

KIND Nuts & Spices: All natural nut bars with fiber, protein and only 5g of sugar (or less).



DARK CHOCOLATE NUTS & SEA SALT

INGREDIENTS: Mixed nuts (almonds, peanuts, walnuts), chicory root fiber, honey, palm kernel oil, sugar, crisp rice, cocoa powder, non GMO glucose, sea salt, soy lecithin, milk powder, vanilla extract.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving:
 Calories: 200, Fat Cal. 140, Total Fat 15g (23% DV), Sat. Fat 3.5g (18% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 125mg (5% DV), Potassium 210mg (6% DV), Total Carb. 16g (5% DV), Dietary Fiber 7g (28% DV), Sugars 5g, Protein 6g, Vit. A (0% DV), Vit. C (0% DV), Calcium (6% DV), Iron (8% DV), Vit. E (25% DV), Vit. B1 (4% DV), Vit. B2 (8% DV), Vit. B3 (10% DV), Vit. B6 (2% DV), Folate (4% DV), Phosphorus (10% DV), Magnesium (15% DV), Zinc (6% DV), Copper (15% DV), Manganese (30% DV).
 Percent Daily Values are based on a 2,000 calorie diet.



MADAGASCAR VANILLA ALMOND

INGREDIENTS: Mixed nuts (almonds, peanuts, cashews, walnuts), honey, non GMO glucose, chicory root fiber, crisp rice, madagascar vanilla, soy lecithin.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving:
 Calories: 210, Fat Cal. 140, Total Fat 16g (25% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 15mg (1% DV), Potassium 210mg (6% DV), Total Carb. 14g (5% DV), Dietary Fiber 5g (20% DV), Sugars 4g, Protein 7g, Vit. A (0% DV), Vit. C (0% DV), Calcium (6% DV), Iron (6% DV), Vit. E (25% DV), Vit. K (2% DV), Vit. B1 (4% DV), Vit. B2 (10% DV), Vit. B3 (10% DV), Vit. B6 (4% DV), Folate (6% DV), Phosphorus (15% DV), Magnesium (20% DV), Zinc (8% DV), Copper (20% DV), Manganese (35% DV).
 Percent Daily Values are based on a 2,000 calorie diet.



NEW! MAPLE GLAZED PECAN & SEA SALT

INGREDIENTS: Mixed nuts (almonds, peanuts, pecans), chicory root fiber, honey, non GMO glucose, crisp rice, maple syrup, sea salt, natural maple flavor, soy lecithin.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving:
 Calories: 210, Fat Cal. 150, Total Fat 16g (25% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 140mg (6% DV), Potassium 190mg (5% DV), Total Carb. 13g (4% DV), Dietary Fiber 5g (20% DV), Sugars 5g, Protein 6g, Vit. A (0% DV), Vit. C (0% DV), Calcium (6% DV), Iron (6% DV), Vit. E (20% DV), Niacin (10% DV), Phosphorus (10% DV), Magnesium (15% DV), Copper (15% DV), Manganese (40% DV).
 Percent Daily Values are based on a 2,000 calorie diet.



NEW! DARK CHOCOLATE CHILI ALMOND

INGREDIENTS: Mixed nuts (almonds, peanuts, cashews), chicory root fiber, palm kernel oil, sugar, honey, non GMO glucose, crisp rice, cocoa powder, sea salt, cascabel chili, ancho chili, soy lecithin, cinnamon, whole milk, vanilla extract, habanero chili.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving:
 Calories: 200, Fat Cal. 130, Total Fat 15g (23% DV), Sat. Fat 3.5g (18% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 115mg (5% DV), Potassium 210mg (6% DV), Total Carb. 16g (5% DV), Dietary Fiber 7g (28% DV), Sugars 5g, Protein 6g, Vit. A (0% DV), Vit. C (0% DV), Calcium (4% DV), Iron (8% DV), Vit. E (20% DV), Phosphorus (10% DV), Magnesium (15% DV), Copper (15% DV), Manganese (25% DV).
 Percent Daily Values are based on a 2,000 calorie diet.



