

CHOCOLATE FILLING

INGREDIENTS

- 3 heaped teaspoons of cocoa powder (18 g)
- 3 tablespoons of sugar, white (60 g)
- 150 grams of milk, whole, pasteurised, average
- 1 packed portion of butter, unsalted (10 g)

COOKING METHOD

1º Add all ingredients into a sauce pan, mix it and let it boil until reaches desired consistency.

NUTRITIONAL INFORMATION

	PER 100 g	% DRI
ENERGY	194 kcal	10 %
PROTEIN	4 g	7 %
CARBOHYDRATE	30 g	12 %
SUGARS	29 g	33 %
FAT	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	5 g	23 %
FIBER	0 g	0 %
SODIUM	28 mg	1 %