

Nutrition Analysis

Raw Cacao Rolls

Serving Size: 1 roll (45g)

Servings per Container: 3

| Nutrient | Amount | Nutrient | Amount |
|---------------------|--------------|--------------------|------------|
| Calories | 203.657 kCal | Total Folate | 14.218 µg |
| Protein | 4.173 grams | Food Folate | 12.586 µg |
| Carbohydrate | 27.649 grams | Folic Acid | 0.000 µg |
| Total Sugar | 18.512 grams | Inositol | 0.000 mg |
| Fiber | 16.629 grams | Pantothenic | 0.270 mg |
| Sugar Alcohols | 0.000 grams | Vitamin C | 0.653 mg |
| Other Carbohydrate | 1.055 grams | Vitamin D | 0.000 µg |
| Total Fat | 10.191 grams | Total Vitamin E | 0.133 mg |
| Saturated Fat | 2.968 grams | d-Alpha-Tocoph... | 0.000 mg |
| Monounsaturated Fat | 2.851 grams | dl-Alpha-Tocoph... | 0.000 mg |
| Polyunsaturated Fat | 3.783 grams | Beta-Tocopherol | 0.001 mg |
| Omega-3 Fat | 0.000 grams | Gamma-Tocoph... | 2.423 mg |
| Omega-6 Fat | 1.026 grams | Delta-Tocopherol | 0.054 mg |
| Trans Fat | 0.000 grams | Alpha-Tocotrienol | 0.000 mg |
| Cholesterol | 0.000 mg | Beta-Tocotrienol | 0.000 mg |
| Other Fats | 2.194 mg | Gamma-Tocotrie... | 0.000 mg |
| Sodium | 16.374 mg | Delta-Tocotrienol | 0.000 mg |
| Water | 6.409 grams | Vitamin K | 3.672 µg |
| Ash | 0.992 grams | Other Vitamins | 0.000 mg |
| Alcohol | 0.000 grams | | |
| Caffeine | 5.244 mg | | |
| Theobromine | 46.899 mg | Minerals: | |
| | | Calcium | 54.673 mg |
| Vitamins: | | Chlorine | 0.000 mg |
| Vitamin A | 1.101 µg RAE | Chromium | 0.000 µg |
| Retinol | 0.000 µg RAE | Copper | 0.442 mg |
| Carotene | 1.110 µg RAE | Flouride | 0.000 µg |
| Beta-Carotene | 1.055 µg RAE | Iodine | 0.000 µg |
| Alpha-Carotene | 0.000 µg RAE | Iron | 1.639 mg |
| Beta-Cryptoxan... | 0.055 µg RAE | Magnesium | 87.734 mg |
| Lycopene | 0.000 µg RAE | Manganese | 0.961 mg |
| Lutein+Zeaxan... | 3.257 µg RAE | Molybdenum | 0.000 µg |
| Thiamin (B1) | 0.229 mg | Phosphorus | 144.177 mg |
| Riboflavin (B2) | 0.208 mg | Potassium | 303.509 mg |
| Niacin (B3) | 0.688 mg | Selenium | 5.008 µg |
| Vitamin B6 | 0.115 mg | Silicon | 0.000 mg |
| Vitamin B12 | 0.000 µg | Sodium | 16.374 mg |
| Betaine | 0.444 mg | Sulfur | 0.000 mg |
| Biotin | 0.000 µg | Zinc | 1.348 mg |
| Choline | 11.318 mg | Other Minerals | 0.000 mg |

Sugars:

| | | |
|--------------|-------|-------|
| Fructose | 4.159 | grams |
| Galactose | 0.000 | grams |
| Glucose | 4.112 | grams |
| Lactose | 0.000 | grams |
| Maltose | 0.032 | grams |
| Sucrose | 8.541 | grams |
| Other Sugars | 0.000 | grams |

Sugar Alcohols:

| | | |
|------------|-------|-------|
| Maltitol | 0.000 | grams |
| Mannitol | 0.000 | grams |
| Sorbitol | 0.000 | grams |
| Xylitol | 0.000 | grams |
| Lactitol | 0.000 | grams |
| Isomalt | 0.000 | grams |
| Erythritol | 0.000 | grams |
| HSH | 0.000 | grams |

Fiber:

| | | |
|-----------------|-------|-------|
| Soluble Fiber | 0.000 | grams |
| Insoluble Fiber | 0.000 | grams |

Other Carbohydrate:

| | | |
|---------------|-------|-------|
| Glycerin | 0.000 | grams |
| Non-Net Carbs | 0.000 | grams |
| Starch | 0.000 | grams |

