

Appleways  
Vanilla Oatmeal Bar, 1.2 oz

# Nutrition Facts

1 servings per container

**Serving size** 1.2 oz (34g)

**Amount Per Serving**

**Calories** **140**

**% Daily Value\***

**Total Fat** 4.5g **6%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 75mg **3%**

**Total Carbohydrate** 23g **8%**

Dietary Fiber 1g **4%**

Total Sugars 9g

Includes 8g Added Sugars **16%**

**Protein** 2g **4%**

Vitamin D 0mcg 0%

Calcium 11mg 0%

Iron 1mg 6%

Potassium 62mg 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.