DARK CHOCOLATE CINNAMON PECAN

INGREDIENTS: Mixed nuts (peanuts, almonds, pecans, cashews), chicory root fiber, honey, palm kernel oil, sugar, non GMO glucose, crisp rice, cocoa powder, cinnamon, soy lecithin, milk powder, salt, vanilla extract.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving:
 Calories: 200, Fat Cal. 140, Total Fat 16g (25% DV), Sat. Fat 3.5g (18% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 20mg (1% DV), Potassium 190mg (5% DV), Total Carb. 16g (5% DV), Dietary Fiber 7g (28% DV), Sugars 5g, Protein 5g, Vit. A (0% DV), Vit. C (0% DV), Calcium (4% DV), Iron (8% DV), Vit. E (10% DV), Vit. K (2% DV), Vit. B1 (6% DV), Vit. B2 (4% DV), Vit. B3 (10% DV), Vit. B6 (2% DV), Folate (6% DV), Phosphorus (10% DV), Magnesium (15% DV), Zinc (6% DV), Copper (10% DV), Manganese (35% DV).
 Percent Daily Values are based on a 2,000 calorie diet.



CASHEW & GINGER SPICE

INGREDIENTS: Cashews, almonds, peanuts, chicory root fiber, honey, non GMO glucose, crisp rice, ginger, sugar, spices, soy lecithin.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving:
 Calories: 200, Fat Cal. 130, Total Fat 15g (22% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 15mg (1% DV), Potassium 190mg (5% DV), Total Carb. 16g (5% DV), Dietary Fiber 5g (20% DV), Sugars 4g, Protein 6g, Vit. A (0% DV), Vit. C (0% DV), Calcium (4% DV), Iron (8% DV), Vit. E (15% DV), Vit. K (6% DV), Vit. B1 (4% DV), Vit. B2 (6% DV), Vit. B3 (8% DV), Vit. B6 (4% DV), Folate (6% DV), Phosphorus (15% DV), Magnesium (20% DV), Zinc (8% DV), Copper (20% DV), Manganese (30% DV).
 Percent Daily Values are based on a 2,000 calorie diet.

KIND Bars: All natural whole nut & fruit bars made from ingredients you can see & pronounce.®



PEANUT BUTTER DARK CHOCOLATE + PROTEIN

INGREDIENTS: Peanuts, almonds, honey, sugar, non GMO glucose, soy protein isolate, palm kernel oil, cocoa powder, peanut butter, chicory root fiber, tapioca starch, vanilla, whole milk, soy lecithin, salt.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving:
 Calories: 200, Fat Cal. 120, Total Fat 13g (20% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 40mg (2% DV), Potassium 180mg (5% DV), Total Carb. 17g (6% DV), Dietary Fiber 2.5g (10% DV), Sugars 9g, Protein 7g, Vit. A (0% DV), Vit. C (0% DV), Calcium (4% DV), Iron (8% DV), Vit. E (15% DV), Vit. K (0% DV), Vit. B1 (4% DV), Vit. B2 (4% DV), Vit. B3 (10% DV), Vit. B6 (2% DV), Folate (6% DV), Selenium (2% DV), Phosphorus (8% DV), Magnesium (10% DV), Zinc (4% DV), Copper (10% DV), Manganese (20% DV).
 Percent Daily Values are based on a 2,000 calorie diet.



ALMOND & COCONUT

INGREDIENTS: Almonds, coconut, honey, non GMO glucose, crisp rice, chicory root fiber, soy lecithin.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving:
 Calories: 190, Fat Cal. 100, Total Fat 12g (18% DV), Sat. Fat 5g (25% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 25mg (1% DV), Potassium 150mg (4% DV), Total Carb. 21g (7% DV), Dietary Fiber 3g (12% DV), Sugars 12g, Protein 3g, Vit. A (0% DV), Vit. C (0% DV), Calcium (4% DV), Iron (4% DV), Vit. E (15% DV), Phosphorus (6% DV), Magnesium (10% DV), Manganese (15% DV).
 Percent Daily Values are based on a 2,000 calorie diet.



DARK CHOCOLATE CHERRY CASHEW + ANTIOXIDANTS

INGREDIENTS: Mixed nuts (almonds, cashews, peanuts), dried fruit (cherries, raisins, cranberries), sugar, honey, non GMO glucose, palm kernel oil, crisp rice, cocoa powder, chicory root fiber, soy lecithin, vanilla, whole milk, salt, sunflower oil. **VITAMINS:** Vitamin A (Vit. A Acetate), Vitamin C (Ascorbic Acid), Vitamin E (D-Alpha Tocopheryl Acetate).

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving:
 Calories: 180, Fat Cal. 80, Total Fat 9g (14% DV), Sat. Fat 2.5g (13% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 20mg (1% DV), Potassium 140mg (4% DV), Total Carb. 22g (7% DV), Dietary Fiber 2.5g (10% DV), Sugars 14g, Protein 4g, Vit. A (50% DV), Vit. C (50% DV), Calcium (4% DV), Iron (6% DV), Vit. E (60% DV), Vit. K (2% DV), Vit. B1 (2% DV), Vit. B2 (6% DV), Vit. B3 (4% DV), Vit. B6 (2% DV), Folate (2% DV), Selenium (2% DV), Phosphorus (8% DV), Magnesium (10% DV), Zinc (4% DV), Copper (10% DV), Manganese (15% DV).
 Percent Daily Values are based on a 2,000 calorie diet.



