



QUAKER® CHEWY GRANOLA BARS REDUCED SUGAR PEANUT BUTTER CHOCOLATE CHIP - .84 oz. (24g)

Nutrition Facts

Serving Size 1 Bar (24 g)

Amount Per Serving

Calories 100 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 17g **6%**

Dietary Fiber 3g **10%**

Sugars 5g

Sugar Alcohol 1g

Protein 2g

Calcium 10%

Iron 2%

Not a significant source of Cholesterol, Vitamin A, 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	65g	80g
Sat. 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

I verify the above information is accurate as of 1/12/15.

Julie Herzau, DTR

Julie Herzau
Quaker R+D Nutrition Associate Scientist

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INGREDIENTS: GRANOLA (WHOLE GRAIN ROLLED OATS, BROWNSUGAR, CRISP RICE [RICE FLOUR, SUGAR, SALT, MALTDBARLEY EXTRACT], WHOLE GRAIN ROLLED WHEAT, SOYBEAN OIL, WHOLE WHEAT FLOUR, SODIUM BICARBONATE, SOY LECITHIN, CARAMEL COLOR, NONFAT DRY MILK), BROWN RICE CRISP (WHOLE GRAIN BROWN RICE, SUGAR, MALTED BARLEY FLOUR, SALT), PEANUT BUTTER SPREAD (PEANUTS, SUGAR, PALM OIL, SALT), CORN SYRUP, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), PEANUT FLAVORED CHIPS (SUGAR, PALM KERNEL AND PALM OIL, PARTIALLY DEFATTED PEANUT FLOUR, LACTOSE, DRY WHEY, DEXTROSE, CORN SYRUP SOLIDS, SOY LECITHIN, SALT VANILLIN [ARTIFICIAL FLAVOR]), OLIGOFRUCTOSE, POLYDEXTROSE, GLYCERIN, CORN SYRUP SOLIDS, WATER, CONTAINS 2% OR LESS OF INVERT SUGAR, CALCIUM CARBONATE, SALT, SOYBEAN OIL, NATURAL AND ARTIFICIAL FLAVOR, SUCRALOSE, BHT (PRESERVATIVE), CITRIC ACID.

**CONTAINS SOY, WHEAT, MILK AND PEANUT INGREDIENTS.
MAY CONTAIN TRACES OF TREE NUTS.**

Case UPC 100-30000-31176-6

Package UPC 0-30000-31176-9

Case Pack 12/6.72 oz. boxes

Kosher Status Yes- Dairy

USDA Smart Snack Compliant Yes

Grain – oz. eq. .5 oz. eq.

Weight of Grain 8 g

Document Updated 1/15