

Appleways

Strawberry 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 3g **15%**

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    |       |