



**Nutrition Facts**  
18 servings per container  
Serving size 1 bar (24g)

Amount per serving	Calories 100
Total Fat 4g	8%
Saturated Fat 1g	2%
Trans Fat 0g	
Polyunsaturated Fat 1g	2%
Monounsaturated Fat 1.5g	3%
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	10%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Sugar Alcohol 0g	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 0.6mg	2%
Potassium 50mg	0%

\*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.

**INGREDIENTS:** Granola (whole grain oats, brown sugar, brown rice crisp (whole grain brown rice flour, sugar, salt), whole grain wheat, soybean oil, dried coconut, whole wheat flour, baking soda, soy lecithin, nonfat dry milk), corn syrup, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), brown rice crisp (whole grain brown rice flour, sugar, salt, sunflower oil, corn syrup solids, inulin, polydextrose, glycerin. Contains 2% or less of: calcium carbonate, invert sugar, salt, molasses, dicalcium phosphate, tocopherols (to preserve freshness), natural flavor, soybean oil.

**CONTAINS: COCONUT, MILK, SOY AND WHEAT INGREDIENTS.**

**MAY CONTAIN TRACES OF PEANUT AND OTHER TREE NUTS.**

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\*\*Sugar content (in 24 gram bars): Regular Chocolate Chip Quaker Chewy bars have 7 grams. This bar has 5 grams.

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