



# Chocolate & Nuts Protein Bar





#### **Chocolate & Nuts Protein Bar**

Nutrition Facts	
1 serving Serving size	1 each
Amount per serving Calories	190
	% Daily Value*
Total Fat 12g Saturated Fat 3.5g Trans Fat 0g	15% 17%
Cholesterol 5mg	2%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	5%
Total Sugars 7g	
Includes 5g Added Sugars	10%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.3mg	7%
Potassium 130mg	3%
*The % Daily Value (DV) tells you how much a nutrient in a serving of	





## Raised & Frosted Donuts





#### **Raised & Frosted Donuts**

<b>Nutrition Facts</b>	
1 serving	
Serving size	1 each
Amount per serving	240
Calories	240
	% Daily Value*
Total Fat 11g	14%
Saturated Fat 4.5g Trans Fat Og	23%
Cholesterol Omg	2%
Sodium 270mg	12%
Total Carbohydrate 33g	12%
Dietary Fiber 1.1g	4%
Total Sugars 13g	
Includes 12g Added Sugars	24%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 2mg	11%
Potassium 56mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of	





#### **French Fries**





#### **French Fries**

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Nutrition Facts		
1 serving Serving size	2.5 oz.	
Serving size	2.3 02.	
Amount per serving	112	
Calories	112	
	% Daily Value*	
Total Fat 3.9g	5%	
_ Saturated Fat 0.6g	3%	
Trans Fat 0g		
Cholesterol 0 mg	0%	
Sodium 230mg	10%	
Total Carbohydrate 18g	7%	
Dietary Fiber 1.4g	5%	
Total Sugars Og		
Includes Og Added Sugars	0%	
Protein 2g		
Vitamin D 0mcg	0%	
Calcium 8mg	1%	
Iron 0.4mg	2%	
Potassium 339mg	7%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of		





## Fruit & Nuts Protein Bar





#### Fruit & Nuts Protein Bar

Nutrition Facts		
1 serving		
Serving size	1 each	
Amount per serving	450	
Calories	150	
	% Daily Value*	
Total Fat 5g	6%	
Saturated Fat 2.5g Trans Fat 0g	12%	
Cholesterol Omg	2%	
Sodium 100mg	4%	
Total Carbohydrate 19g	7%	
Dietary Fiber 1g	4%	
Total Sugars 12g		
Includes 10g Added Sugars	20%	
Protein 8g		
Vitamin D 0mcg	0%	
Calcium 50mg	4%	
Iron 1.2mg	7%	
Potassium 80mg	2%	
*The % Daily Value (DV) tells you how much a nutrient in a serving of		





## Fruit & Frosted Toaster Pastry





#### **Fruit & Frosted Toaster Pastry**

<b>Nutrition Facts</b>	
1 serving	
Serving size	1 each
Amount per serving	007
Calories	206
	% Daily Value*
Total Fat 5.5g Saturated Fat 1.5g Trans Fat 0g	7% 7%
Cholesterol Omg	2%
Sodium 185mg	8%
Total Carbohydrate 37g	13%
Dietary Fiber 0.6g	2%
Total Sugars 17g	
Includes 17g Added Sugars	34%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 12mg	1%
Iron 1.8mg	10%
Potassium 48mg	1%





## **Veggie Sticks**





## **Veggie Sticks**

Nutrition Facts		
1 serving		
Serving size	1 oz.	
Amount per serving	4.40	
Calories	142	
	% Daily Value*	
Total Fat 7g	9%	
Saturated Fat 0.5g	3%	
Trans Fat 0g Cholesterol 0 mg	0%	
Sodium 304mg	13%	
Total Carbohydrate 18g	7%	
Dietary Fiber 1g	4%	
Total Sugars 0g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium Omg	0%	
Iron 0.4mg	2%	
Potassium 210mg	4%	
*The % Daily Value (DV) tells you how much a nutri	ent in a serving of	