

# NUTRITIONAL FACTS

THE GFB

## PB & J Bites

### Nutrition Facts

Serving Size 0.8oz (24g)

Servings Per Container 5

Amount Per Serving

**Calories 100**    **Calories from Fat 45**

% Daily Value\*

**Total Fat 5g**                      **8%**

  Saturated Fat 1g                **5%**

  Trans Fat 0g

**Cholesterol 0mg**                **0%**

**Sodium 40mg**                    **2%**

**Total Carbohydrate 12g**      **4%**

  Dietary Fiber 1g                **4%**

  Sugars 5g

**Protein 4g**

Vitamin A 0%                    • Vitamin C 0%

Calcium 2%                      • Iron 4%

\*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 than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: Peanuts, Organic Brown Rice Syrup, Dried Fruit (Cranberries, Cherries, Sugar, Sunflower Oil), Complete Protein Blend (Organic Brown Rice Protein, Pea Protein), Organic Agave Nectar, Organic Brown Rice, Organic Dates, Flaxseed, Natural Flavors, Flaxseed, Sea Salt.

Contains: Peanuts.

Crafted in small batches in our dedicated gluten-free facility – peanuts and tree nuts are present in our facility.