

Nutrition Facts

Cacao

Serving size (100g)

Amount Per Serving

Calories

230

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% Daily Value*

Total Fat 14g **18%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 58g **21%**

Dietary Fiber 33g **118%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 20g **40%**

Vitamin D 0mcg **0%**

Calcium 169mg **15%**

Iron 13.86mg **80%**

Potassium 0mg **0%**

*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.