

Rawdacious Gourmet Century Bars

09/16/2014

INGREDIENTS: Almonds, Peanuts, Brown Rice Syrup, Tapioca Syrup, Dates, Puffed Rice, Cherries, Pineapple, Cranberries(Cranberries, Sugar, Sunflower Oil), Cocoa Nibs, Hemp Seeds.

Nutrition Facts Serving Size 1 bar (43g), Servings Per Container 1,
Amount Per Serving: **Calories** 190, Calories from Fat 90, **Total Fat** 10g (15% DV), Saturated Fat 1.5g (8% DV), Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 10mg (0% DV), **Total Carbohydrate** 22g (7% DV), Dietary Fiber 3g (12% DV), Sugars 9g, **Protein** 5g, Vitamin A (2% DV), Vitamin C (2% DV), Calcium (4% DV), Iron (6% DV), Vitamin E (15% DV), Niacin (8% DV), Phosphorus (8% DV), Magnesium (10% DV), Copper (8% DV). Percent Daily Values are based on a 2,000 calorie diet.

Contains Peanut, Tree Nuts(Almonds).

Sodium: very low sodium
Dietary Fiber: good source of dietary fiber