



Nutritional information from Bendicks Bittermints 400g

Last modification: 18.09.2025

Nutritional information

TYPICAL VALUES	Per 100 g	Per piece (18.2 g)	Per piece %*
Energy	1838 kJ / 438 kcal	335 kJ / 80 kcal	4%
Fat	17.0 g	3.1 g	4%
of which saturates	10.2 g	1.9 g	10%
Carbohydrate	64.4 g	11.7 g	5%
of which sugars	54.7 g	10.0 g	11%
Protein	4.3 g	0.8 g	2%
Salt	<0.01 g	<0.01 g	<1%

*Reference intake of an average adult (8400 kJ / 2000 kcal)

Bitter chocolates with a firm mint fondant centre (68%)

Ingredients: sugar, cocoa mass, glucose syrup, mint oil with other natural flavourings, cocoa butter, emulsifier: **soya** lecithin, vanilla extract.
Dark chocolate contains cocoa solids 95% minimum.

May also contain hazelnut, almond, peanut and other nuts.

Comment

Information about our ingredient and nutritional values are displayed here to reflect our current product formulations. We recommend you to compare this information with the information on the packaging. Any variations will be due to this being a transition period, as a result of new legislation or other changing conditions.