CRANBERRY ALMOND + ANTIOXIDANTS

INGREDIENTS: Almonds, dried cranberries (cranberries, sugar), macadamias, honey, non GMO glucose, crisp rice, chicory root fiber, sunflower oil. **VITAMINS:** Vitamin A (Vit. A Acetate), Vitamin C (Ascorbic Acid), Vitamin E (D-Alpha Tocopheryl Acetate).

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving:
 Calories: 190, Fat Cal. 110, Total Fat 13g (20% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 25mg (1% DV), Potassium 130mg (4% DV), Total Carb. 20g (7% DV), Dietary Fiber 3g (12% DV), Sugars 11g, Protein 4g, Vit. A (50% DV), Vit. C (50% DV), Calcium (4% DV), Iron (4% DV), Vit. E (50% DV), Vit. B1 (4% DV), Vit. B2 (8% DV), Vit. B3 (4% DV), Vit. B6 (2% DV), Folate (2% DV), Selenium (2% DV), Phosphorus (8% DV), Magnesium (10% DV), Zinc (4% DV), Copper (10% DV), Manganese (30% DV).
 Percent Daily Values are based on a 2,000 calorie diet.



ALMOND WALNUT MACADAMIA + PROTEIN WITH PEANUTS

INGREDIENTS: Mixed nuts (peanuts, almonds, macadamias, walnuts, cashews, brazil nuts), honey, soy protein isolate, non GMO glucose, tapioca starch, vanilla extract, chicory root fiber, soy lecithin, salt.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving: Calories: 200, Fat Cal. 120, Total Fat 14g (22% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 65mg (3% DV), Potassium 160mg (5% DV), Total Carb. 13g (4% DV), Dietary Fiber 2.5g (10% DV), Sugars 7g, Protein 10g, Vit. A (0% DV), Vit. C (0% DV), Calcium (4% DV), Iron (8% DV), Vit. E (10% DV), Vit. B1 (6% DV), Vit. B2 (4% DV), Vit. B3 (10% DV), Vit. B6 (4%), Folate (8% DV), Selenium (50% DV), Phosphorus (15% DV), Magnesium (15% DV), Zinc (6% DV), Copper (15% DV), Manganese (30% DV).
Percent Daily Values are based on a 2,000 calorie diet.



NEW! BLUEBERRY VANILLA & CASHEW

INGREDIENTS: Cashews, blueberry pieces (blueberries, sugar, apples, plum, apple juice, vegetable glycerine, citrus pectin, natural blueberry flavor), almonds, honey, non GMO glucose, raisins, crisp rice, chicory root fiber, vanilla extract, soy lecithin, sunflower oil.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving: Calories: 190, Fat Cal. 90, Total Fat 10g (15% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 25mg (1% DV), Potassium 160mg (5% DV), Total Carb. 23g (8% DV), Dietary Fiber 2.5g (10% DV), Sugars 11g, Protein 4g, Vit. A (0% DV), Vit. C (2% DV), Calcium (2% DV), Iron (6% DV), Phosphorus (10% DV), Magnesium (15% DV), Copper (20% DV), Manganese (15% DV).
Percent Daily Values are based on a 2,000 calorie diet.



POMEGRANATE BLUEBERRY PISTACHIO + ANTIOXIDANTS

INGREDIENTS: Mixed nuts (almonds, cashews, pistachios), mixed fruit (raisins, pomegranate, blueberries, apples, plums), honey, non GMO glucose, crisp rice, apple juice, sugar, vegetable glycerine, chicory root fiber, soy lecithin, citrus pectin, natural blueberry flavor. **VITAMINS:** Vitamin A (Vit. A Acetate), Vitamin C (Ascorbic Acid), Vitamin E (D-Alpha Tocopheryl Acetate).

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving: Calories: 190, Fat Cal. 90, Total Fat 10g (15% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 25mg (1% DV), Potassium 180mg (5% DV), Total Carb. 22g (7% DV), Dietary Fiber 3g (12% DV), Sugars 10g, Protein 4g, Vit. A (50% DV), Vit. C (50% DV), Calcium (4% DV), Iron (6% DV), Vit. E (50% DV), Vit. K (4% DV), Vit. B1 (2% DV), Vit. B2 (6% DV), Vit. B3 (2% DV), Vit. B6 (2% DV), Folate (2% DV), Selenium (2% DV), Phosphorus (10% DV), Magnesium (15% DV), Zinc (6% DV), Copper (15% DV), Manganese (20% DV).
Percent Daily Values are based on a 2,000 calorie diet.



