Nutrition Facts

14 servings per container Serving size 1 bar (30g)

Calories 140

Cholesterol 0mg 0% Sodium 95mg 4%
Total Carbohydrate 20g 7%

19%



INGREDIENTS: Granola (whole grain oats, sugar, brown rice crisp (whole grain brown rice flour, sugar, salt), whole grain wheat, soybean oil, whole wheat flour, molasses, baking soda, soy lecithin, nonfat dry milk), sugar, hydrogenated vegetable oil blend (palm kernel and/or palm oil), peanuts, brown rice crisp (whole grain brown rice flour, sugar, salt), corn syrup, corn syrup solids, invert sugar, brown sugar. Contains 2% or less of: glycerin, whey, dextrose, lactose, cocoa powder, cocoa (processed with alkali), canola oil, sorbitol, salt, soy lecithin, milk fat, modified palm oil, natural flavor (contains sesame), modified palm kernel oil, glyceryl lacto esters of fatty acids, nonfat dry milk, tocopherols (to preserve freshness).

CONTAINS MILK, PEANUT, SESAME, SOY AND WHEAT INGREDIENTS. MAY CONTAIN TREE NUTS.

DISTRIBUTED BY
THE QUAKER OATS COMPANY
P.O. BOX 049003
CHICAGO, IL 60604-9003, U.S.A.
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ARTIFICIAL PRESERVATIVES NO — ARTIFICIAL FLAVORS NO — ADDED COLORS

Dietary Fiber 1g Total Sugars 11g Includes 11g Added Sugars 22% Sugar Alcohol 0g

Protein 2g Calcium 10mg Iron 0.5mg Potassium 60mg

Total Fat 6g

Saturated Fat 4g

Trans Fat 0g Polyunsaturated Fat 1g Monounsaturated Fat 1.5g

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. smartlabel









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