

Nature Valley™ Layered Granola Bar
Almond Butter

Nutrition Facts

1 servings per container

Serving size

1 bar (39g)

Amount Per Serving

Calories

190

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 21g **8%**

Dietary Fiber 2g **7%**

Total Sugars 8g

Includes 7g Added Sugars **14%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 0.72mg **4%**

Potassium 94mg **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.