



An Easter Egg Carb Counting Table for some of your favourite treats this Easter!

This Easter you might be on the hunt for some egg-citing chocolate gifts. Whilst the Easter Bunny will be busy painting eggs on this eggstra-special day, DigiBot has got to work and put together a table of some of the Easter Eggs and their carb count to help you and your family over the holidays.



Take a look at the egg-stremely tasty table below and do let us know of other treats you would like to see on the table.



Chocolate Egg	Weight	Carbs per portion	Carbs per 100g
Cadbury's Dairy Milk Buttons Large Easter Egg 195g	25g for portion of the egg	14g	56g
Cadbury Dairy Milk Buttons inside the chocolate egg	20g per half bag	11g	57g
Cadbury Creme Egg Chocolate Easter Egg 195g	25g for portion of the egg	14g	56g
Cadbury Creme Egg inside the chocolate Egg	40g per egg	29g	72g

Chocolate Egg	Weight	Carbs per portion	Carbs per 100g
Cadbury Crunchie Chocolate Easter Egg 190g Treat size crunchie inside egg	25g for portion of the egg 17.5g per bar	14g 13g	56g 75g
Cadbury Dairy Milk Freddo Face Easter Egg 96g	-	-	57g
Cadbury's Mini Eggs Large Easter Egg 193g Cadbury mini eggs inside the chocolate egg	25g for portion of the egg 38.5g per bag	14g 27g	56g 70g
Cadbury Twirl Chocolate Easter Egg 198g Cadbury Twirl inside the chocolate egg	25g for portion of the egg 21.5g per finger	14g 13g	56g 58g
Cadbury Wispa Chocolate Easter Egg 182.5g Cadbury Wispa inside the chocolate egg	25g for portion of the egg 27.9g per bar	14g 16g	56g 56g
Celebrations Milk Chocolate Large Egg 220g Celebrations inside the egg	25g for portion of the egg 27.3g portion	15g 17g	58g 62g
Dairy Fine Milk Chocolate Bunny Egg 82g	21g for portion of the egg	14g	65g
Dairy Fine Strawberry flavour and white chocolate Luna the Lamb	28g for portion of the egg	17g	59g
Galaxy Minstrels Milk Chocolate Large Easter Egg 234g Minstrels inside the chocolate egg	25g for portion of the egg 42g portion	15g 29g	58g 68g
Kit Kat Chunky Milk Chocolate Medium Easter Egg 129g Kit kat Chunky bar inside chocolate egg	25g for portion of the egg per bar	15.2g 18.8g	60.8g 58.6g
Milky Bar Small White Chocolate Easter Egg 65g	25g for portion of the egg	14g	56.5g
M&M's Crispy Milk Chocolate Large Easter Egg 222g M&M's Crispy inside chocolate egg	25g for portion of the egg 36g portion	15g 25g	59g 68g

Chocolate Egg	Weight	Carbs per portion	Carbs per 100g
Maltesers Milk Chocolate Medium Easter Egg 127g Maltesers inside the chocolate egg	25g for portion of the egg 37g portion size	15g 23g	58g 61g
Munchies Milk Chocolate Large Easter Egg 202g Munchies inside the chocolate Egg	25g for portion of the egg Per 6 pieces	15g 17.8g	60.8g 65.2g
Smarties Large Chocolate Easter Egg 188g Smarties inside the chocolate egg	25g for portion of the egg 16 sweets	15g 13.1g	60.8g 69g
Terry's Chocolate Orange Large Easter Egg with Mini Eggs MiniEggs 200g inside the Chocolate Egg	25g for portion of the egg Per 7 mini eggs(26 g)	15g 7g	59g 63g
Yorkie Milk Chocolate Large Easter Egg 196g Yorkie bar inside the Chocolate Egg	25g for portion of the egg Per bar	15.2g 26.6g	60.8g 57.8g

Gluten Free Easter Eggs

Moo Free Bunnycomb Easter Egg 85g (Hollow Egg)	25g for portion of the egg	16.2g	65g
Moo Free From Strawberry Sundae Easter Egg 85g (Hollow Egg)	25g for portion of the egg	14.8g	59g
NOMO Free From Ultimate Easter Egg 258g Mini bars inside egg Bunnies inside egg	25g for portion of the egg Per 11g Per 30g bunnies	15.5g 7.2g 17g	62g 65g 58g

We hope you all have an egg-cellent time and if you do go out hunting for eggs or do anything hare-raising then remember this is exercise and you might find your insulin needs change so make sure to keep an eye on your glucose levels and enjoy!

