	7,4	mg

Nutrition Facts

Serving Size

Servings Per Container

Amount per Serving

Calories 610 Calories from fat 400

* % Daily Value *

Total Fat 44 g **67 %**

 Saturated 27 g **135 %**

 Trans Fat

Cholesterol less than 5 mg **0 %**

Sodium 10 mg **0 %**

Total Carbohydrate 44 g **14 %**

 Dietary Fiber 11 g **44 %**

 Sugars 29 g

Proteins 9 g

Vitamin A 1 % Vitamin C 2 %

Calcium 4 % Iron 40 %

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

Calories: 2,000 2,500

Total Fat Less than 65 g 80 g

Sat Fat Less than 20 g 25 g

Cholesterol Less than 300 mg 300 mg

Sodium Less than 2,400 mg 2,400 mg

Total Carbohydrate 300 g 375 g

Dietary Fiber 25 g 30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4