



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	25g for portion of the egg	14g	56g
Treat size crunchie inside egg	17.5g per bar	13g	75g
Cadbury Dairy Milk Freddo Face Easter Egg 96g	-	-	57g
Cadbury's Mini Eggs Large Easter Egg 193g	25g for portion of the egg	14g	56g
Cadbury mini eggs inside the chocolate egg	38.5g per bag	27g	70g
Cadbury Twirl Chocolate Easter Egg 198g	25g for portion of the egg	14g	56g
Cadbury Twirl inside the chocolate egg	21.5g per finger	13g	58g
Cadbury Wispa Chocolate Easter Egg 182.5g	25g for portion of the egg	14g	56g
Cadbury Wispa inside the chocolate egg	27.9g per bar	16g	56g
Celebrations Milk Chocolate Large Egg 220g	25g for portion of the egg	15g	58g
Celebrations inside the egg	27.3g portion	17g	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	25g for portion of the egg	15g	58g
Minstrels inside the chocolate egg	42g portion	29g	68g
Kit Kat Chunky Milk Chocolate Medium Easter Egg 129g	25g for portion of the egg	15.2g	60.8g
Kit kat Chunky bar inside chocolate egg	per bar	18.8g	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	25g for portion of the egg	15g	59g
M&M's Crispy inside chocolate egg	36g portion	25g	68g

Chocolate Egg	Weight	Carbs per portion	Carbs per 100g
Maltesers Milk Chocolate Medium Easter Egg 127g	25g for portion of the egg	15g	58g
Maltesers inside the chocolate egg	37g portion size	23g	61g
Munchies Milk Chocolate Large Easter Egg 202g	25g for portion of the egg	15g	60.8g
Munchies inside the chocolate Egg	Per 6 pieces	17.8g	65.2g
Smarties Large Chocolate Easter Egg 188g	25g for portion of the egg	15g	60.8g
Smarties inside the chocolate egg	16 sweets	13.1g	69g
Terry's Chocolate Orange Large Easter Egg with Mini Eggs	25g for portion of the egg	15g	59g
MiniEggs 200g inside the Chocolate Egg	Per 7 mini eggs(26 g)	7g	63g
Yorkie Milk Chocolate Large Easter Egg 196g	25g for portion of the egg	15.2g	60.8g
Yorkie bar inside the Chocolate Egg	Per bar	26.6g	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	25g for portion of the egg	15.5g	62g
Mini bars inside egg	Per 11g	7.2g	65g
Bunnies inside egg	Per 30g bunnies	17g	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!

