

## 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 1g      **5%**  
Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 100mg      **4%**

**Total Carbohydrate** 29g      **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, Rice Flour, Evaporated Cane Juice, Sesame Seeds, Flax Seeds, Coconut, Raisins, Dried Cranberries(Cranberry, Evaporated Cane Juice, Sunflower Oil), Hazelnuts, Brazil Nuts, Almonds, Expeller Pressed Canola Oil, Apricots, Pecans, 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.