


Nutritional Information for Chocolate and Mix Ins

	Serving Size Weight (g)		Serving Size		Calories	Calories from Fat	Total Fat (g)	% of Daily Value**	Saturated Fat (g)	% of Daily Value**	Cholesterol (mg)	% of Daily Value**	Sodium (mg)	% of Daily Value**	Total Carbohydrate (g)	% of Daily Value**	Dietary Fibers (g)	% of Daily Value**	Sugars (g)	Protein	Vitamin A (% Daily Value)**	Vitamin C (% Daily Value)**	Calcium (% Daily Value)**	Iron (% Daily Value)**
	Milk Chocolate 36% Cocoa	40	1.25 oz	210	115	13	20	8	40	10	3	25	1	23	8	1	4	21	3	2	0	7	5	
Dark Chocolate 67% Cocoa	40	1.25 oz	190	120	14	22	8	40	<5	0	25	1	21	7	4	16	14	3	1	0	2	22		
White Chocolate	40	1.25 oz	220	110	13	20	8	40	5	2	40	2	24	8	0	0	24	2	0	0	10	0		
Organic Dried Blueberries	37	1/4 cup	114	4	0	0	0	0	0	0	0	0	31	10	7	22	24	1	0	3	2	4		
Organic Dried Strawberries	14	20	60	0	0	0	0	0	0	0	0	0	6	1	5	20	14	2	0	5	2	0		
Organic Dried Cranberries	40	1/4 cup	120	0	0	0	0	0	0	0	0	5	0	28	9	2	8	26	2	0	4	0	2	
Organic Dried Bing Cherries	37	1/4 cup	130	0	0.5	1	0	0	0	0	0	0	32	11	3	12	26	<2	0	25	2	4		
Organic Dried Apple Rings	38	6 rings	90	0	0	0	0	0	0	0	0	35	<1	25	8	3	13	21	0	0	2	0	2	
Organic Dried Mangos	40	5 pieces	120	0	0	0	0	0	0	0	0	0	28	10	2	6	20	2	30	20	2	2		
Organic Dried Pineapple Rings	28	2 rings	140	20	2	3	0	0	0	0	0	30	1	30	10	2	10	26	0	10	0	4	4	
Banana Chips	28	1 oz	145	85	9	14	8	41	0	0	2	0	16	5	2	9	10	1						
Organic Dried Raspberries	40	1.25 oz	130	10	1	2	0	0	0	0	0	0	32	11	7	28	23	1	0	45	10	4		
Organic Dried Apricots	42	6 pieces	100	0	0	0	0	0	0	0	0	0	26	9	3	13	22	2	60	2	2	10		
Dried Kiwis	30	1/3 cup	110	0	0	0	0	0	0	0	72	3	25	8	1	4	20	0	0	75	8	2		
Organic Crystallized Ginger	28	1 oz	85	0	0	0	0	0	0	0	5	0	22	7	0	0	21	0	0	0	0	2		
Dried Goji Berries	30	1/4 cup	90	0	0	0	0	0	0	0	0	0	23	8	3	13	3	3	0	20	4	8		
Dry Roasted Peanuts	28	16	170	130	14	22	2	10	0	0	0	5	2	2	8	1	8	0	0	2	8			
Dry Roasted Salted Peanuts	28	16	160	120	14	22	2	10	0	0	190	8	5	2	2	8	2	7	0	0	2	8		
Organic Raw Almonds	36	1/4 cup	210	170	19	29	2	9	0	0	0	7	2	3	14	2	7	0	0	10	8			
Organic Raw Pecans	30	1/4 cup	180	140	3	15	3	8	0	0	5	0	6	2	5	19	0	8	2	0	2	30		
Organic Roasted Walnuts	27	1/4 cup	160	140	16	24	1.5	7	0	0	0	3	1	2	6	1	4	0	0	2	4			
Organic Salted Macadamia Nuts	33	1/4 cup	210	200	23	35	3.5	18	0	0	150	6	11	4	4	1	1	2	0	0	2	4		
Organic Pistachios	30	1/4 cup	180	140	16	24	2	10	0	0	230	10	8	3	3	13	2	4	2	4	2	6		
Organic Dry Roasted Almonds	36	1/4 cup	200	150	17	26	1.5	8	0	0	60	3	9	3	5	18	3	6	0	0	10	8		
Organic Dry Roasted Salted Almonds	30	1/4 cup	170	129	17	26	2	10	0	0	240	10	6	2	3	12	2	6	0	0	8	6		
