

How many sweets are in 100 g of pick and mix?

From the sweeties.net wiki

There is no single answer, because pick and mix is sold by weight, not by the piece. Going by the makers' own figures, 100 g of Jelly Belly beans holds more than three times as many sweets as 100 g of small hard caramels. The best guide is what the makers themselves publish.

Real figures from the makers

| Sweet | What the maker says | About how many in 100 g | |---|---|---| | Jelly Belly jelly beans | 882 beans in a kilo | 88 | | Haribo Goldbears, American pack | 13 pieces in 30 g | 43 | | Werther's Original caramel coffee hard sweets, American pack | 4 pieces in 16 g | 25 |

The last column is our own arithmetic from the makers' figures. Recipes and sizes can differ between countries and brands, so treat these as a guide rather than an exact count.

Why the count varies so much

Each sweet has its own size and weight. A Jelly Belly bean is small: the company says each one has about 4 calories and about 1 g of carbohydrate. A Werther's caramel coffee hard sweet weighs about 4 g, going by its American label. The heavier each sweet, the fewer fit into 100 g.

That is exactly why pick and mix is weighed rather than counted. Weighing lets you mix big and small sweets freely and pay a fair price for any combination: see [why is pick and mix sold by weight?](#)

100 g and the old quarter

Before metric, sweets could be bought by the quarter, a quarter of a pound, a unit recorded since the 14th century. A pound is exactly 0.45359237 kg, so a quarter is about 113 g, a little more than 100 g: see [what is a quarter of sweets?](#)

Calories in 100 g

Jelly Belly's own figures give a quick check: about 88 beans at about 4 calories each is roughly 350 calories in 100 g. For other sweets, the label shows the energy per 100 g: see [how many calories are in pick and mix?](#)

How it works with us

We sell every sweet by the 100 g, and you can add as many 100 g portions as you like. The number of pieces in each 100 g depends on the sweet, so if you need a rough count, weigh a few at home and scale up. For bigger orders, see [how many sweets are in a kilo of pick and mix?](#)

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