

Rawdacious Leif Bar

09/16/2014

INGREDIENTS: Almonds, Cashews, Dried Apricots, Tapioca Syrup , Honey, Coconut, Puffed Rice, Cranberries, Flax Seeds, Water, Chicory Root, Tapioca Solids, Sea Salt.

**Nutrition Facts** Serving Size 1 bar (43g), Servings Per Container 1, Amount Per Serving: **Calories** 190, Calories from Fat 100, **Total Fat** 11g (17% DV), Saturated Fat 3g (15% DV), Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 15mg (1% DV), **Total Carbohydrate** 21g (7% DV), Dietary Fiber 3g (12% DV), Sugars 6g, **Protein** 4g, Vitamin A (8% DV), Vitamin C (0% DV), Calcium (4% DV), Iron (8% DV), Vitamin E (10% DV), Phosphorus (10% DV), Magnesium (15% DV), Copper (15% DV). Percent Daily Values are based on a 2,000 calorie diet.

Contains Tree Nuts (Cashews, Almonds).

Sodium: very low sodium  
Dietary Fiber: good source of dietary fiber  
Vitamin E - IU: good source of vitamin E  
Magnesium: good source of magnesium