



Flourless Chocolate Rum Cake

Nutrition Facts	
Serving Size 3 1/2 oz (99 g)	
Servings Per Container 16	
Amount Per Serving	
Calories 340	Calories from Fat 230
Calories From Saturated Fat 100	
% Daily Value*	
Total Fat 25g	39%
Saturated Fat 11g	53%
Trans Fat 0g	
Polyunsaturated Fat 7g	
Monounsaturated Fat 6g	
Cholesterol 125mg	42%
Sodium 30mg	1%
Potassium 200mg	6%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	13%
Sugars 20g	
Sugar Alcohol 0g	
Protein 6g	13%
Vitamin A	2%
Vitamin C	0%
Calcium	4%
Iron	20%
Vitamin D	0%
Vitamin E	2%
Vitamin K	2%
Riboflavin	8%
Niacin	0%
Vitamin B6	6%
Vitamin B12	4%
* 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
Calories per gram	
Fat	9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE EGGS (EGG), SUGAR, CREAM, NATURAL FLAVORINGS (MILK), CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN ADDED AS AN EMULSIFIER, ARTIFICIAL FLAVOR) (SOYBEANS), WALNUTS (TREE NUTS), COCOA (MILK, PEANUTS, SOYBEANS, TREE NUTS), RUM, WATER

CONTAINS: EGG, MILK, PEANUTS, SOYBEANS AND TREE NUTS.