

# 51% Monarch Mocha

## Nutrition Facts

About 2 servings per container

**Serving size**

**1oz (28g)**

	<b>Per Serving</b>	<b>Per Container</b>
<b>Calories</b>	<b>160</b>	<b>350</b>
	<b>% Daily Value*</b>	<b>% Daily Value*</b>
<b>Total Fat</b>	12g <b>15%</b>	25g <b>32%</b>
Saturated Fat	7g <b>35%</b>	14g <b>70%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	<5mg <b>1%</b>	5mg <b>2%</b>
<b>Sodium</b>	10mg <b>0%</b>	20mg <b>1%</b>
<b>Total Carb.</b>	14g <b>5%</b>	29g <b>11%</b>
Dietary Fiber	4g <b>14%</b>	8g <b>29%</b>
Total Sugars	8g	17g
Incl. Added Sugars	7g <b>14%</b>	15g <b>30%</b>
<b>Protein</b>	3g	6g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	40mg 2%	80mg 6%
Iron	0.5mg 2%	1.1mg 6%
Potassium	140mg 2%	290mg 6%
Vitamin A	10mcg 0%	20mcg 2%
Vitamin E	0mg 0%	0.1mg 0%
Niacin	0.2mg 2%	0.4mg 2%
Magnesium	40mg 10%	85mg 20%
Copper	0.02mg 2%	0.04mg 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: ORGANIC CACAO, ORGANIC CANE SUGAR, ORGANIC COCOA BUTTER, DRIED WHOLE MILK POWDER, MONARCH ESPRESSO

CONTAINS: MILK

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