

# Chocolate

## Nutrition Facts

1 serving per container

**Serving size** 1 popsicle (123mL)

**Amount Per Serving**

**Calories** **190**

**% Daily Value\***

**Total Fat** 9g **12%**

Saturated Fat 5g **25%**

*Trans* Fat 0g

**Cholesterol** 10mg **3%**

**Sodium** 35mg **2%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber 1g **4%**

Total Sugars 24g

Includes 20g Added Sugars **40%**

**Protein** 4g **8%**

Vitamin D 0.1mcg 0%

Calcium 100mg 8%

Iron 0.3mg 2%

Potassium 200mg 4%

\* 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.

Ingredients: Milk, Semi-Sweet Chocolate Chips [Sugar; Chocolate; Cocoa Butter; Milk Fat; Soy Lecithin; Vanillin, Artificial Flavor; Milk], Cane Sugar, Vanilla Extract, Guar Gum, Cinnamon

Contains: Milk, Soy

Swell Pops

Destin, FL 32541