



Prunes Energy Bar - NF

Nutrition Facts

Serving Size: 28g (~ 1oz)
(Approx 16.2 Servings/Pound)

Amount Per Serving		
Calories		105
Calories From Fat		13
%DV		
Total Fat	2g	3%
Saturated Fat	0g	0%
Cholesterol	0g	0%
Sodium	4mg	0%
Total Carbohydrate	19g	6%
Dietary Fiber	2g	8%
Sugars	6g	
Protein	1.8g	
Vitamin A	1%	Calcium 1%
Vitamin C	0%	Iron 2%

*Percent Daily Values are based on a 2,000 calories diet.
Your daily value may be higher or lower depending on your calories needs.

	2,000	2,500
Calories		
Total Fat	65g	80g
Sat Fat	20g	25g
Cholesterol	300mg	300g
Sodium	2400mg	2400g
Total Carbohydrate	300g	375g
dietary Fiber	25g	30g

Calories per gram
Fat 9 * Carbohydrate 4 * Protein 4 *

Ingredients:

Prunes, Glucose Syrup, Sugar, Citric Acid, Coconut powder, cashew, Walnuts, Almonds, Pumpkin seeds kernels
May contain pits and/or pit fragments
Approximately 15 pieces per pound.
Packaged in the same facility as peanuts, tree nuts, soy, and milk products.

