

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

Amount per serving: **Calories 140**, **Total Fat** 5g (6% DV), Sat. Fat 1.6g (8% DV), Trans Fat 0g, Polyunsat. Fat 1.8g, Monounsat. Fat 1.4g, **Cholest.** 5mg (2% DV), **Sodium** 55mg (2% DV), **Total Carb.** 20g (7% DV), Dietary Fiber 3g (11% DV), Total Sugars 9g (Incl. 9g Added Sugars 18% DV), Sugar Alcohol 0g, **Protein** 4g (8% DV), Calcium (4% DV), Iron (8% DV), Potas. (4% DV).  
% DV = Daily Value based on a 2,00 calorie per day diet