

# Larabar - Banana

## Nutrition Facts

1 servings per container

**Serving size**

**1 Bar (45g)**

**Amount Per Serving**

**Calories**

**200**

**% Daily Value\***

**Total Fat** 10g **13%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 6g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 24g **9%**

Dietary Fiber 4g **14%**

Total Sugars 17g

Includes 0g Added Sugars **0%**

**Protein** 5g

Vitamin D 0mcg **0%**

Calcium 60mg **4%**

Iron 1mg **6%**

Potassium 410mg **8%**

\*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.