

Appleways

Chocolate Chip Oatmeal Bar, 2.4 oz

Nutrition Facts

1 servings per container

Serving size

1 bar (68g)

Amount Per Serving

Calories

280

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 140mg **6%**

Total Carbohydrate 46g **17%**

Dietary Fiber 2g **7%**

Total Sugars 19g

Includes 16g Added Sugars **32%**

Protein 4g **8%**

Vitamin D 0mcg **0%**

Calcium 22mg **2%**

Iron 2mg **10%**

Potassium 122mg **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.