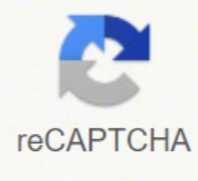




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Kinder Bueno Chocolate has about the same amount of sugar as the average chocolate bar. Kinder Bueno Chocolate contains artificial flavoring or colors, unlike most chocolate bars, which are more naturally made. Source: USDA This chocolate bar contains chocolate, sugar, cocoa butter, milk, lecithin, artificial flavor, palm oil and salt, which are also common ingredients in many other chocolate bars. A single bar of Kinder Bueno Chocolate contains 4% of recommended daily values or 2 grams of protein. Most of its calories are from fat and carbohydrates. Compared to the average chocolate bar, Kinder Bueno Chocolate has 26% more total fat. The majority, or 58% of the calories in Kinder Bueno Chocolate are from fat. It also has lecithin which can be non-vegan. CONTAINS MILK, WHEAT(GLUTEN), HAZELNUTS, SOY. TOTAL COCOA SOLIDS: 20%. milk chocolate (sugar, cocoa butter, cocoa mass, skim milk powder, butteroil, lecithin as emulsifier, vanillin: an artificial flavor), sugar, palm oil, wheat flour, hazelnuts, skim milk powder, milk powder, semi-sweet chocolate (sugar, cocoa mass, cocoa butter, lecithin as emulsifier, vanillin: an artificial flavor), cocoa, lecithin as emulsifier, sodium bicarbonate and ammonium bicarbonate as leavening agents, salt, vanillin: an artificial flavor. WHITE CHOCOLATE (COCOA BUTTER, SUGAR, SKIM MILK POWDER, ANHYDROUS MILK FAT, SOY AND/OR SUNFLOWER LECITHIN, VANILLIN), MODIFIED (PALM, VEGETABLE) OILS, SUGAR, WHEAT FLOUR, SKIM MILK POWDER, MILK POWDER, HAZELNUTS, WHEY POWDER, WHEAT STARCH, COCOA POWDER, WHEY PROTEINS, SOY AND/OR SUNFLOWER LECITHIN, AMMONIUM BICARBONATE, SODIUM BICARBONATE, FLAVOURINGS, SALT. On the positive side, Kinder Bueno Chocolate has 38% more protein, 155% more calcium and 3% more potassium than the average chocolate bar. WAFER: 12%. Kinder Bueno Chocolate has about the same amount of sodium as the average chocolate bar. Kinder Bueno Chocolate is not vegan in terms of its ingredients - it contains milk chocolate, skim milk, butteroil and milk wafer: 12%. *Sustainable and segregated certified palm oil For detailed information on Ferrero's sustainable agricultural practises visit: www.ferrero.com Milk chocolate (31.5%) (sugar, cocoa butter, cocoa mass, skim milk powder, anhydrous milkfat, emulsifier: lecithins (soy), flavouring: vanillin), sugar, vegetable oil (palm)*, wheat flour, hazelnuts (10.5%), skim milk powder, whole milk powder, dark chocolate (sugar, cocoa mass, cocoa butter, emulsifier: lecithins (soy), flavouring: vanillin), fat -reduced cocoa powder, emulsifier (lecithins) (soy), raising agents (sodium bicarbonate, ammonium carbonate), salt, flavouring (vanillin). 58% of calories in Kinder Bueno Chocolate are from fat, 36% of calories are from carbohydrates and 7% of calories are from protein. TOTAL MILK SOLIDS: 15%. DARK CHOCOLATE CONTAINS 60.5% OF COCOA SOLIDS. A single bar of Kinder Bueno Chocolate contains 20 milligrams of sodium. Kinder Bueno Chocolate has 120 calories per bar or 571 calories for every 100 grams. QTY PER 100G Energy 509 kJ 6% 2368 kJ Protein 1.8 g 3% 8.6 g Fat | Total 8 g 11% 37.3 g Saturated 3.7 g 15% 17.3 g Carbohydrate | Total 10.6 g 3% 49.5 g Sugars 8.9 g 10% 41.2 g Sodium 23 mg 1% 107 mg *Percentage daily intakes are based on an average adult diet of 8700 kJ. Most of the fat in Kinder Bueno Chocolate are saturated. Kinder Bueno Chocolate contains 5 mg of cholesterol and no trans-fat. Kinder Bueno Chocolate has 26 ingredients, which is 9.4 more than the average chocolate bar (16.6 ingredients). Have a correction or suggestions? Kinder Bueno Chocolate contains palm oil or palm derivatives, which also appears in more than 25% of chocolate bars. The carbs in Kinder Bueno Chocolate are mostly in the form of sugar (100%). Kinder Bueno Chocolate is high in total fat, with 8 grams or 13% of recommended daily values per bar. Packaging may change due to the seasonality of the product. Its top ingredient is chocolate, similar to most chocolate bars. QTY PER SERVING % DAILY INTAKE PER SERVING* AVG. Shoot us an email. Contains Milk, Gluten, Hazelnuts, Soy. KCAL % G % sugar G G % saturated fat G % trans fat G G % MG MG % calcium MG % potassium MG % Nutrition calculations are from Harvard Medical's nutrient guidelines [1] and USDA's food central database (2019) [2]. DARK CHOCOLATE (30%) (COCOA MASS, SUGAR, COCOA BUTTER, EMULSIFIER: LECITHINS (SOY), FLAVOURING: VANILLIN), SUGAR, VEGETABLE OIL (PALM*), WHEAT FLOUR, HAZELNUTS (10.5%), SKIM MILK POWDER, WHOLE MILK POWDER, CHOCOLATE (SUGAR, COCOA MASS, COCOA BUTTER, EMULSIFIER: LECITHINS (SOY), FLAVOURING: VANILLIN), COCOA BUTTER, COCOA MASS, FAT-REDUCED COCOA POWDER, EMULSIFIER (LECITHINS) (SOY), RAISING AGENTS (SODIUM BICARBONATE, AMMONIUM BICARBONATE), ANHYDROUS MILKFAT, SALT, FLAVOURING (VANILLIN). Kinder Bueno Chocolate has 12% more calories than the average chocolate bar. One bar of Kinder Bueno Chocolate has 10 grams of sugar or about 33% of daily recommended intake. For detailed information on Ferrero's sustainable agricultural practices visit: www.ferrero.com Servings per package: 2 Serving size: 21.5g AVG. Total milk solids: 19.5% Total cocoa solids: 14.3%. * Change the quantity to find a portion that works for your diet - brands often change their recommended serving size. We calculated values from 2000 kCal daily recommended diet. Milk chocolate contains 42% of cocoa solids and 14.5% of milk solids. A good portion, or 36% of the calories in Kinder Bueno Chocolate are from carbohydrates. Your daily intakes may be higher or lower depending upon your energy needs. *Sustainable and segregated certified palm oil. Unfortunately, it also has 1% more sugar, 26% more total fat, 8% more saturated fat, 100% more cholesterol and 5% more sodium than the average chocolate bar.

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