

Cherry Breakfast Bar

Nutrition Facts

Serving Size: 1 Bar (37g)
Servings Per Package: 8

Amount Per Serving

Calories 140
Fat Calories 25

% Daily Value*

Total Fat 3.0g	5%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	4%
Sugars 13g	

Protein 2g

Vitamin A 15%	•	Vitamin C 0%
Calcium 0%	•	Iron 10%
Thiamin 25%	•	Riboflavin 25%
Niacin 25%	•	Vitamin B-6 25%
Folate 25%	•	Phosphorous 4%
Magnesium 2%	•	Zinc 10%

*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:	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	300g	375mg	
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: wheat flour, sugar, cherries, whole oats, corn syrup, partially hydrogenated soybean and/or cottonseed oil, glycerin, dextrose, evaporated apples, modified corn starch, honey, nonfat dry milk, wheat bran, natural flavors, salt, pectin, potassium bicarbonate, malic acid, lecithin, sodium alginate, locust bean gum, whey protein concentrate.

Vitamins and Minerals: niacinamide, zinc oxide, iron, pyridoxine hydrochloride (vitamin B-6), riboflavin (vitamin B-2), vitamin A palmitate, thiamin hydrochloride (vitamin B-1), and folic acid.