

Nutrition Facts

16 servings per container

Serving size **1 Bar (37g)**

Amount per serving

Calories **130**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 25g **9%**

Dietary Fiber 1g **5%**

Total Sugars 13g

Includes 12g Added Sugars **24%**

Protein 2g

Vitamin D 0mcg 0% • Calcium 130mg 10%

Iron 1.8mg 10% • Potassium 80mg 0%

Vitamin A 10% • Thiamin 10%

Riboflavin 10% • Niacin 10%

Vitamin B₆ 10% • Zinc 10%

* 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.

Ingredients: Crust: Whole grain oats, enriched flour (wheat flour, niacin, reduced iron, vitamin B₁ [thiamin mononitrate], vitamin B₂ [riboflavin], folic acid), soybean oil, whole wheat flour, sugar, dextrose, fructose, calcium carbonate, vegetable glycerin, invert sugar, whey, soluble corn fiber, salt, wheat bran, cellulose, natural flavors, potassium bicarbonate, cinnamon, mono- and diglycerides, soy lecithin, wheat gluten, niacinamide, vitamin A palmitate, carrageenan, zinc oxide, reduced iron, guar gum, vitamin B₆ (pyridoxine hydrochloride), vitamin B₁ (thiamin hydrochloride), vitamin B₂ (riboflavin), **filling:** invert sugar, corn syrup, apple puree concentrate, vegetable glycerin, sugar, modified food starch, sodium alginate, sodium citrate, malic acid, methylcellulose, dicalcium phosphate, cinnamon, citric acid.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

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