



Ticklebelly

# 107160 - Ghirardelli Chocolate Lava Cake

Ghirardelli Chocolate Lava Molten Cake



## Nutrition Facts

Servings per Container 2  
Serving size 96.0g (96g)

Amount per serving  
**Calories 300**

	% Daily Value*
<b>Total Fat</b> 16g	<b>21%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 26g	
Includes 24g Added Sugar	<b>48%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 48mg	<b>4%</b>
Iron 4mg	<b>22%</b>
Potassium 353mg	<b>8%</b>

\* The % Daily Value (DV) 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.

### \* Benefits

Ghirardelli Chocolate Lava Molten Cake

### Ingredients

Sugar, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), cocoa (processed with alkali), eggs, soybean oil, cream, unsweetened chocolate, milk, wheat flour, modified food starch, corn syrup, nonfat milk, dextrose, cocoa butter, whey, palm oil, soy lecithin (emulsifier), baking soda, modified palm oil and palm kernel oils, milk powder, palm kernel oil, salt, canola oil, sodium acid pyrophosphate, carrageenan, corn starch, vanilla extract, water, natural flavor, monocalcium phosphate, vegetable monoglycerides, vanilla, soybean lecithin, citric acid (preservative), maltodextrin, medium chain triglycerides, vitamin A palmitate, beta carotene (color), vitamin D.

### Allergens

#### Contains:

eggs milk soy wheat

#### Free From:

crustaceans fish peanuts

tree nuts

### Handling Suggestions

See label for suggestions

### Serving Suggestions

See label for suggestions

### Prep & Cooking Suggestions

N/A

### Product Specifications

Brand	Manufacturer	Product Category
Ticklebelly	Steven Roberts Original	Baked Cake & Dessert Bars

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
734781107169	TB10716	107160	40734781107167		24/6.8 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12.34lb	12.34lb	United States	Yes	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.6in	9.6in	14.2in	1.07ft3	13x6	280days	-2°F / -5°F



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## Nutrition Analysis - By Measure

Calories	300	Total Fat	16g	Sodium	210mg
Protein	5	Trans Fats		Calcium	48mg
Total Carbohydrates...	41g	Saturated Fat	7g	Iron	4mg
Sugars	26g	Added Sugars	24g	Potassium	353mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	40mg		
Vitamin A(U)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

### Additional Images

