Calorie chart: candy and chocolate (PDF)

Calories, protein, carbohydrate and fat for 143 foods, per serving and per 100 g.

Updated October 2026

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
100 Grand Bar	1 serving 1.5 oz bar (43 g)	201	**468**	2.5	71	19.3
3 Musketeers Bar	1 serving 2.13 oz bar (60 g)	262	**436**	2.6	77.8	12.8
3 Musketeers Truffle Crisp	1 serving (31 g)	167	**538**	6.4	63.2	28.9
5th Avenue Candy Bar	1 bar 2 oz (56 g)	270	**482**	8.8	62.7	24
After Eight Mints	1 serving 5 mints (42 g)	181	**432**	1.7	79.5	11.9
Almond Joy Bites	18 pieces (40 g)	225	**563**	5.6	57.5	34.5
Almond Joy Candy Bar	1 package 1.76 oz (49 g)	235	**479**	4.1	59.5	26.9
Baby Ruth Bar	1 serving 2.1 oz bar (60 g)	285	**475**	5.4	64.8	21.6
Bit-O-Honey Candy Chews	1 serving 6 pieces (40 g)	155	**388**	2	80.9	7.5
Butterfinger Bar	1 cup BB's (174 g)	799	**459**	5.4	72.9	18.9
Butterfinger Crisp	1 piece (60 g)	279	**465**	6.7	68.5	18.3
Butterscotch Candy	1 oz (28.4 g)	111	**391**	0	90.4	3.3
Butterscotch Confectioner's Coating	1 cup chips (170 g)	916	**539**	2.2	67.1	29.1
Caramello Candy Bar	1 bar 1.25 oz (35 g)	162	**462**	6.2	63.8	21.2
Caramels	1 piece (10.1 g)	39	**382**	4.6	77	8.1
Chewing Gum	1 stick (3 g)	11	**360**	0	96.7	0.3
Chocolate Chips	1 serving (14.5 g)	70	**480**	4.2	63.9	30
Chocolate Covered Caramel with Nuts	1 piece (14 g)	66	**470**	9.5	60.7	21
Chocolate Covered Peanuts	10 pieces (40 g)	208	**519**	13.1	49.7	33.5
Chocolate Fudge	1 piece (17 g)	70	**410**	2.4	76.7	10.4
Chocolate Fudge with Nuts	1 oz (28.4 g)	130	**460**	4.4	68.2	18.9
Chocolate Hazelnut Spread	1 serving 2 TBSP (37 g)	199	**539**	5.4	62.4	29.7
Chocolate Marshmallow Fudge	1 piece (20 g)	91	**453**	2.3	71.3	17.5
Chocolate Marshmallow Fudge with Nuts	1 oz (28.4 g)	134	**474**	3.2	67.7	21.1
Chocolate Truffles	1 piece (12 g)	61	**510**	6.2	44.9	33.8
Chocolate-Flavor Caramel Roll	1 serving 6 pieces (40 g)	155	**387**	1.6	87.7	3.3
CocoaVia Blueberry and Almond Chocolate Bar	1 serving 0.78 oz bar (22 g)	116	**525**	6.4	60.4	28.7
CocoaVia Chocolate Bar	1 serving 0.78 oz bar (22 g)	119	**539**	5.8	63	29.3
CocoaVia Chocolate Covered Almonds	1 serving 1oz pack (28 g)	160	**573**	9.5	50.2	37.1
CocoaVia Crispy Chocolate Bar	1 serving 0.7 oz bar (20 g)	103	**517**	8.2	62.1	26.2
Coconut Bar Not Chocolate Covered	1 bar (47 g)	226	**481**	2.1	55.9	27.7
Crispy Bar with Peanut Butter Filling	1 serving 1.5 oz (42 g)	228	**542**	9.5	55.5	31.3
Dark Chocolate	1 oz (28.4 g)	155	**546**	4.9	61.2	31.3
Dark Chocolate 60-69% Cacao	1 oz (28.4 g)	164	**579**	6.1	52.4	38.3
Dark Chocolate 70-85% Cacao	1 oz (28.4 g)	170	**598**	7.8	45.9	42.6

