

# Nutrition Facts

1 serving per container

**Serving size****1 bar (53g)**

Amount Per Serving

**Calories****210**

% Daily Value\*

**Total Fat** 8g **10%**Saturated Fat 0.5g **3%***Trans* Fat 0g**Cholesterol** 0mg **0%****Sodium** 180mg **8%****Total Carbohydrate** 25g **9%**Dietary Fiber 4g **14%**

Total Sugars 19g

Includes 0g Added Sugars **0%****Protein** 12g **14%**Vitamin D 0mcg **0%**Calcium 50mg **4%**Iron 0.9mg **4%**Potassium 410mg **8%**

\*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.