

Nutrition Facts
10 servings per container
Serving size 1 bar (31g)

Amount per serving	
Calories 140	
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 3.5g	16%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 13g	
Includes 12g Added Sugars	24%
Sugar Alcohol 0g	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.7mg	2%
Potassium 80mg	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.

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QUAKER.
Chewy DIPPS

MADE WITH
9g WHOLE GRAINS

NO ADDED COLORS
NO ARTIFICIAL PRESERVATIVES
NO ARTIFICIAL FLAVORS

REAL CHOCOLATE CHIPS



* see nutrition facts for saturated fat content



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QUAKER.
Chewy DIPPS
CHOCOLATE CHIP
REAL CHOCOLATE CHIPS



QUAKER.
Chewy DIPPS
CHOCOLATE CHIP

10 BARS

QUAKER.
Chewy DIPPS
CHOCOLATE CHIP
REAL CHOCOLATE CHIPS



Per bar

140 CALORIES	3.5g SAT FAT 16% DV	85mg SODIUM 4% DV	13g TOTAL SUGARS
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10 CHOCOLATEY COVERED GRANOLA BARS



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Made With
100% WHOLE GRAINS
& Other Delicious Ingredients
NO ARTIFICIAL PRESERVATIVES
NO ARTIFICIAL FLAVORS
NO ADDED COLORS



Enlarged Image

INGREDIENTS: Granola (whole grain oats, brown sugar, brown rice crisp [whole grain brown rice flour, sugar, salt], whole grain wheat, soybean oil, whole wheat flour, baking soda, soy lecithin, nonfat dry milk), sugar, brown rice crisp, whole grain brown rice flour, sugar, salt, hydrogenated palm kernel oil, corn syrup, invert sugar, semisweet chocolate chips (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla extract), brown sugar, corn syrup solids, whey, glycerin, non hydrogenated shortening (monounsaturated canola oil, modified palm oil, palm kernel oil), lactose, cocoa powder, cocoa (processed with alkali), sorbitol, milk fat, salt, soy lecithin, glyceryl lacto esters of fatty acids, natural flavor, tocopherols (to preserve freshness), soybean oil. (3453-6)
CONTAINS MILK, SOY AND WHEAT INGREDIENTS.

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