

Nutrition Facts

Serving Size 1 bar (34g)
Servings Per Container 5

Amount Per Serving

Calories 170 Calories from Fat 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 30g **10%**

Dietary Fiber 2g **7%**

Sugars 11g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 4% • Vitamin E 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.

INGREDIENTS: Rice Syrup, Crisp Rice (Rice Flour, Rice Bran, Raisin Juice Concentrate, Honey, Salt), Corn Flakes (Corn, Water), Sunflower Seeds, Dried Cranberries(Cranberry, Evaporated Cane Juice, Sunflower Oil), Rice Flour, Almonds, Sesame Seeds, Flax Seeds, Evaporated Cane Juice, Pecans, Expeller Pressed Canola Oil, Natural Flavors, Soybean Lecithin, Sea Salt. **CONTAINS:** Tree Nuts and Soy. **WARNING:** May Contain Nut Shell Fragments. Made in a facility that processes peanuts and tree nuts.