

Carnation Reg Dark Chocolate

Nutrition Facts

Serving Size 1 packet (36g)

Serving Per Container 1

Amount Per Serving

Calories 130 Calories from Fat 10

% Daily Value *

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 80mg **3%**

Total Carbohydrate 26g **9%**

Dietary Fiber 1g **6%**

Sugars 18g

Protein 5g

Vitamin A 35% Vitamin C 45%

Calcium 25% Iron 25%

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