



Cranberry Honey Nut Granola Bar

Naturally Flavored

77910

Nutrition Facts

Serving Size 1 bar (32g)
Servings Per Container 7

Amount Per Serving

Calories 110 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Potassium 320mg 9%

Total Carbohydrate 13g 4%

Dietary Fiber 4g 16%

Sugars 4g

Protein 11g 20%

Vitamin A 20% • Vitamin C 20%

Calcium 20% • Iron 20%

Vitamin D 50% • Vitamin E 20%

Vitamin K 20% • Thiamin 20%

Riboflavin 20% • Niacin 20%

Vitamin B6 20% • Folate 20%

Vitamin B12 20% • Biotin 20%

Pantothenic Acid 20% • Phosphorus 20%

Iodine 20% • Magnesium 20%

Zinc 20% • Selenium 20%

Copper 20% • Manganese 20%

Chromium 20% • Molybdenum 20%

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

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Soy protein isolate, honey roasted peanuts (peanuts, sugar, honey, peanut oil, maltodextrin, potato starch, salt, xanthan gum), brown rice syrup, maltitol syrup, chicory root inulin, golden raisins, polydextrose, dried cranberries, rolled oats, milk protein isolate, water, almonds, natural flavors, glycerin, sunflower oil, sugar, guar gum, rice starch, soy lecithin, salt, citric acid, Bacillus coagulans GBI-30 6086, stevia extract.

Vitamins & Minerals: Potassium phosphate, calcium carbonate, potassium lactate, magnesium oxide, ascorbic acid (vitamin C), ferrous sulfate (iron), vitamin E acetate, niacinamide (vitamin B3), zinc sulfate, manganese sulfate, calcium pantothenate (vitamin B5), copper sulfate, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamine mononitrate (vitamin B1), vitamin A palmitate, chromium chloride, sodium molybdate, folic acid, biotin, sodium selenite, potassium iodide, vitamin K, cholecalciferol (vitamin D3), cyanocobalamin (vitamin B12).

CONTAINS: SOY, MILK, PEANUTS, ALMONDS, SULFITES
MAY CONTAIN: TREE NUTS AND WHEAT

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.