



Figs Energy bars - NF

Nutrition Facts

Serving Size: 28g (~ 1.0oz)
(Approx 16.0 Servings/Pound)

Amount Per Serving			
Calories		109	
Calories From Fat		18	
%DV			
Total Fat	2g	3%	
Saturated Fat	0g	0%	
Cholesterol	0g	0%	
Sodium	12mg	1%	
Total Carbohydrate	18g	6%	
Dietary Fiber	1g	4%	
Sugars	8g		
Protein	2g		
Vitamin A	0%	Calcium	4%
Vitamin C	0%	Iron	1%

*Percent Daily Values are based on a 2,000 calories diet.

Your daily value may be higher or lower depending on your calories needs.

Calories	2,000	2,500
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:

Figs, Glucose Syrup, Sugar, Citric Acid, Coconut, cashew, Almonds, Pumpkin seeds kernels.

Approximately 20 pieces per pound.

Packaged in the same facility as peanuts, tree nuts, soy, and milk products.

