

SOCONUSCO MEXICO

Nutrition Facts

Serving Size ½ bar (42.5g) • Servings 2

Calories 245 • Fat Cal. 145

| Amount/serving | %DV* | Amount/serving | %DV* |
|----------------------|------------|------------------------|------------|
| Total Fat 16g | 25% | Total Carb. 20g | 7% |
| Sat. Fat 10g | 50% | Fiber 5g | 20% |
| Trans. Fat 0g | | Sugars 11g | |
| Cholest. 0mg | 0% | Protein 4g | |
| Sodium 11mg | 0% | | |

Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 15%

*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 Soconusco beans-visit 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.