

Appleways

Blueberry Pomegranate Oatmeal Bar, 2.4 oz

Nutrition Facts

Serving Size 1 bar (68g)

Servings Per Container 1

Amount Per Serving

Calories 280

Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 46g **15%**

Dietary Fiber 3g **12%**

Sugars 21g

Protein 4g **8%**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

*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		2400mg	2400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g