

BY DATE 2017 BYE 02:45

# NATURE VALLEY™

## CRUNCHY

granola bars

# Oats 'n Honey

16g of whole grain\*

190  
CALORIES  
PER 2 BARS



NET WT 1.49 OZ (42g)

Carbohydrate Choices: 2

**Nutrition Facts** Serving Size: 2 bars (42g), Amount Per Serving:  
**Calories** 190, Calories from Fat 60, **Total Fat** 7g (11% DV), Saturated Fat  
1g (4% DV), Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 180mg (7% DV),  
**Total Carbohydrate** 29g (10% DV), Dietary Fiber 2g (9% DV), Sugars 11g,  
**Protein** 3g, Iron (4% DV). Not a significant source of vitamin A, vitamin C and  
calcium. Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*16g of whole grain per serving. At least 48g recommended daily. 0