

# Fiber Snacks™ Honey Almond Crisp

<b>Nutrition Facts</b>	
Serving Size: 1 Bar (35 g)	
Servings per Container: 12	
Amount per Serving	
<b>Calories</b> 140	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5 g	<b>8%</b>
Saturated Fat 0.5 g	<b>3%</b>
<b>Cholesterol</b> 10 mg	<b>3%</b>
<b>Sodium</b> 130 mg	<b>5%</b>
<b>Potassium</b> 115 mg	<b>3%</b>
<b>Total Carbohydrate</b> 20 g	<b>7%</b>
Dietary Fiber 6 g	<b>24%</b>
Insoluble Fiber 2 g	
Sugars 6 g	
<b>Protein</b> 6 g	<b>12%</b>
Calcium 4%	• 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:** Whey protein concentrate, almonds, inulin, brown rice syrup, dried cane syrup, glycerin, rice flour, corn bran, flaxseed, water, polydextrose, maltitol syrup, high oleic safflower oil, salt, maltodextrin, astragalus root powder, high oleic sunflower oil, nonfat milk, acai fruit extract, natural flavor, RSPO-certified sustainable fractionated palm kernel oil, caramel added for color, rice bran, honey, goji berry extract, cream, broccoli powder, cabbage powder, carrot powder, spinach powder, tomato powder, butter (cream, salt), tocopherols added to protect flavor, soybean oil, calcium carbonate, sodium phosphate, carrageenan, lecithin

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



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