

# Larabar -Peanutbutter Cookie

## Nutrition Facts

1 servings per container

**Serving size**

**1 Bar (48g)**

**Amount Per Serving**

**Calories**

**220**

**% Daily Value\***

**Total Fat** 12g **15%**

Saturated Fat 2g **9%**

*Trans* Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 6g

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

**Sodium** 85mg **4%**

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

Dietary Fiber 4g **14%**

Total Sugars 17g

Includes 0g Added Sugars **0%**

**Protein** 6g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0.6mg **2%**

Potassium 300mg **6%**

\*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.