Nutrition Facts

Serving Size 1 Bar (39g)
Servings Per Container 8

Amount Per Serving

Calories 140	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 70mg	**3%**
Potassium 65mg	**2%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 2g	**8%**
Sugars 15g	
Protein 2g	

Vitamin A 10%	•	Vitamin C 0%
Calcium 25%	•	Iron 10%
Thiamin 10%	•	Riboflavin 10%
Niacin 10%	•	Vitamin B6 10%
Folic Acid 10%	•	Vitamin B12 10%

*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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CRUST: WHOLE WHEAT FLOUR, WATER, SUGAR, SOYBEAN OIL, DEXTROSE, WHOLE GRAIN ROLLED OATS, CORN SYRUP, RAISIN PASTE, PALM AND PALM KERNEL OIL. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOY FLOUR, WHEAT GLUTEN, WHEY (MILK), MODIFIED CORN STARCH, EGGS, SALT, BAKING SODA, MONO- AND DIGLYCERIDES, CORN STARCH, SOY LECITHIN, TITANIUM DIOXIDE (COLOR), VANILLIN.

FRUIT FILLING: CORN SYRUP, SUGAR, WATER, STRAWBERRY PUREE, APPLE FIBER, PECTIN, LEMON JUICE CONCENTRATE, CORN STARCH, NATURAL FLAVOR.

VITAMINS/MINERALS: CALCIUM CARBONATE, VITAMIN A PALMITATE, THIAMIN MONONITRATE [VITAMIN B1], NIACINAMIDE [VITAMIN B3], FOLIC ACID, FERRIC ORTHOPHOSPHATE [IRON], RIBOFLAVIN [VITAMIN B2], PYRIDOXINE HYDROCHLORIDE [VITAMIN B6], CYANOCOBALAMIN [VITAMIN B12].

ALLERGY INFORMATION: CONTAINS WHEAT, SOY, MILK, EGG.

Always refer to the product package for the most accurate nutrition information and up-to-date list of ingredients. Website information may become obsolete as recipe and packaging changes are made. If concerned with food allergies, do not rely on this webpage for purchase decisions- refer to the product package or call us at 1-800-251-6346.