

Ben Lomond Bars - BB

<b>Nutrition Facts</b>	
Serving Size 1 Bar	
3.5oz (105g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 360	<b>Calories from Fat</b> 110
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 60g	<b>20%</b>
Dietary Fiber 9g	<b>37%</b>
Sugars 41g	
<b>Protein</b> 9g	
Vitamin A 10% • Vitamin C 0%	
Calcium 10% • Iron 15%	
*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 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** Dried Apricots (Dried apricots, natural flavors. Sulphur dioxide added for color retention. Potassium added as a preservative. Allergen info: packed on equip. that also packages products that contain milk, soy, & tree nuts.), Honey, Rolled Oats, Almonds, Brown Sugar, Dried Cranberries (Cranberries, sugar, sunflower oil), Water, Flax Seeds, Wheat Bran, Non Fat Powdered Milk (Made from pasteurized milk (separated from cow's milk) ) and Artificial Almond Flavoring.

**CONTAINS: WHEAT, MILK AND ALMONDS**