



Nutritional Information Per 100 Grams
#ART40-NS Artisan Rocky Road Flavor

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
+ ART#40-NS	100	Gram	100.00	314.54	2.50	1.67	0	0
Total			100.00	314.54	2.50	1.67	0	0

Item Name	Carb (g)	TotFib (g)	Sugar (g)	SugAdd (g)	Prot (g)	VitA-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)
+ ART#40-NS	73.38	4.17	53.93	53.60	2.50	0	0	0
Total	73.38	4.17	53.93	53.60	2.50	0	0	0

Item Name	Calc (mg)	Iron (mg)	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol_Acid (mcg)	Water (g)
+ ART#40-NS	140.00	1.08	26.25	55.95	0.67	0	0	16.44
Total	140.00	1.08	26.25	55.95	0.67	0	0	16.44

09/22/2021

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 73g	27%
Dietary Fiber 4g	14%
Total Sugars 54g	
Includes 54g Added Sugars	110%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 1mg	6%
Potassium 26mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	