

Nature Valley XL Chewy Protein Bar
Mixed Nut

Nutrition Facts

Serving Size 1 bar (60g)

Amount Per Serving

Calories 290

Calories from Fat 170

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 260mg **11%**

Total Carbohydrate 20g **7%**

Dietary Fiber 7g **28%**

Sugars 10g

Protein 15g **30%**

Calcium 6%

Iron 6%

*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 |