

Mathair Bar

Nutrition Facts

7 Servings Per Container

Serving Size

1 bar (56g)

Calories Per Serving **190**

Amount Per Serving	% Daily Value *
Total Fat 6g	8%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%

Amount Per Serving	% Daily Value *
Total Carbohydrates 33g	12%
Dietary Fiber 2g	8%
Total Sugars 16g	
Includes 13g Added Sugars	26%
Protein 4g	

Vitamin D 0.3mcg 2% . Calcium 60mg 5% . Iron 1.8mg 10% . Potassium 180mg 4%

* 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.

Ingredients: Gluten free flour (Rice flour, whole grain brown flour, sorghum flour, tapioca starch, potato starch, cellulose, vitamin and mineral blend [calcium, carbonate, niacinamide (Vit B13), reduced iron, thiamin hydrochloride (Vit B1), riboflavin (Vit B2)], xanthan gum, cellulose gum), Chocolate chips (sugar, chocolate, cocoa butter, sunflower lecithin, vanilla), Gluten free oats, Bananas, Granulated Sugar, Unsweetened apple sauce (Apple, water and ascorbic acid), Blackstrap molasses, Brown sugar (sugar, molasses), Hemp seeds, Brewer's yeast, Flaxseed, Salt, Baking soda, Pure vanilla extract, Cinnamon

Bronola Bar

Nutrition Facts

7 Servings Per Container

Serving Size **55g**

Calories Per Serving **180**

Amount Per Serving	% Daily Value *
Total Fat 6g	8%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%

Amount Per Serving	% Daily Value *
Total Carbohydrates 33g	12%
Dietary Fiber 2g	8%
Total Sugars 16g	
Includes 13g Added Sugars	26%
Protein 3g	

Vitamin D 0.3mcg 2% . Calcium 60mg 5% . Iron 1.8mg 10% . Potassium 180mg 4%

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