

Chocolate Lava Cakes

Nutrition Facts

Serving Size: 1 Cake (0.0g)

Servings Per Container: 2

Amount Per Serving

Calories 540 Calories from Fat 320

% Daily Value*

Total Fat 35g **54%**

Saturated Fat 21g **105%**

Trans Fat 1g

Cholesterol 190mg **63%**

Sodium 65mg **3%**

Total Carbohydrate 56g **19%**

Dietary Fiber 4g **16%**

Sugars 40g

Sugar Alcohol 0g

Protein 8g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 30%

* 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
Sat 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

CONTAINS: MILK, EGG, SOY