

Bella Four Bakery, Inc.
Whole Wheat Fig Bars

NUTRITION FACTS	
Serving Size: (35g)	
Servings per Container:	
Amount per Serving	
Calories 110	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	2%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 12g	
Protein 2g	
Vitamin A 0% * Vitamin C 0%	
Calcium 2% * Iron 6%	
*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: Whole wheat flour, sugar, fig paste, corn syrup, canola oil, baby oats, honey, dextrose, caramel color, salt, whey, glycerine, molasses, citric acid, baking soda, lecithin, baking powder.