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Dark Chocolate Coated Coffee Beans	1 serving 28 pieces (40 g)	216	**540**	7.5	60	30
Dark Chocolate Unspecified Cacao	1 oz (28.4 g)	156	**550**	5.1	60	32.2
Divinity Candy	1 piece (11 g)	40	**364**	1.3	89.1	0.1
Dove Dark Chocolate	1 serving 1.3 oz bar (37 g)	192	**520**	5.2	59.4	32.5
Dove Milk Chocolate	1 serving 1.30 oz bar (37 g)	202	**546**	5.9	59.8	31.7
Fondant Candy	1 oz (28.4 g)	106	**373**	0	93.2	0
Goobers Chocolate Covered Peanuts	1 serving 0.25 cup (41 g)	210	**512**	9.7	53	34
Gummy Candy	10 gummy bears (22 g)	87	**396**	0	98.9	0
Halva	1 oz (28.4 g)	133	**469**	12.5	60.5	21.5
Hard Candy	1 piece (6 g)	24	**394**	0	98	0.2
Heath Bites	15 pieces (39 g)	207	**530**	3.9	63.4	30.4
Hershey's Golden Almond Solitaires	13 pieces (41 g)	233	**569**	12	46.9	37.1
Hershey's Milk Chocolate with Almond Bites	17 pieces (39 g)	222	**568**	9.8	51.7	35.7
Hershey's Pot of Gold Almond Bar	1 bar 2.8 oz (78 g)	450	**577**	12.8	44.9	38.5
Hershey's Skor Toffee Bar	1 bar 1.4 oz (39 g)	211	**541**	3.1	63.7	30.4
Honey-Combed Candy with Peanut Butter	1 serving (40 g)	189	**473**	8.7	67.4	20.2
Hot Fudge Sauce	2 tbsp (38 g)	133	**350**	4.6	62.9	8.9
Jelly Beans	10 large (1 oz) (28 g)	105	**375**	0	93.6	0.1
Kit Kat Big Kat Bar	1 bar 1.94 oz (55 g)	286	**520**	6.2	63.6	27.8
Kit Kat Wafer Bar	1 bar (1.5 oz) (42 g)	218	**518**	6.5	64.6	26
Krackel Chocolate Bar	1 bar 1.45 oz (41 g)	214	**523**	6.6	64.3	26.6
Low Sugar Chocolate Covered Candy	1 serving (36 g)	212	**590**	12.4	37.7	43.3
M&M's Almond Chocolate Candies	1 cup (195 g)	1018	**522**	7.5	60.5	27.8
M&M's Crispy Chocolate Candies	1 serving 1.6 oz bag (47 g)	223	**475**	4.3	72.4	19.3
M&M's Milk Chocolate Candies	1 cup (208 g)	1023	**492**	4.3	71.2	21.1
M&M's Minis Milk Chocolate Candies	1 serving 1.0 oz tube (30 g)	151	**502**	4.8	68.4	23.4
M&M's Peanut Butter Chocolate Candies	1 cup (203 g)	1074	**529**	10.2	56.9	29.3
M&M's Peanut Chocolate Candies	1 cup (170 g)	876	**515**	9.6	60.5	26.1
M&M's Pretzel Chocolate Candies	1/4 cup (40 g)	179	**447**	5	72.9	15
Mars Almond Bar	1 bar (1.76 oz) (50 g)	234	**467**	8.1	62.7	23
Marshmallows	1 regular (7.2 g)	23	**318**	1.8	81.3	0.2
Milk Chocolate	1 bar (1.55 oz) (44 g)	235	**535**	7.7	59.4	29.7
Milk Chocolate Coated Coffee Beans	1 oz (28.4 g)	156	**549**	7.4	55.3	33.2
Milk Chocolate Coated Raisins	1 cup (180 g)	702	**390**	4.1	68.4	14.8
Milk Chocolate with Almonds	1 bar (1.45 oz) (41 g)	216	**526**	9	53.4	34.4

