

NUTRITIONAL FACTS

Liberty Orchards

50 Piece Orchard Bar Bites

Orchard Bar® Bites

INGREDIENTS: fruit [fruit juice from concentrate (organic apple, blueberry, strawberry, pomegranate, pineapple, grape), blueberries, strawberries, raspberries, grapes, pomegranate powder, organic apple flake, pineapple, coconut], organic evaporated cane syrup, organic tapioca syrup, **nutmeats** (almonds, walnuts, macadamias, cashews, Brazils, peanuts), seeds (sunflower, flax), **soy** protein nuggets (**soy** protein isolate, tapioca starch, salt), fruit pectin, citric acid, natural flavors, sodium citrate, salt, ascorbic acid, Vitamin E (to preserve freshness). **60% ORGANIC.**

ALLERGEN INFORMATION:

CONTAINS PEANUTS, NUTS, & SOY.

May contain traces of tree nuts not listed in the ingredients

Nutrition Facts

Serving Size: 3 pieces (43g)
Servings Per Container: about 17

Amount Per Serving	
Calories 175	Calories from Fat 55
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 5g	
Vitamin A 0%	Vitamin C 20%
Calcium 3%	Iron 6%
Vitamin C 20%	
* Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 85g
Sat Fat	Less than 20g 30g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g