

# Fig Chocolate & Coconut

## Nutrition Facts

1 serving per container

**Serving size** **1 (0.0g)**

**Amount Per Serving**

**Calories** **220**

**% Daily Value\***

**Total Fat** 13g **17%**

Saturated Fat 6g **30%**

*Trans* Fat 0g

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

**Sodium** 15mg **1%**

**Total Carbohydrate** 23g **8%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 6g Added Sugars **12%**

**Protein** 5g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 1.2mg 6%

Potassium 170mg 4%

\* 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.

INGREDIENTS: ROLLED OATS, COCONUT, TOASTED ALMONDS, SUNFLOWER SEEDS, TURKISH FIGS, ORGANIC BARLEY MALT SYRUP, WILDFLOWER HONEY, AGAVE SYRUP, DARK CHOCOLATE (CHOCOLATE, SUGAR, COCOA BUTTER, SOY LECITHIN (EMULSIFIER), VANILLA)

CONTAINS: ALMOND, COCONUT

THE GEMINI BAR CO., NEW YORK