

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

Amount per serving: **Calories 160, Total Fat** 7g (9% DV), Sat. Fat 1.7g (9% DV), Trans Fat 0g, Polyunsat. Fat 1.6g, Monounsat. Fat 3.3g, **Cholest.** 5mg (2% DV), **Sodium** 55mg (2% DV), **Total Carb.** 23g (8% DV), Dietary Fiber 4g (14% DV), Total Sugars 11g (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 2,000 calorie per day diet