

## Pocky 巧克力棒



Photo by: Ellen Chang, Queens College, Dietetic Intern

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Nutrition Facts/營養標示	
Serv. Size/每一份 5 g/克	
Servings per container/份 2	
Amount Per Serving/每份	
<b>Calories/能量</b> 200 kcal/千卡	<b>Fat cal./脂肪卡</b> 80
% Daily Value*/每日攝取量百分比*	
<b>Total Fat/總脂肪</b> 9 g/克	14%
Saturated Fat/飽和脂肪 5 g/克	25%
Trans Fat/反式脂肪 0 g/克	
Polyunsat. Fat/多不飽和脂肪 0 g/克	
Monounsat. Fat/單不飽和脂肪 0 g/克	
<b>Cholesterol/膽固醇</b> 0 mg/毫克	0%
<b>Sodium/鈉</b> 85 mg/毫克	4%
<b>Potassium/鉀</b> 0 mg/毫克	0%
<b>Total Carb./碳水化合物</b> 26 g/克	9%
Fiber/纖維 2 g/克	8%
Sugars/糖 0 g/克	
<b>Protein/蛋白質</b> 4 g/克	
Vitamin/維他命 A 0%	• Vitamin/維他命 C 0%
Calcium/鈣 2%	• Iron/鐵 2%
* Percent Daily Values are based on a 2,000 calorie diet.	
* 每日建議攝取量的百分比是基於2,000卡路里熱量的食物要求	

**Ingredients / 成分:** wheat flour, sugar, chocolate liquor, partially hydrogenated vegetable oil, whole milk powder, shortening, cocoa butter, salt, butter, yeast, emulsifier, artificial flavor, sodium phosphate, leavening, annatto extract. **Contains: milk, wheat and soybeans.**

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