

Fudge Graham Bar

Naturally and Artificially Flavored

Nutrition Facts

7 servings per container

Serving size **1 Bar (45g)**

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol Less than 5mg **1%**

Sodium 250mg **11%**

Total Carbohydrate 18g **7%**

Dietary Fiber 4g **14%**

Total Sugars 8g

Includes 7g Added Sugars **14%**

Sugar Alcohol 2g

Protein 15g **30%**

Vitamin D 2mcg **10%**

Calcium 230mg **20%**

Iron 4.8mg **25%**

Potassium 70mg **2%**

Amount Per Serving % Daily Value

Vitamin A 140mcg **15%**

Vitamin C 9mg **10%**

Vitamin E 2.2mg **15%**

Thiamin 0.18mg **15%**

Riboflavin 0.2mg **15%**

Niacin 2.4mg **15%**

Vitamin B₆ 0.26mg **15%**

Folate 40mcg DFE **10%**

(25mcg folic acid)

Vitamin B₁₂ 0.36mcg **15%**

Biotin 4.5mcg **15%**

Pantothenic Acid 0.5mg **10%**

Phosphorus 210mg **15%**

Iodine 15mcg **10%**

Magnesium 45mg **10%**

Zinc 1.6mg **15%**

Copper 0.33mg **35%**

*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.

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Protein Blend (Soy Protein Isolate, Whey Protein Concentrate), Roasted Soybeans, Polydextrose, Corn Syrup, Maltitol Syrup, Invert Sugar, Sugar, Fractionated Palm Kernel and Palm Oil, Tapioca Starch, Water, Fructose, Natural and Artificial Flavors (Includes Wheat), Cocoa (Processed with Alkali), Butter (Cream, Salt), Nonfat Milk, High Oleic Sunflower Oil (With Tocopherols Added To Protect Flavor), Calcium Phosphate, Soy Lecithin, Lactose, Salt, Dextrose, Magnesium Oxide, Maltodextrin, Calcium Carbonate, Butterfat, Sucralose, Ferric Orthophosphate, Ascorbic Acid, Alpha-Tocopherol Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, Calcium Pantothenate, Pyridoxine Hydrochloride, Vitamin A Palmitate, Riboflavin, Thiamin Mononitrate, Folic Acid, Potassium Iodide, Biotin, Cholecalciferol, Cyanocobalamin.

Contains: Soy, Milk and Wheat.

May Contain Traces of Peanuts and Other Nuts.

Contains bioengineered food ingredients.