

# Nutrition Facts

Per (495 g)

**Calories 390**

**% Daily Value\***

**Fat** 16 g 21 %  
Saturated 9 g 46 %  
+ Trans 0.3 g

**Carbohydrate** 46 g  
Fibre 1 g 3 %  
Sugars 37 g 37 %

**Protein** 17 g

**Cholesterol** 50 mg

**Sodium** 330 mg 14 %

**Potassium** 750 mg 16 %

**Calcium** 550 mg 44 %

**Iron** 0.5 mg 3 %

\*5% or less is **a little**, 15% or more is **a lot**

**Ingredients:** Milk, fluid, partly skimmed, 2% M.F., Hot chocolate, mix, powder, prepared with 2% milk, Sweets, syrups, chocolate, fudge-type, Cream, whipped, cream topping, pressurized

**Contains:** Milk