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Milk Chocolate with Rice Cereal	1 bar (1.4 oz) (40 g)	204	**511**	7.6	59.7	29.4
Milky Way Bar	1 serving 2.05 oz bar (58 g)	264	**456**	4	71.2	17.2
Milky Way Dark Chocolate Caramels	1 serving 5 pieces (44 g)	202	**458**	3.8	67.6	20.4
Milky Way Midnight Bar	1 serving 1.76 oz bar (50 g)	222	**443**	3.2	71.2	17.5
Milky Way Milk Chocolate Caramels	1 serving 5 pieces (44 g)	204	**463**	4.3	68.5	19.2
Mounds Candy Bar	1 bar snack size (19 g)	94	**493**	4.6	58.9	26.6
Mr. Goodbar Chocolate Bar	1 bar (1.75 oz) (49 g)	264	**538**	10.2	54.3	33.2
Nestle Chunky Bar	1 serving 1.4 oz bar (40 g)	208	**519**	7.5	60.4	27.5
Nestle Crunch Bar and Dessert Topping	1 serving 4 fun size bars (41 g)	205	**500**	5	67	26
Nougat with Almonds	1 piece (14 g)	56	**398**	3.3	92.4	1.7
Oh Henry! Bar	1 serving fun size bar (26 g)	120	**462**	7.7	65.5	23
PayDay Bar	1 serving (52 g)	255	**490**	13.4	52.9	25
Peanut Bar	1 oz (28.4 g)	148	**522**	15.5	47.4	33.7
Peanut Brittle	1 oz (28.4 g)	138	**486**	7.6	71.2	19
Peanut Butter Confectioner's Coating	1 cup chips (168 g)	889	**529**	18.3	46.9	29.8
Peanut Butter Fudge	1 piece (16 g)	62	**387**	3.8	77.8	6.6
Pop'ables 3 Musketeers Bite Size Candies	1 serving 15 pieces (41 g)	182	**443**	2.6	75.9	15.2
Pop'ables Milky Way Bite Size Candies	1 serving 13 pieces (39 g)	181	**463**	3.3	71.9	18
Pop'ables Snickers Bite Size Candies	1 serving 13 pieces (39 g)	187	**480**	7.2	61.1	24.3
Pralines	1 piece (39 g)	189	**485**	3.3	59.6	25.9
Raisinets Chocolate Covered Raisins	1 serving 1.58 oz bag (45 g)	190	**422**	4.4	71	17
Reese's Bites	16 pieces (39 g)	203	**521**	11.3	55.2	29.9
Reese's Fast Break	2 oz bar (56 g)	265	**474**	8.7	61.6	23.4
Reese's Fast Break Candy Bar	1 serving 1 bar (56 g)	277	**495**	8.9	63.9	23.2
Reese's Nutrageous Candy Bar	1 bar 1.92 oz (54 g)	279	**517**	11.3	52.8	32.1
Reese's Peanut Butter Cups	1 package 0.6 oz 1 cup (17 g)	88	**515**	10.2	55.4	30.5
Reese's Pieces	1/4 cup (47 g)	234	**497**	12.5	59.9	24.8
Reese's Sticks	1 serving 1.5 oz (42 g)	219	**521**	9.5	55.4	31.3
Rolo Caramels in Milk Chocolate	1 package 1 package (48 g)	228	**474**	5.1	68	20.9
Semisweet Chocolate Made with Butter	1 cup chips (6 oz package) (170 g)	811	**477**	4.2	63.4	29.7
Sesame Crunch	1 oz (28.4 g)	146	**516**	11.6	50.3	33.3
Skittles Original Bite Size Candies	1 cup (205 g)	830	**405**	0.2	90.8	4.4
Skittles Sours Original	1 serving 1.80 oz bag (51 g)	205	**401**	0.2	91	4
Skittles Tropical Bite Size Candies	1 serving 2.1 oz bag (62 g)	251	**405**	0.2	90.8	4.3
Skittles Wild Berry Bite Size Candies	1 serving 2.1 oz bag (62 g)	249	**402**	0.2	90.8	4.3
Snickers Almond Bar	1 serving 1.76 oz bar (50 g)	236	**472**	5.4	64.7	22.4
Snickers Bar	1 bar (2 oz) (57 g)	280	**491**	7.5	61.5	23.9