NUT DELIGHT

INGREDIENTS: Mixed nuts (peanuts, almonds, walnuts, brazil nuts), honey, non GMO glucose, crisp rice, chicory root fiber, flax seeds, soy lecithin.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving: Calories: 210, Fat Cal. 140, Total Fat 16g (25% DV), Sat. Fat 2g (10% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 10mg (0% DV), Potassium 200mg (6% DV), Total Carb. 14g (5% DV), Dietary Fiber 3g (12% DV), Sugars 5g, Protein 6g, Vit. A (0% DV), Vit. C (0% DV), Calcium (4% DV), Iron (6% DV), Vit. E (20% DV), Vit. B3 (10% DV), Selenium (60% DV), Phosphorus (15% DV), Magnesium (15% DV), Copper (15% DV), Manganese (35% DV).
Percent Daily Values are based on a 2,000 calorie diet.



ALMOND & APRICOT

INGREDIENTS: Almonds, coconut, honey, non GMO glucose, apricots, apple juice, crisp rice, vegetable glycerine, chicory root fiber, soy lecithin, citrus pectin, natural apricot flavor.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving: Calories: 180, Fat Cal. 90, Total Fat 10g (15% DV), Sat. Fat 3.5g (18% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 25mg (1% DV), Potassium 190mg (6% DV), Total Carb. 23g (8% DV), Dietary Fiber 3g (12% DV), Sugars 13g, Protein 3g, Vit. A (6% DV), Vit. C (4% DV), Calcium (4% DV), Iron (4% DV), Vit. E (15% DV), Magnesium (10% DV), Manganese (15% DV).
Percent Daily Values are based on a 2,000 calorie diet.



BLUEBERRY PECAN + FIBER

INGREDIENTS: Almonds, pecans, honey, blueberry pieces (blueberries, sugar, apples, plums, apple juice, vegetable glycerine, citrus pectin, sunflower oil, natural blueberry flavor), cashews, non GMO glucose, raisins, chicory root fiber, crisp rice, soy lecithin.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving: Calories: 190, Fat Cal. 110, Total Fat 12g (18% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 20mg (1% DV), Potassium 170mg (5% DV), Total Carb. 20g (7% DV), Dietary Fiber 5g (20% DV), Sugars 9g, Protein 4g, Vit. A (0% DV), Vit. C (2% DV), Calcium (4% DV), Iron (6% DV), Vit. E (15% DV), Vit. K (2% DV), Vit. B1 (4% DV), Vit. B2 (8% DV), Vit. B3 (2% DV), Vit. B6 (2% DV), Folate (2% DV), Selenium (2% DV), Phosphorus (10% DV), Magnesium (15% DV), Zinc (6% DV), Copper (15% DV), Manganese (30% DV).
Percent Daily Values are based on a 2,000 calorie diet.



APPLE CINNAMON & PECAN

INGREDIENTS: Almonds, cashews, pecans, dried apples (apples, evaporated cane juice), honey, non GMO glucose, raisins, crisp rice, flax seeds, chicory root fiber, soy lecithin, cinnamon.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving: Calories: 190, Fat Cal. 110, Total Fat 12g (18% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 20mg (1% DV), Potassium 150mg (4% DV), Total Carb. 20g (7% DV), Dietary Fiber 2.5g (10% DV), Sugars 10g, Protein 4g, Vit. A (0% DV), Vit. C (2% DV), Calcium (4% DV), Iron (6% DV), Vit. E (10% DV), Phosphorus (10% DV), Magnesium (15% DV), Copper (15% DV), Manganese (30% DV).
Percent Daily Values are based on a 2,000 calorie diet.



FRUIT & NUT DELIGHT

INGREDIENTS: Mixed nuts (peanuts, almonds, brazil nuts, walnuts), honey, dried fruit (sultanas, dates, raisins), non GMO glucose, crisp rice, apricots, apple juice, vegetable glycerine, flax seeds, soy lecithin, chicory root fiber, citrus pectin, natural apricot flavor.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving: Calories: 200, Fat Cal. 120, Total Fat 13g (20% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 10mg (0% DV), Potassium 190mg (6% DV), Total Carb. 17g (6% DV), Dietary Fiber 3g (12% DV), Sugars 9g, Protein 6g, Vit. A (2% DV), Vit. C (2% DV), Calcium (4% DV), Iron (6% DV), Vit. E (15% DV), Vit. B3 (10% DV), Selenium (60% DV), Phosphorus (10% DV), Magnesium (15% DV), Copper (10% DV), Manganese (30% DV).
Percent Daily Values are based on a 2,000 calorie diet.



