

# SAN JOSE DEL TAMBO

## ECUADOR

### Nutrition Facts

Serving Size ½ bar (42.5g) • Servings 2

**Calories** 247 • Fat Cal. 147

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 16g	<b>25%</b>	<b>Total Carb.</b> 21g	<b>7%</b>
Sat. Fat 10g	<b>50%</b>	Fiber 4g	<b>16%</b>
Trans. Fat 0g		Sugars 8g	
<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 4g	
<b>Sodium</b> 9mg	<b>0%</b>		

Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 14%

\*Percent Daily Values (DV) are based on a 2,000 calorie diet

May contain traces of milk, peanuts and/or tree nuts.

**INGREDIENTS: COCOA BEANS, SUGAR, COCOA BUTTER** (Made in our factory with Del Tambo beans—visit [askinosie.com](http://askinosie.com) for details).

Askinosie Chocolate is a natural source of flavanol antioxidants. These antioxidants are measured by an ORAC (Oxygen Radical Absorbance Capacity) rating. The high ORAC rating corresponds with the high antioxidant power of the food.

### TOP ANTIOXIDANT FOODS ORAC\* UNITS PER GRAM

Dark Chocolate	131
Milk Chocolate	67
Prunes	58
Raisins	28
Blueberries	24
Blackberries	20
Kale	18
Strawberries	15
Spinach	13
Raspberries	12
Brussels Sprouts	9.8
Plums	9.5
Alfalfa Sprouts	9.3
Broccoli Florets	8.9
Oranges	7.5

\*Source: Data from U.S. Department of Agriculture and the Journal of the American Chemical Society.