Food	Per serving		Per 100 g			
	Serving	Calories	Calories	Protein (g)	Carbs (g)	Fat (g)
Snickers Cruncher	1 serving 1.66 oz bar (47 g)	229	**488**	6.9	62.9	24.4
Snickers Munch Bar	1 serving 1.42 oz bar (40 g)	214	**536**	15.3	43.6	36.2
Soft Fruit and Nut Squares	3 pieces (42 g)	164	**390**	2.3	73.8	9.5
Special Dark Chocolate Bar	1 bar 1.45 oz (41 g)	228	**556**	5.5	60.5	32.4
Starburst Fruit and Creme Chews	1 serving fun size (8 chews) (40 g)	163	**408**	0.4	82.4	8.4
Starburst Original Fruit Chews	1 serving fun size (8 chews) (40 g)	163	**408**	0.4	82.6	8.2
Starburst Sour Fruit Chews	1 serving 2.07 oz pack (59 g)	236	**400**	0.4	79.7	7.8
Starburst Tropical Fruit Chews	1 serving fun size (8 chews) (40 g)	164	**409**	0.4	82.8	8.3
Sugar-Coated Almonds	1 piece (3.5 g)	16	**465**	10	68.3	17.9
Sugar-Free Gum Drops	1 cup (182 g)	644	**354**	0	88.1	0.2
Sugar-Free Hard Candy	1 piece (3 g)	12	**394**	0	98.6	0
Sugarless Chewing Gum	1 piece (2 g)	5	**268**	0	94.8	0.4
Sweet Chocolate	1 oz (28.4 g)	144	**507**	3.9	60.4	34.2
Sweet Chocolate Coated Fondant	1 patty, large (43 g)	157	**366**	2.2	80.4	9.3
Symphony Milk Chocolate Bar	1 bar 1.5 oz (42 g)	223	**531**	8.5	58	30.6
Taffy	1 piece (15 g)	60	**397**	0	91.6	3.3
Tamarind Candy	1 serving (14 g)	46	**331**	0	92	0
Toblerone Milk Chocolate	1 bar (35 g)	171	**489**	5.7	61.2	28.6
Toffee	1 piece (12 g)	67	**560**	1.1	64.7	32.8
Tootsie Roll	1 serving 6 pieces (40 g)	155	**387**	1.6	87.7	3.3
Twix Caramel Cookie Bars	1 package (11 oz) (312 g)	1566	**502**	4.9	64.8	24.9
Twix Chocolate Fudge Cookie Bars	2 cookie 2011 label (51 g)	282	**553**	7.3	56	33.3
Twix Peanut Butter Cookie Bars	1 package (1.89 oz, 2 bars) (54 g)	295	**547**	9.2	54.1	32.7
Twizzlers Cherry Bites	18 pieces (40 g)	135	**338**	3	79.4	1.7
Twizzlers Nibs Cherry Bits	27 pieces (40 g)	139	**347**	2.3	79.4	2.6
Twizzlers Strawberry Twists	4 pieces 1.6oz (45 g)	157	**348**	2.6	79.2	2.3
Unsweetened Carob Candy	1 oz (28.4 g)	153	**540**	8.2	56.3	31.4
Vanilla Fudge	1 oz (28.4 g)	109	**383**	1.1	82.2	5.5
Vanilla Fudge with Nuts	1 oz (28.4 g)	123	**435**	3	74.6	13.7
Whatchamacallit Candy Bar	1 bar 1.7 oz (48 g)	237	**494**	8	63.2	23.7
White Chocolate	1 bar (3 oz) (85 g)	458	**539**	5.9	59.2	32.1
Yogurt Confectioner's Coating	1 cup chips (170 g)	887	**522**	5.9	63.9	27
Yogurt Covered Candy Bits	1 package (20 g)	83	**415**	0	86.9	7.5
Yogurt Covered Fruit Candy Rolls	1 Roll (23 g)	83	**359**	0.5	74.6	6.5
York Bites	15 pieces (39 g)	154	**394**	1.8	81.6	7.3
York Peppermint Pattie	1 patty 1.5 oz (43 g)	165	**384**	2.2	81	7.2

Source: USDA FoodData Central, SR Legacy and FNDDS (public domain). Per-100 g values are USDA figures; serving values are scaled by weight. Interactive tables and Nutrition Facts labels: https://nutritionfactlabel.com/nutrition-database/candy-and-chocolate/