

# Nutrition Facts

Serving Size 1 bar (50 g/1.8 oz)

Servings Per Container 2

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## Amount Per Serving

**Calories** 240    Calories from Fat 160

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% Daily Value\*

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**Total Fat** 18g **28 %**

    Saturated Fat 3g **16 %**

*Trans* Fat 0g

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

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**Sodium** 150mg **6 %**

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**Total Carbohydrate** 14g **5 %**

    Dietary Fiber 3g **13 %**

    Sugars 9g

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**Protein** 7g

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Vitamin A 0%      •    Vitamin C 0%

Calcium 4%      •    Iron 10%

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

Calories per gram:

    Fat 9    •    Carbohydrate 4    •    Protein 4

**INGREDIENTS:** Almonds, Cashews, Organic Coconut Palm Sugar, Dark Chocolate Chips (Unsweetened Chocolate, Cane Sugar), Pumpkin Seeds, Honey, Walnuts, Pecans, Chia Seeds, Vanilla Extract, Salt, Cinnamon

**CONTAINS:** CASHEW, COCONUT, NUTS, WALNUTS