

Nutrition Facts

Serving Size 1 Bar (35g)
Servings Per Container 1

Amount Per Serving

Calories 180 Calories from Fat 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 6g **32%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 30mg **1%**

Total Carbohydrate 21g **7%**

Dietary Fiber less than 1g **2%**

Sugars 20g

Protein 2g

Vitamin A 2% • Vitamin C 2%

Calcium 6% • Iron 2%

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

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

shindigz milk bar

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INGREDIENTS: Milk Chocolate (Sugar, Whole Milk, Cocoa Butter, Chocolate Liquor, Soy Lecithin (an emulsifier), Vanilla

Contains: Milk,
Soy

May Contain:
Peanuts,
Pecans,
Almonds,
Cashews,
Coconut, Eggs
and Wheat