

Chocolate Spread Comparison

We love some of these brands. But some of us — and our kids — still react to sugar in any form, including the natural sugars in dates, honey, agave, coconut sugar, and fruit. When even the cleanest options on this list aren't the right fit, you need another option. If that sounds like you or your family, Delessa might be what you've been looking for.

Brand	Sugar Alcohols	Added Sugars	Sugar Content	Fiber Additives	Whey / Dairy	Palm Oil	Sweetener	Natural Flavors	Ingredient Count
Nutella	None	19g	21g	None	✓ (skim milk)	✓	Sugar	None	7
★ Delessa	None	None	1g ^{††}	None	None	None	Monk fruit	None	4
Good Good	✓ (maltitol)	None	3g	None	✓ (skim milk + whey)	✓	Maltitol + stevia	✓	8
Pongo	✓ (maltitol)	1g	5g	None	✓ (whey + skim milk)	None	Maltitol	✓	9
ChocZero	None	None	0g	✓ (resistant dextrin)	✓ (skim milk powder)	✓	Monk fruit	None	8
Fine & Raw Sugarless	✓ (erythritol)	None	2g	None	None	None	Monk fruit + erythritol + lucuma	None	7
Pyure	✓ (erythritol)	None	2g	✓ (soluble tapioca fiber)	None	✓	Erythritol + stevia	None	8
Nutilight	✓ (erythritol)	None	0g	✓ (soluble corn fiber)	None	✓	Erythritol + stevia	None	8
CRAVERS	None	None	5g	None	None	None	Dates	None	3
Elavi†	None	0g [†]	4g	None	None	None	Dates + monk fruit	✓	8
Rawmio	None	6g	7g	None	None	None	Coconut sugar	None	3
Bonne Maman	None	17g	17g	None	✓ (skimmed milk powder)	None	Sugar	✓	8
Nocciolata	None	16g	16g	None	None	None	Cane sugar (organic)	None	7
88 Acres	None	4g	5g	None	None	None	Cane sugar	None	6
Peanut Butter & Co	None	15g	15g	✓ (soluble corn fiber)	✓ (skim milk powder)	✓	Cane sugar	None	8
Chocolate Granola Butter‡	None	3g	3g	None	None	None	Maple syrup	✓	15

[†] Elavi: <1g added sugar from coconut sugar in dark chocolate ingredient; rounds to 0g on FDA label. Also contains alkalized cocoa powder and sunflower lecithin.

[‡] Chocolate Granola Butter by Oat Haus (formerly Kween). Oat-based rather than nut-based, but widely cited as a Nutella alternative for those with nut allergies.

^{††} Delessa's 1g sugar content consists entirely of matrix-bound sugars naturally present in raw hazelnuts. [Learn why matrix-bound sugars behave differently →](#)