

**Nutrition Facts** Serv. size: **1 bar (31g)**,

Amount per serving: **Calories 140**, **Total Fat** 6g (8% DV), Sat. Fat 1.6g (8% DV), Trans Fat 0g, Polyunsat. Fat 1.5g, Monounsat. Fat 2.7g, **Cholest.** 5mg (2% DV), **Sodium** 55mg (2% DV), **Total Carb.** 19g (7% DV), Dietary Fiber 3g (11% DV), Total Sugars 11g (Incl. 9g Added Sugars 18% DV), Sugar Alcohol 0g, **Protein** 3.2g (6% DV), Calcium (0% DV), Iron (8% DV), Potas. (4% DV).  
% DV = Daily Value based on a 2,000 calorie per day diet