

# GHIRARDELLI® HOT CHOCOLATE

## NATURALLY AND ARTIFICIALLY FLAVORED

Serving Size:	12 fl. oz.	16 fl. oz.	20 fl. oz.
Calories	410	490	610
Calories from Fat	110	130	150
Total Fat (g)	12	14	17
Saturated fat (g)	9	10	12
Trans Fat (g)	0	0	0
Cholesterol (mg)	35	40	45
Sodium (mg)	480	570	740
Total Carbohydrates (g)	63	76	99
Dietary Fiber (g)	3	4	5
Sugars (g)	39	47	63
Protein (g)	15	18	22

Ingredients: Milk, Hot Cocoa Mix (Sugar, Cocoa (Processed With Alkali), Creamer (Coconut Oil, Maltodextrin, Sodium Caseinate (A Milk Derivative), Silicon Dioxide, Sodium Citrate, Soy Lecithin), Nonfat Dry Milk, Whey Powder, Salt, Guar Gum, Gum Arabic, Natural Flavor (Milk), Whipped Cream (Cream, Skim Milk, Corn Syrup, Sugar, Mono and Diglycerides, Natural and Artificial Flavors, Carrageenan), Flavored Sauce (Sugar, Water, Invert Sugar, Cocoa Powder, Natural Flavor, Flaxseed and Plum (To Maintain Freshness), Unsweetened Chocolate, Vanilla Extract, Salt, Soy Lecithin).

### ALLERGENS- CONTAINS:



MILK



SOY

Our facilities produce products with peanuts, tree nuts, soy, milk, eggs and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe to consume for people with peanut, tree nut, soy, milk, egg or wheat allergies.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

