

Nutrition Facts

Serv. Size 1 Square (50g)

Servings Per Container 1

Calories 190

Calories from Fat 50

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*	Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 6g	9%	Monounsat. Fat 3g		Dietary Fiber 5g	20%	Protein 6g	12%
Sat. Fat 0.5g	3%	Cholest. 0mg	0%	Soluble Fiber 3g			
Trans Fat 0g		Sodium 105mg	4%	Insoluble Fiber 2g			
Polyunsat. Fat 1.5g		Total Carb. 27g	9%	Sugars 13g			

Vitamin A 30% • Vitamin C 50% • Calcium 20% • Iron 6% • Vitamin D 30% • Vitamin E 35% • Thiamin 30%
Riboflavin 35% • Niacin 30% • Vitamin B6 35% • Folate 30% • Vitamin B12 35% • Pantothenic Acid 30%

INGREDIENTS: WHOLE ROLLED OATS, DRIED BANANA, BROWN RICE SYRUP, DATE PUREE, CANE SYRUP, HIGH-OLEIC SUNFLOWER OIL, WALNUTS, MALTODEXTRIN, WHEY PROTEIN ISOLATE, PLUM PUREE, DRIED EGG WHITES, VEGETABLE GLYCERINE, NATURAL PLANT STEROLS, CHICORY ROOT EXTRACT, NATURAL FLAVORS, CALCIUM CARBONATE, SOY LECITHIN, BAKING SODA, SALT, CITRIC ACID, SPICE. **VITAMINS:** VITAMIN BLEND (VITAMIN C [ASCORBIC ACID], VITAMIN E [D-ALPHA TOCOPHERYL ACETATE], VITAMIN A [PALMITATE], NIACINAMIDE, MALTODEXTRIN, D-CALCIUM PANTOTHENATE, VITAMIN D3, PYRIDOXINE HCL, THIAMINE MONONITRATE, RIBOFLAVIN, VITAMIN B12, FOLIC ACID). **CONTAINS SOY, MILK, EGGS, AND WALNUTS.** MADE ON EQUIPMENT THAT ALSO PROCESSES WHEAT, PEANUTS AND OTHER TREE NUTS. CAUTION: MAY CONTAIN SHELL FRAGMENTS.

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