

## Valentine Treat Carb Count

Valentine Treat	Serving Size	Carbs (g)	Valentine Treat	Serving Size	Carbs (g)
<b>Brach's Candy</b>			<b>Little Debbie</b>		
Brach's Small Conversation Hearts	12 pieces	14	Be My Valentine Snack Cakes - vanilla	2 cakes	38
Brach's Large Conversation	5 pieces	16	Be My Valentine Snack Cakes - chocolate	2 cakes	38
Brach's Cinnamon Hearts	5 pieces	32	Be My Valentine Iced Brownies	1 brownie	30
<b>Dove Hearts</b>			Cherry Cordials	1 cookie	23
Dark Chocolate & Cherry Swirls	6 pieces	25	<b>M&amp;M's / Mars Brands</b>		
Dark Chocolate	6 pieces	25	M&M's Plain Candy Cupid Messages	15 pieces	29
Milk Chocolate Truffle	4 pieces	21	M&M's Plain Fun Size	3 packs	29
<b>Dunkin Donuts</b>			M&M's Minis 1.77 oz. tube	1 tube	35
Chocolate Covered Raspberry Heart Donut	1 donut	46	Snickers Heart Candy Bar	1 heart	18
Brownie Batter Crumble Heart Donut	1 donut	46	Twix Heart Cookie Bar	1 heart	20
<b>Ferrero Rocher</b>			<b>Nabisco</b>		
Hazelnut Original	3 pieces	18	Oreo Chocolate Strawberry Cookies	2 cookies	21
Rondnoir,	4 pieces	21	Oreo Red Velvet Cookies	2 cookies	21
<b>Ghirardelli</b>			<b>Necco</b>		
Valentine's Dark & Strawberry	1 square	10	Necco Sweethearts	1 ounce	28
White Chocolate Valentine's Squares	1 square	8	Necco Sweethearts Dazzled Tarts	1 ounce	27
<b>Godiva</b>			Necco Sweethearts Conversation Hearts	40 pieces	39
Dark Chocolate Gems	4 pieces	22	<b>Nestle</b>		
Milk Chocolate Gems	9 pieces	24	Butterfinger Hearts	5 pieces	28
Dark Chocolate Strawberry Gems	4 pieces	16	Crunch Hearts	5 pieces	25
<b>Gummy Candy</b>			<b>Panera</b>		
SweetTart Hearts Gummies	9 pieces	36	Heart Shaped Cookie	1 cookie	54
Swedish Fish Hearts	11 pieces	35	<b>Peeps</b>		
Trolli Sour Knockout Hearts	5 pieces	30	Peeps Marshmallow Hearts	3 pieces	28
Trolli Sour Bright Hearts	12 pieces	31	<b>Reese's</b>		

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<b>Hershey's</b>			Peanut Butter Heart - Giant (5 oz.)	1/4 heart	20
Kisses Air Delight	11 pieces	24	Peanut Butter Heart (1.2 oz.)	1 piece	18
Kisses Meltaway Center	6 pieces	24	Peanut Butter Hearts	5 pieces	24
Giant Kiss Milk Chocolate	1/5 package	24	White Peanut Butter Hearts	2 pieces	18
Kisses Milk Chocolate Original	9 pieces	25	<b>Russell Stover</b>		
Kisses with Almonds	9 pieces	25	Assorted Chocolates	2 pieces	23
Kisses with Caramel	9 pieces	27	Sugar Free Assorted Chocolates	3 pieces	26
Kisses with Cherry Cordial	9 pieces	29	Dark Chocolate Marshmallow Heart	1 piece	20
Kisses Special Dark	9 pieces	25	Sugar Free Marshmallow Heart	1 piece	18
Hugs Milk Chocolate White Cream	9 pieces	24	<b>See's Candies</b>		
Hershey's Marshmallow Heart (King Size)	1 heart	44	Assorted Chocolates	2 pieces	18
Reese's Peanut Butter Heart (5 oz.)	1/4 heart	20	Nuts & Chews only	3 pieces	25
Hershey's Pot of Gold	4 pieces	25	Soft Centers only	2 pieces	25
<b>Jelly Belly</b>			Lollypops:		
Conversation Beans Sour	35 pieces	36	Butterscotch	1 lollypop	15
Petite Sour Hearts	68 pieces	32	Chocolate	1 lollypop	14
Valentine Mix	25 piece	26	Cinnamon	1 lollypop	13
<b>Krispy Kreme</b>			Vanilla	1 lollypop	12
Heart Shaped Donut	1 donut	35	<b>Whitman's Samplers</b>		
			Assorted Chocolates	3 pieces	20
			Sugar Free Assorted	3 pieces	25