

# Fiber Snacks™ Peanut Chocolate Chew

<b>Nutrition Facts</b>	
Serving Size: 1 Bar (35 g)	
Servings per Container: 12	
Amount per Serving	
<b>Calories</b> 150	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6 g	<b>9%</b>
Saturated Fat 1 g	<b>5%</b>
<b>Cholesterol</b> < 5 mg	<b>1%</b>
<b>Sodium</b> 95 mg	<b>4%</b>
<b>Potassium</b> 115 mg	<b>3%</b>
<b>Total Carbohydrate</b> 19 g	<b>6%</b>
Dietary Fiber 6 g	<b>24%</b>
Insoluble Fiber 2 g	
Sugars 6 g	
<b>Protein</b> 6 g	<b>12%</b>
Calcium 6%	• Iron 2%
Not a significant source of <i>trans</i> fat, vitamin A and vitamin C.	
*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
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Protein	50 g 65 g
Calories per gram:	
Fat 9	• Carbohydrates 4 • Protein 4

**Ingredients:** Peanuts, inulin, whey protein crisps (whey protein isolate, whey protein concentrate, tapioca starch, calcium carbonate, lecithin), brown rice syrup, fructose, peanut butter (peanuts), glycerin, chocolate flavored coating (sugar, RSPO-certified sustainable fractionated palm kernel oil, cocoa, whey, nonfat milk, lecithin, natural flavor), rice flour, water, corn bran, flaxseed, partially defatted peanut flour, high oleic safflower oil, maltodextrin, astragalus root powder, salt, acai fruit extract, rice bran, honey, natural flavor, caramel added for color, goji berry extract, broccoli powder, cabbage powder, carrot powder, spinach powder, tomato powder, tocopherols added to protect flavor, calcium carbonate, soybean oil

**Contains milk, tree nut (almond), and soy (lecithin) ingredients.** Manufactured in a facility that also processes eggs, peanuts, tree nuts, wheat, and sesame.



GLUTEN-FREE



KOSHER



Dairy protein sourced from "Cheerful Cows" not treated with hormones or routine antibiotics.

