

# Nutrition Facts

Serving Size 1 Bar (35g)  
Servings Per Container 1

## Amount Per Serving

**Calories** 190    **Calories from Fat** 110

% Daily Value\*

**Total Fat** 12g                      **18%**

    Saturated Fat 7g                      **36%**

    Trans Fat 0g

**Cholesterol** 10mg                      **3%**

**Sodium** 35mg                              **1%**

**Total Carbohydrate** 20g                      **7%**

    Dietary Fiber less than 1g                      **3%**

    Sugars 18g

**Protein** 3g

Vitamin A 2%    •    Vitamin C 2%

Calcium 8%    •    Iron 4%

\*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

Saturated 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

# Shindigz Bar Crisp

6/13/2011

INGREDIENTS: Milk Chocolate (Sugar, Cocoa Butter, Milk, Chocolate Liquor, Soy Lecithin (an emulsifier), Vanilla), Crisp Rice ( Rice, Sugar, Salt and Malt).