

Appleways  
Apple Oatmeal Bar, 1.2 oz

# Nutrition Facts

1 servings per container

**Serving size** 1 bar (34g)

**Amount Per Serving**

**Calories** 140

% Daily Value\*

**Total Fat** 4.5g 6%

Saturated Fat 0.5g 3%

*Trans* Fat 0g

**Cholesterol** 5mg 2%

**Sodium** 90mg 4%

**Total Carbohydrate** 23g 8%

Dietary Fiber 1g 4%

Total Sugars 9g

Includes 8g Added Sugars 16%

**Protein** 2g 4%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1mg 6%

Potassium 61mg 2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.