



## QUAKER® CHEWY GRANOLA BAR CHOCOLATE CHIP - .84 oz. (24g)

### Nutrition Facts

Serving Size 1 Bar (24 g)  
Servings Per Container see table

#### Amount Per Serving

Calories 100      Calories from Fat 30

% Daily Value\*

Total Fat 3g      5%

Saturated Fat 1g      6%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 75mg      3%

Total Carbohydrate 17g      6%

Dietary Fiber 1g      4%

Sugars 7g

Protein 1g

Calcium      8%

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

INGREDIENTS: GRANOLA (WHOLE GRAIN ROLLED OATS, BROWN SUGAR, CRISP RICE [RICE FLOUR, SUGAR, SALT, MALTED BARLEY EXTRACT], WHOLE GRAIN ROLLED WHEAT, SOYBEAN OIL, DRIED COCONUT, WHOLE WHEAT FLOUR, SODIUM BICARBONATE, SOY LECITHIN, CARAMEL COLOR, NONFAT DRY MILK), SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA EXTRACT), CORN SYRUP, BROWN CRISP RICE (WHOLE GRAIN BROWN RICE, SUGAR, MALTED BARLEY FLOUR, SALT), INVERT SUGAR, SUGAR, CORN SYRUP SOLIDS, GLYCERIN, SOYBEAN OIL. CONTAINS 2% OR LESS OF SORBITOL, CALCIUM CARBONATE, SALT, WATER, SOY LECITHIN, MOLASSES, NATURAL AND ARTIFICIAL FLAVOR, BHT (PRESERVATIVE), CITRIC ACID.

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

Case UPC      100-30000-31182-7

Package UPC      0-30000-31182-0

Case Pack      12/6.72 oz. boxes

Kosher Status      Yes- Dairy

AHG Compliant      Yes – E, M, H

Bread/Grain      .5 BGE

Weight of Grain      8 g

Document Updated      1/12

I verify the above information is accurate as of February 8, 2012.



Sarah Murphy, R&D Nutrition Principal Scientist  
QTG Nutrition

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information.