

Bella Four Bakery, Inc.
Whole Wheat Blueberry Bars

NUTRITION FACTS			
Serving Size: 1 Bar (35g)			
Servings per Container:			
Amount per Serving			
Calories 120		Calories from Fat 25	
			% Daily Value*
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	65mg		3%
Total Carbohydrate	22g		7%
Dietary Fiber	1g		6%
Sugars	12g		
Protein 2g			
Vitamin A 0%		* Vitamin C 0%	
Calcium 0%		* Iron 4%	
*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: Blueberry filling (corn syrup, sugar, high fructose corn syrup, blueberry puree, apple powder (preserved with sulfur dioxide), water, modified food starch, natural flavors, pectin, locust bean gum, citric acid, salt, sodium benzoate and potassium sorbate as perservatives, red 40 and blue 1), whole wheat flour, sugar, non-hydrogenated canola oil, corn syrup, honey, caramel color, whey, salt, glycerine, baking soda, lecithin, baking powder.