

Nutrition Facts

Serving Size: 1/2 Plank (43g/1.5oz)

Servings Per Container: 12

Amount Per Serving

Calories 190 **Calories from fat** 70

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 1g **4%**

Polyunsaturated Fat 3g

Monounsaturated Fat 3g

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 130mg **5%**

Potassium 130mg **4%**

Total Carbohydrate 29g **10%**

Dietary Fiber 3g **11%**

Sugars 14g

Protein 4g **8%**

Calcium 2%

Iron 6%

Vitamin E 2%

Thiamin 8%

Riboflavin 2%

Niacin 2%

Vitamin B6 2%

Folate (Total) 4%

Panthenic Acid 2%

Phosphorus 10%

Magnesium 8%

Zinc 4%

Selenium 6%

Manganese 30%

Not a significant source of Vitamin A or Vitamin C.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Ingredients: Organic Whole Oats, Brown Rice Syrup, Nuts & Seed Mix (Almonds, Walnuts, Peanuts, Sunflower Seeds), Multi-Grain Blend (Brown Rice Crisps, Puffed Whole Rice, Puffed Whole Wheat, Puffed Whole Corn), Natural Evaporated Cane Juice, Canola Oil, Organic Brown Sugar, Dried Cranberries, Dried Blueberries, Natural Vanilla Extract, Natural Flavors, Sea Salt. **Contains Peanuts. Allergy Information: Made in a Facility that Produces Products that Contain Wheat, Soy, Eggs, Milk, Peanuts, and Tree Nuts.**