

Nature Valley Layered Granola Nut Bar  
Peanut Butter Chocolate

# Nutrition Facts

Serving Size 1 bar (39g)

**Amount Per Serving**

**Calories** 190 **Calories from Fat** 100

**% Daily Value\***

**Total Fat** 11g **17%**

Saturated Fat 4g **20%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 150mg **6%**

**Total Carbohydrate** 21g **7%**

Dietary Fiber 2g **8%**

Sugars 9g

**Protein** 4g **8%**

**Calcium** 2% **Iron** 4%

\*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    |