

00690

Bar, Whole Wheat Fig (unwrapped)

Ingredients: Stone Ground Whole Wheat Flour, Dried Cane Syrup, Brown Rice Syrup, Fig Paste, Canola Oil, Rolled Oats, Caramel Color (Ammonia-Free), Sea Salt, Citric Acid, Oat Fiber, Baking Soda, Baking Powder.

Contains: Wheat

Allergen: Manufactured on shared equipment with tree nuts and peanuts.

Verified Non GMO

Product information & ingredients may change without notice. Please see package or contact us for updates. Last Changed: 2/9/2015

Country of Origin: USA

Nutrition Facts			
Serving Size	34g		
Servings per Container			
Amount Per Serving			
Calories	130		
Calories from Fat	30		
% Daily Value*			
Total Fat	3.5g	5 %	
Saturated Fat	0g	0 %	
Trans Fat	0g	0 %	
Cholesterol	0mg	0 %	
Sodium	50mg	2 %	
Total Carbohydrates	24g	8 %	
Dietary Fiber	2g	8 %	
Sugars	12g		
Protein	2g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	6 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Calories: 2,000 2,500			
Total fat less then	65g	80g	
Sat Fat less then	20g	25g	
Cholesterol less then	300mg	300m	
Sodium less then	2400mg	2400m	
Total Carbohydrates	300g	375g	
Dietary Fiber	25g	30	
Calories per Gram			
Fat	9	Carbohydrate	4 Protein 4