

Appleways
Apple Oatmeal Bar (2.4oz)

Nutrition Facts

1 servings per container

Serving size 1 Bar (68g)

Amount Per Serving

Calories 270

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 115mg 5%

Total Carbohydrate 47g 17%

Dietary Fiber 3g 11%

Total Sugars 19g

Includes 16g Added Sugars 32%

Protein 4g

Vitamin D 0mcg 0%

Calcium 19mg 2%

Iron 2mg 10%

Potassium 121mg 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.