

Nutrition Facts

Serving Size: 1 bar (54g/1.94oz)

Servings Per Container: 12

Amount Per Serving

Calories 210	Calories from Fat 80
% Daily Value*	

Total Fat 9g	14%
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Saturated Fat 1g	5%
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Polyunsaturated Fat 3g	
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Monounsaturated Fat 5g	
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Trans Fat 0g	
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Cholesterol 0mg	0%
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Sodium 180mg	8%
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Potassium 190mg	5%
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Total Carbohydrate 32g	11%
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Dietary Fiber 4g	16%
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Sugars 14g	
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Protein 5g	10%
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Calcium	4%
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Iron	10%
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Vitamin E	10%
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Thiamin	10%
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Riboflavin	6%
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Niacin	2%
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Vitamin B6	2%
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Folate (Total)	4%
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Pantothenic Acid	2%
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Phosphorus	15%
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Magnesium	15%
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Zinc	8%
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Selenium	6%
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Manganese	20%
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Not a significant source of Vitamin A or Vitamin C.

*Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total fat	Less than	65g	80g
Saturated fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories Per Gram

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Organic Whole Oats, Almond Butter, Brown Rice Syrup, Organic Evaporated Cane Juice, Raisins, Water, Dried Apples, Oat Bran, Walnut Halves, Rice Bran Fiber, Almonds, Sunflower Seeds, Sesame Seeds, Natural Flavor, Natural Vanilla Extract, Sea Salt, Natural Plant Gums (Guar Gum, Gum Arabic), Spices. **Allergen Statement:** Manufactured in a Facility that Produces Products that Contain Wheat, Soy, Eggs, Milk, Peanuts, and Tree Nuts.