



ASDA Instant Hot Chocolate 400g



Rainforest Alliance

Dietary and lifestyle

Allergy advice

Contains: **Milk**

Lifestyle

Suitable for Vegetarians

Each (prepared as directed) 28g in 200ml hot water contains

Energy

473kJ

112kcal

6%

Saturates

1g

low

5%
Sugars
15g
high
17%
Salt
0.23g
low
4%
Fat
1.6g
low
2%

of your reference intake
 Typical energy values per 100ml: 207kJ/49kcal

Description

Net Content

400 Grams

Additives

Free From: Artificial Flavours

Free From: Artificial Colours

Ingredients

Whey Powder (**Milk**), Sugar, Maltodextrin, Fat-Reduced Cocoa Powder* (12%), Glucose Syrup, Coconut Fat, Lactose (**Milk**), Thickener (Xanthan Gum), Stabilisers (Polyphosphates, Potassium Phosphates), **Milk** Protein, Anti-Caking Agent (Calcium Phosphates), Emulsifiers (Mono- and Diglycerides of Fatty Acids, Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), *Rainforest Alliance Certified

Nutritional Values

Typical values per 100ml (prepared as directed) Per 28g in 200ml hot water

Typical values	(prepared as directed) Per 100ml	(prepared as directed) Per 28g in 200ml hot water	Reference Intake
Energy kcal	49	112	2000
Energy kJ	207	473	8400
Fat	0.7g	1.6g	70g
of which saturates	0.4g	1.0g	20g
Carbohydrate	9.7g	22g	260g
of which sugars	6.4g	15g	90g

Typical values	(prepared as directed) Per 100ml	(prepared as directed) Per 28g in 200ml hot water	Reference Intake
Fibre	<0.5g	<0.5g	
Protein	1.0g	2.3g	50g
Salt	0.10g	0.23g	6g
We suggest this product provides 14 servings			