

The Ingredients Project: Chocolates

By: Monish Shah

Outline

- Vegetarian Chocolates (No eggs)
- Vegan Chocolates
- Chocolates With Eggs/Egg whites
- Chocolates With Rennet or Gelatin
- What Is Rennet and Gelatin?

Vegetarian Chocolate (No eggs)

These are some chocolates that are okay for vegetarians.

Note: Vegetarian refers to exclusion of meat and other animal products, except milk.

- Hershey Chocolate (Bars, Kisses, and white chocolate)
- Kit Kats
- Twix
- Reese's
- M&Ms
- Tootsie Rolls
- Ferrero Rocher



Vegan Chocolates

Note: Vegan means vegetarian plus the exclusion of all animal products, including dairy, honey, gelatin, etc.

Most Dark chocolates are vegan:

- Lindt Dark chocolate
- Cadbury Dark chocolate
- Taza Dark chocolate
- Vegan Ferrero Rochers since May 7, 2018
- And a number of others



Chocolates With Eggs Or Egg Whites

These are some chocolates with Eggs or Egg whites

- Toblerone contains Egg Whites
- 3 Musketeers
- Milky way
- Snickers



Non-Vegetarian Chocolates With Rennet And Gelatin

- Mars Bars
- Cadbury Dairy Milk Daim
- Junior Mints contain Gelatin



What Is Rennet And Gelatin?

Rennet is an enzyme that is derived from the stomach lining of a calf.

Gelatin is a mixture of peptides and proteins produced by partial hydrolysis of collagen extracted from the skin, bones, and connective tissues of animals such as domesticated cattle, chicken, pigs, and fish.

Source: Labels from Chocolates



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