

Product Type	Balisto
Balisto	<p data-bbox="824 239 1393 317"><b>Nutritional Information (Typical per bar, depending on the variant):</b></p> <ul data-bbox="873 359 1360 457" style="list-style-type: none"> <li>• <b>Serving Size:</b> Generally around 20-30 grams per bar (varies by region and product line)</li> </ul> <p data-bbox="824 499 1352 531"><i>For a typical Balisto Choco bar (approx. 25g):</i></p> <ul data-bbox="873 573 1255 852" style="list-style-type: none"> <li>• <b>Calories:</b> 120-130 kcal</li> <li>• <b>Total Fat:</b> 5-7 g <ul data-bbox="971 646 1255 678" style="list-style-type: none"> <li>◦ <b>Saturated Fat:</b> 2-3 g</li> </ul> </li> <li>• <b>Carbohydrates:</b> 16-18 g <ul data-bbox="971 720 1190 751" style="list-style-type: none"> <li>◦ <b>Sugars:</b> 9-10 g</li> </ul> </li> <li>• <b>Fiber:</b> 1-2 g</li> <li>• <b>Protein:</b> 2-3 g</li> <li>• <b>Sodium:</b> 10-20 mg</li> </ul> <p data-bbox="824 894 1417 926"><i>Vitamins &amp; Minerals (Varies based on the variant):</i></p> <ul data-bbox="873 968 1401 1247" style="list-style-type: none"> <li>• <b>Calcium:</b> Some variants, like Balisto with yogurt, contain added calcium.</li> <li>• <b>Iron:</b> Some formulations may include added iron.</li> <li>• <b>Other Micronutrients:</b> Balisto bars may contain trace amounts of magnesium, vitamin B, and others depending on the specific ingredients used.</li> </ul> <hr data-bbox="824 1310 1417 1314"/> <p data-bbox="824 1362 1385 1440"><b>Main Ingredients (General formula for a chocolate-covered Balisto bar):</b></p> <ul data-bbox="873 1482 1417 1902" style="list-style-type: none"> <li>• <b>Cereal (usually wheat or rice):</b> Provides a crunchy texture.</li> <li>• <b>Milk Chocolate:</b> Often a key coating, which may contain sugar, cocoa butter, and milk powder.</li> <li>• <b>Nuts:</b> Commonly hazelnuts, almonds, or peanuts (depending on the variant).</li> <li>• <b>Fruit:</b> Some Balisto bars may contain dried fruits like berries or apples.</li> <li>• <b>Yogurt Coating:</b> Some variants, like <i>Balisto Yogurt</i>, feature a yogurt coating instead of chocolate.</li> </ul>

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|  | <ul style="list-style-type: none"><li>• <b>Sugar:</b> Standard sweetener, but some products may use alternatives like honey.</li><li>• <b>Vegetable Oils:</b> Typically palm oil or sunflower oil used in processing.</li><li>• <b>Flavorings:</b> Natural flavorings depending on the variety, such as vanilla or fruit.</li></ul> |
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