

Larabar - Lemon

Nutrition Facts

1 servings per container

Serving size

1 Bar (45g)

Amount Per Serving

Calories

200

% Daily Value*

Total Fat 10g **13%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 6g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 24g **9%**

Dietary Fiber 3g **11%**

Total Sugars 16g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 40mg **4%**

Iron 1.3mg **8%**

Potassium 300mg **6%**

*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.