

Appleways
Blueberry Oatmeal Bar, 1.2 oz

Nutrition Facts

1 servings per container

Serving size 1.2 oz (34g)

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 75mg 3%

Total Carbohydrate 23g 8%

Dietary Fiber 1g 4%

Total Sugars 9g

Includes 8g Added Sugars 16%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 1mg 6%

Potassium 54mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.