

Nutrition Facts

Serving Size

1 Bar (70g)

100g

Calories

As
Packaged

280

As
Packaged

395

		% DV	% DV
Total Fat	6g	7%	8g
Saturated Fat	0.5g	4%	1g
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg
Sodium	180mg	8%	264mg
Total Carbohydrate	52g	19%	74g
Dietary Fiber	5g	18%	7g
Total Sugars	15g		21g
Incl. Added Sugars	14g	28%	20g
Protein	5g		7g
Vitamin D	1.4mcg	6%	2mcg
Calcium	460mg	35%	658mg
Iron	3.6mg	20%	5mg
Potassium	180mg	4%	251mg
Vitamin C	3mg	4%	5mg
Thiamin	0.2mg	15%	0mg
Riboflavin	00mg	8%	0mg
Niacin	0.8mg	6%	1mg
Vitamin B6	0.2mg	10%	0mg
Folate	30mcg	8%	45mcg
Folic Acid	20mcg		26mcg
Vitamin B12	0.2mcg	6%	0mcg
Zinc	1.1mg	10%	2mg

* Percent Daily Value (DV) are based on a 2,000 calorie diet

* Not a significant nutrient source

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

* Do not eat raw dough or batter.