

# Nutrition Facts

12 servings per container

**Serving size** **1 bar (60g)**

Amount per serving

**Calories** **230**

**% Daily Value\***

**Total Fat** 9g **12%**

Saturated Fat 6g **30%**

*Trans* Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 1g

**Cholesterol** 10mg **3%**

**Sodium** 70mg **3%**

**Total Carbohydrate** 24g **9%**

Dietary Fiber 10g **36%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Sugar Alcohol 6g

**Protein** 20g **40%**

Vitamin D 0mcg **0%**

Calcium 194mg **15%**

Iron 0mg **0%**

Potassium 119mg **2%**

Phosphorus 128mg **10%**

\* The % Daily Value 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.