

# Nutrition Facts

**Serving size:**  
**1 bar (55 g)**

**Calories**  
per serving **200**

**Amount/serving**      **% DV**

**Total Fat** 8 g      **10%**

Saturated Fat 3.5 g      **17%**

Trans Fat 0 g

**Cholesterol** 5 mg      **2%**

**Sodium** 110 mg      **5%**

**Amount/serving**      **% DV**

**Total Carb.** 19 g      **7%**

Dietary Fiber 4 g      **13%**

Total Sugars 1 g

Incl. 0 g Added Sugars      **0%**

Sugar Alcohols 6 g

**Protein** 20 g      **38%**

Vitamin D 0.2mcg 0% • Calcium 90mg 8% • Iron 0.4mg 2% • Potassium 150mg 4%