

Betty Crocker Oatmeal Bars Double Chocolate, #16000-45566

Ingredients:

Whole Grain Oats, Whole Wheat Flour, Canola Oil, Corn Syrup, Fructose, Sugar, Semisweet Chocolate Chips (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor), Vegetable Glycerin, Dutch Cocoa (processed with alkali), Chicory Root Extract. Contains 2 % or less of: Baking Soda, Water, Salt, Natural Flavor, Dried Egg Yolk. CONTAINS WHEAT, EGG, AND SOY; MAY CONTAIN MILK INGREDIENTS.

Nutrition Facts		Amount/serving		Amount/serving		**The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
			% Daily Value**		% Daily Value**	
1 Bar (35g) Serving Size	Calories per serving	Total Fat 5g	6%	Sodium 110mg	5%	*Not a significant nutrient source
		Saturated Fat 1g	4%	Total Carbohydrate 24g	9%	
150		Trans Fat 0g		Dietary Fiber 3g	11%	
		Cholesterol 0mg	0%	Total Sugars 9g		
				Includes 8g Added Sugars	17%	
				Protein 2g		
		Iron	6%	Potassium	2%	

Contains: Wheat, Milk, Soy, and Egg

****This is a representation of the nutrition label. The actual nutrition label on the product may vary slightly.****

Newington Foods and Nutrition Services
Reviewed June 2023