



HOT CHOCOLATE MIX

Stir 3 to 4 heaping tablespoons of mix into 1 cup of warm milk

12 OZ (340g)

Nutrition Facts

Serving Size 4 Tablespoons (28g)
Servings Per Container about 12

Amount Per Serving

Calories 110 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 23g **8%**

 Dietary Fiber 1g **4%**

 Sugars 21g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

| | | | |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

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INGREDIENTS: cane sugar, sweet ground chocolate [sugar, cocoa (processed with potassium carbonate), chocolate liquor, pure vanilla], nonfat milk, cocoa processed with alkali, salt.
CONTAINS: MILK.

KING ARTHUR FLOUR
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Produced on equipment that also processes eggs, soy, wheat, almonds, hazelnuts, pecans, walnuts, and coconut.

