

NUTRITIONAL INFORMATION

More information about our products, the ingredients we use and allergen information can be found at <https://thecheekyproject.com.au/cheeky-cacao-faq/>.

INDIVIDUAL FILLED CUPS (~15 g per chocolate)				
Outer shell of all chocolates: Dark chocolate*^ (cocoa mass*, rapadura sugar*, cocoa butter*, cocoa powder*)				
FILLING	INGREDIENTS		AVG QTY PER SERVE	AVG QTY PER 100g
Almond Butter	Almond butter (42%); honey; flaked almonds (1%); cacao butter*; pure vanilla extract*; Celtic sea salt);	Energy (kJ) Protein (g) - gluten (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	356 2.5 0.0 6.5 2.4 3.9 3.3 33	2375 16.8 0.0 43.7 15.8 25.8 22.1 223
Salted Caramel & Cashew (v)	Coconut cream; cashews* (9%); maple syrup*; Celtic sea salt (0.4%); pure vanilla extract*; bicarbonate of soda*);	Energy (kJ) Protein (g) - gluten (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	351 1.0 0.0 6.6 4.8 5.0 4.2 42	2341 7.0 0.0 43.7 31.8 33.1 28.0 281
Peppermint Cream (v)	Coconut butter*; maple syrup*; coconut oil*; peppermint essential oil* (0.1%)	Energy (kJ) Protein (g) - gluten (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	376 0.9 0.0 7.2 6.1 5.1 3.3 30	2505 6.3 0.0 48.3 40.4 33.8 21.8 200
Coconut Bounty (v)	Desiccated coconut* (29%); coconut butter*; maple syrup*; coconut oil*; Celtic sea salt	Energy (kJ) Protein (g) - gluten (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	372 0.9 0.0 7.1 5.8 5.1 3.3 30	2482 6.0 0.0 47.6 39.0 33.7 22.2 213
Raspberry Ganache (v)	Dark chocolate*^ (cocoa mass*, rapadura sugar*, cocoa butter*, cocoa powder*); Australian raspberries (26%); coconut oil*; freeze dried raspberries (1%)	Energy (kJ) Protein (g) - gluten (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	280 0.9 0.0 4.8 3.3 4.5 3.8 27	1868 5.7 0.0 31.9 22.3 29.8 25.1 181
Hazelnut Gianduja (v)	Dark chocolate*^ (cocoa mass*, rapadura sugar*, cocoa butter*, cocoa powder*), pure hazelnut paste (20%)	Energy (kJ) Protein (g) - gluten (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	362 1.2 0.0 6.8 3.6 4.7 3.7 30	2412 8.2 0.0 45.4 23.8 31.1 25.0 201

* = certified organic ^ = min. 70% cocoa solids (v) = vegan

ALLERGEN STATEMENT: Contains or may contain tree nuts. May contain traces of dairy. Manufactured in a facility that handles peanuts.

NUTRITIONAL INFORMATION CONT.

FILLED BARS (~95 g per bar; 19 g per serve (3 squares))				
Outer shell of all chocolates: Dark chocolate*^ (cocoa mass*, rapadura sugar*, cocoa butter*, cocoa powder*)				
FILLING	INGREDIENTS		AVG QTY PER SERVE	AVG QTY PER 100g
Almond Butter	Almond butter (34%) ; honey; cacao butter*; flaked almonds (1%) ; pure vanilla extract*; Celtic sea salt)	Energy (kJ) Protein (g) - gluten (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	448 2.8 0.0 8.2 3.5 5.3 4.5 44	2359 14.7 0.0 43.1 18.4 28.0 23.9 230
Salted Caramel & Cashew (v)	Coconut cream; maple syrup*; cashews* (7%) ; Celtic sea salt (0.3%); pure vanilla extract*; bicarbonate of soda*)	Energy (kJ) Protein (g) - gluten (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	443 1.3 0.0 8.2 5.9 6.4 5.4 52	2333 6.9 0.0 43.1 31.1 33.8 28.5 276
Coconut Bounty (v)	Desiccated coconut* (23%); coconut butter*; maple syrup*; coconut oil*; Celtic sea salt)	Energy (kJ) Protein (g) - gluten (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	464 1.2 0.0 8.8 7.0 6.5 4.5 42	1954 6.0 0.0 33.6 23.3 31.2 26.3 196
Raspberry Ganache (v)	Dark chocolate*^ (cocoa mass*, rapadura sugar*, cocoa butter*, cocoa powder*); Australian raspberries (20%); coconut oil*; freeze dried raspberries (0.5%)	Energy (kJ) Protein (g) - gluten (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	371 1.1 0.0 6.4 4.4 5.9 5.0 37	1954 6.0 0.0 33.6 23.3 31.2 26.3 196
Hazelnut Gianduja (v)	Dark chocolate*^ (cocoa mass*, rapadura sugar*, cocoa butter*, cocoa powder*), pure hazelnut paste (17%)	Energy (kJ) Protein (g) - gluten (g) Fat, total (g) - saturated (g) Carbohydrate (g) - sugars (g) Sodium (mg)	455 1.5 0.0 8.5 4.7 6.1 4.9 40	2394 8.0 0.0 44.7 24.5 31.9 25.8 209
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GIFT BOXES (5 piece 75 g; 10 piece 150 g)			
Outer shell of all chocolates: Dark chocolate*^ (cocoa mass*, rapadura sugar*, cocoa butter*, cocoa powder*)			
FILLING	INGREDIENTS	AVG QTY PER SERVE	AVG QTY PER 100g
5 piece standard assortment	Almond Butter (almond butter (42%) ; honey; flaked almonds (1%) ; cacao butter*; pure vanilla extract*; Celtic sea salt); Salted Caramel & Cashew (coconut cream; cashews* (9%) ; maple syrup*; Celtic sea salt (0.4%); pure vanilla extract*; bicarbonate of soda*); Coconut Bounty (desiccated coconut* (29%); coconut butter*; maple syrup*; coconut oil*; Celtic sea salt); Peppermint Cream (coconut butter*; maple syrup*; coconut oil*; peppermint essential oil* (0.1%)); Hazelnut Gianduja (dark chocolate*^; pure hazelnut paste (20%)).	Energy (kJ) 363 Protein (g) 1.3 - gluten (g) 0.0 Fat, total (g) 6.9 - saturated (g) 4.5 Carbohydrate (g) 4.7 - sugars (g) 3.6 Sodium (mg) 34	2423 8.8 0.0 45.7 30.2 31.5 23.8 224
10 piece standard assortment	Almond Butter (almond butter (42%) ; honey; flaked almonds (1%) ; cacao butter*; pure vanilla extract*; Celtic sea salt); Salted Caramel & Cashew (coconut cream; cashews* (9%) ; maple syrup*; Celtic sea salt (0.4%); pure vanilla extract*; bicarbonate of soda*); Coconut Bounty (desiccated coconut* (29%); coconut butter*; maple syrup*; coconut oil*; Celtic sea salt); Peppermint Cream (coconut butter*; maple syrup*; coconut oil*; peppermint essential oil* (0.1%)); Raspberry Ganache (dark chocolate*^; Australian raspberries (26%); coconut oil*); Hazelnut Gianduja (dark chocolate*^; pure hazelnut paste (20%)).	Energy (kJ) 354 Protein (g) 1.3 - gluten (g) 0.0 Fat, total (g) 6.6 - saturated (g) 4.3 Carbohydrate (g) 4.7 - sugars (g) 3.6 Sodium (mg) 33	2359 8.8 0.0 44.1 28.3 31.1 24.1 222
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