Amino Acids:

| | | |
|-------------------|-------|-------|
| Alanine | 0.148 | grams |
| Arginine | 0.313 | grams |
| Aspartic acid | 0.336 | grams |
| Cystine | 0.060 | grams |
| Glutamic acid | 0.674 | grams |
| Glycine | 0.189 | grams |
| Histidine | 0.076 | grams |
| Hydroxyproline | 0.019 | grams |
| Isoleucine | 0.139 | grams |
| Leucine | 0.211 | grams |
| Lysine | 0.143 | grams |
| Methionine | 0.059 | grams |
| Phenylalanine | 0.153 | grams |
| Proline | 0.137 | grams |
| Serine | 0.162 | grams |
| Threonine | 0.120 | grams |
| Tryptophan | 0.046 | grams |
| Tyrosine | 0.078 | grams |
| Valine | 0.175 | grams |
| Other Amino Acids | 0.000 | grams |

Fatty Acids:

| | | |
|------------------|-------|-------|
| Fatty acid 4:0 | 0.000 | grams |
| Fatty acid 6:0 | 0.005 | grams |
| Fatty acid 8:0 | 0.066 | grams |
| Fatty acid 10:0 | 0.053 | grams |
| Fatty acid 12:0 | 0.389 | grams |
| Fatty acid 13:0 | 0.000 | grams |
| Fatty acid 14:0 | 0.148 | grams |
| Fatty acid 15:0 | 0.001 | grams |
| Fatty acid 16:0 | 0.487 | grams |
| Fatty acid 17:0 | 0.004 | grams |
| Fatty acid 18:0 | 0.314 | grams |
| Fatty acid 19:0 | 0.000 | grams |
| Fatty acid 20:0 | 0.018 | grams |
| Fatty acid 22:0 | 0.013 | grams |
| Fatty acid 24:0 | 0.008 | grams |
| Fatty acid 14:1 | 0.000 | grams |
| Fatty acid 15:1 | 0.000 | grams |
| Fatty acid 16:1 | 0.009 | grams |
| 16:1 cis | 0.000 | grams |
| 16:1 trans | 0.000 | grams |
| Fatty acid 17:1 | 0.000 | grams |
| Fatty acid 18:1 | 1.909 | grams |
| 18:1 cis | 0.000 | grams |
| 18:1 trans | 0.000 | grams |
| Fatty acid 20:1 | 0.013 | grams |
| Fatty acid 22:1 | 0.001 | grams |
| 22:1 cis | 0.000 | grams |
| 22:1 trans | 0.000 | grams |
| Fatty acid 24:1 | 0.007 | grams |
| Fatty acid 16:2 | 0.000 | grams |
| Fatty acid 18:2 | 1.017 | grams |
| 18:2 cis cis | 0.000 | grams |
| 18:2 cis trans | 0.000 | grams |
| 18:2 trans cis | 0.000 | grams |
| 18:2 trans trans | 0.000 | grams |
| 18:2 other | 0.000 | grams |
| Fatty acid 18:3 | 2.501 | grams |
| 18:3 omega 3 | 0.000 | grams |
| 18:3 omega 6 | 0.000 | grams |
| Fatty acid 18:4 | 0.000 | grams |
| Fatty acid 20:2 | 0.001 | grams |
| Fatty acid 20:3 | 0.000 | grams |
| 20:3 omega 3 | 0.000 | grams |
| 20:3 omega 6 | 0.000 | grams |
| Fatty acid 20:4 | 0.000 | grams |
| 20:4 omega 3 | 0.000 | grams |
| 20:4 omega 6 | 0.000 | grams |
| Fatty acid 20:5 | 0.000 | grams |

Fatty acid 22:2 0.000 grams Allergen Statements

Fatty acid 22:5 0.000 grams

Fatty acid 22:6 0.000 grams

US - English:
CONTAINS: Nuts

Sterols:

Betasterol 9.851 mg

Campesterol 4.925 mg

Cholesterol 0.000 mg

Phytosterol 2.194 mg

Stigmasterol 1.204 mg

Canada - English:
CONTAINS: Nuts

Canada - French:
CONTIENT: Noix

Net Carbohydrates by Difference

Total Carbohydrates 27.649 grams

Total Fiber 16.629 grams

Sugar Alcohols 0.000 grams

Glycerin 0.000 grams

Other Non-net Carbs 0.000 grams

Net Carbohydrates 11.020 grams

Net Carbohydrates by Calories

| | | | |
|-----------------------|--------------|-------|----------|
| Net Carbohydrates | 11.020 grams | 44.1 | calories |
| Total Fiber | 16.629 grams | 0.0 | calories |
| Sugar Alcohols | 0.000 grams | 0.0 | calories |
| Glycerin | 0.000 grams | 0.0 | calories |
| Other Non-net Carbs | 0.000 grams | 0.0 | calories |
| Equivalent Carb Grams | 11.020 | grams | 44.1 |
| | calories | | |

Eligible U.S. Content Claims

Calories: none

Fat: none

Saturated Fat: none

Cholesterol: possible "Cholesterol Free" (see regulations)

Sugar: none

Sodium: "Very Low Sodium"