ALMOND CASHEW WITH FLAX + OMEGA-3

INGREDIENTS: Almonds, cashews, dates, honey, non GMO glucose, flax seeds, macadamias, vanilla extract, chicory root fiber.

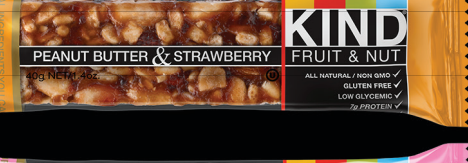
Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving: Calories: 190, Fat Cal. 100, Total Fat 11g (17% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 0mg (0% DV), Potassium 130mg (4% DV), Total Carb. 20g (7% DV), Dietary Fiber 3g (12% DV), Sugars 11g, Protein 4g, Vit. A (0% DV), Vit. C (0% DV), Calcium (4% DV), Iron (6% DV), Vit. E (15% DV), Vit. K (4% DV), Vit. B1 (2% DV), Vit. B2 (6% DV), Vit. B3 (2% DV), Vit. B6 (2% DV), Folate (2% DV), Selenium (2% DV), Phosphorus (10% DV), Magnesium (15% DV), Zinc (6% DV), Copper (15% DV), Manganese (20% DV).
Percent Daily Values are based on a 2,000 calorie diet.



FRUIT & NUTS IN YOGURT

INGREDIENTS: Mixed nuts (peanuts, almonds, brazil nuts, walnuts), honey, sugar, dried fruit (sultanas, dates, raisins), non GMO glucose, palm kernel oil, crisp rice, apricots, apple juice, whey, skim milk, powdered yogurt, vegetable glycerine, flax seeds, soy lecithin, chicory root fiber, vanilla, citrus pectin, natural apricot flavor.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving: Calories: 200, Fat Cal. 120, Total Fat 13g (20% DV), Sat. Fat 3g (15% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 15mg (1% DV), Potassium 180mg (5% DV), Total Carb. 19g (6% DV), Dietary Fiber 2.5g (10% DV), Sugars 12g, Protein 5g, Vit. A (2% DV), Vit. C (2% DV), Calcium (4% DV), Iron (4% DV), Vit. E (15% DV), Selenium (50% DV), Phosphorus (10% DV), Magnesium (15% DV), Copper (10% DV), Manganese (25% DV).
Percent Daily Values are based on a 2,000 calorie diet.



PEANUT BUTTER & STRAWBERRY

INGREDIENTS: Peanuts, almonds, mixed fruit (strawberries, apples), honey, non GMO glucose, apple juice, soy protein isolate, peanut butter, vegetable glycerine, tapioca starch, chicory root fiber, soy lecithin, citrus pectin, elderberry juice, natural strawberry flavor, salt.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving: Calories: 190, Fat Cal. 100, Total Fat 11g (17% DV), Sat. Fat 1.5g (8% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 25mg (1% DV), Potassium 150mg (4% DV), Total Carb. 19g (6% DV), Dietary Fiber 3g (12% DV), Sugars 11g, Protein 7g, Vit. A (0% DV), Vit. C (2% DV), Calcium (4% DV), Iron (4% DV), Vit. E (15% DV), Vit. B3 (10% DV), Magnesium (10% DV), Manganese (25% DV).
Percent Daily Values are based on a 2,000 calorie diet.



ALMONDS & APRICOTS IN YOGURT

INGREDIENTS: Almonds, coconut, honey, non GMO glucose, sugar, palm kernel oil, apricots, apple juice, crisp rice, vegetable glycerine, whey, skim milk, powdered yogurt, soy lecithin, chicory root fiber, citrus pectin, vanilla, natural apricot flavor.

Nutrition Facts Serv. Size 1 bar (40g), Servings Per Package: 1, Amount Per Serving: Calories: 190, Fat Cal. 90, Total Fat 11g (17% DV), Sat. Fat 5g (25% DV), Trans Fat 0g, Cholest. 0mg (0% DV), Sodium 25mg (1% DV), Potassium 170mg (5% DV), Total Carb. 23g (8% DV), Dietary Fiber 2.5g (10% DV), Sugars 16g, Protein 3g, Vit. A (6% DV), Vit. C (4% DV), Calcium (4% DV), Iron (4% DV), Vit. E (15% DV), Manganese (15% DV).
Percent Daily Values are based on a 2,000 calorie diet.