Organic Raw Cashews	30	1/4 cup	190	134	15	23	3	15	0	0	0	9	3	2	8	1	5	0	0	2	8			
Toffee Crunch Almonds	30	1.1 oz	210	100	11	17	1	5	1.5	5	125	5	20	7	3	10	13	7	2	2	7	6		
Caramel Bits		2	40	10	0	2	0	2	0	0	25	0	8	4	0	0	0	0	0	0	0	0	0	
Coconut Flakes	15	2 Tbsp	100	90	10	15	6	30			5	0	1	0					2					
Brownies	26	1	100	9	1	2	0	0	0	0	90	4	22	7	1	4	15	1						
Organic Granola	28	1 oz	125		5	7	1	3	0	0	11	0	19	6	2	7	6	3						
Graham Crackers	31	8	130	27	3	5	1	3	0	0	190	8	24	8	1	4	7	2						
English Toffee Bits	39	.333 oz	210	110	13	20	7	35	10	3	135	6	24	8	1	2	23	1		0	2	0		
Chocolate Chip Cookies	16	1	78	41	5	7	2	11	11	4	55	2	9	3	0	0	0	1						
Marshmallows	30	6	100	0	0	0	0	0	0	0	25	1	24	8	0	0	20	1				0		
Chocolate Cream-filled Cookies	25	2	120	45	5	8	2	8	0	0	140	6	18	6	0	0	10	1				0		
Crispy Rice	28	1 cup	100	0	0	0	0	0	0	0	230	10	24	8	0	0	3	2						
Pretzels	28	1 oz	110	9	1	2	0	0	0	0	560	23	23	8	1	4	1	2				0		
Peanut Butter Bits	168	1 cup	890	451	50	77	22	110	0	0	420	18	79	26	8	32	67	31						
Peppermints		2	50	0	0	0	0	0	0	0			14	5	0	0	11	0						
Sea Salt	1.4	1/4 tsp	0	0	0	0					540	23	0	0										
Toasted Corn and Oats	27	3/4 cup	110	15	1.5	2	1	4	0	0	200	8	23	8	1	3	12	1	0	0	0	25		
Gummi Bears	40	14	140	0	0	0	0	0	0	0	15	1	32	11	0	0	22	2						
Potato Chips	28	1 oz	160	90	10	16	1	5	0	0	160	7	14	5	1	4	0	2	0	10	0	0		
Vanilla Wafers	30	8	140	54	6	9	2	8	5	2	115	5	21	7	0	0	11	1						
Animal Crackers		17	120	18	2	3	0	0	0	0	100	4	25	8	1	4	6	2						
Caramel Puffcorn																								
Popcorn	28	3 cups	130	50	6	9	0	0	0	0	190	8	18	6	3	14	0	3	0	0	0	4		
Bacon Bits	7	1 Tbsp	25	15	1.5	2	.5	3	5	2	170	7	0	0					2			2		
Corn Flakes	28	1 cup	101	1	0.2	0	0.1	0	0	0	202	8	24.4	8	0.7	3	2.9	2	10	10	0	45		
Jimmies	4	1 tsp	20	0	0	0	0	0	0	0	0	0	3	1	0	0	3	0	0	0	0	0		
Organic Raisins	40	1/4 cup	130	0	0	0	0	0	0	0	0	0	31	10	2	8	25	1	9	0	2	8		
Coffee Toffee	28	1 oz	150	110	12	18	7	36	31	10	80	5	13	10	0	0	12	0	15	0	0	0		
Raw Pumpkin Seeds	36	1/4 cup	210	160	18	27	2	9	0	0	0	0	7	2	2	9	1	8	0	0	4	15		
Cayenne Pepper	5	1 Tbsp	17	8	1	1	0	0	0	0	2	0	3	1	1	6	1	1	44	7	1	2		
Basil	5	2 Tbsp	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	6	2	1	1	1		
Orange Peel	6	1 Tbsp	6	0	0	0	0	0	0	0	0	0	1	0	1	3		0	1	14	1	0		
Cinnamon	8	1 Tbsp	19	1	0	0	0	0	0	0	1	0	6	2	4	16	0	0	0	0	8	4		
Ground Coffee Beans																								
Candy Corn	39	26	140	0	0	0	0	0	0	0	115	5	35	12	0	0	28	0						
Ginger Snaps	26	3	120	30	3.5	5	.5	3	0	0	110	5	20	7	0	0	9	1	0	0	2	6		
Organic Peanuts	28	1 oz	164		14	21	2	9	0	0	0	0	5	2	1	4	0	7						

**Percent daily values are based on a 2000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.