

PLR – 2021 FORMULA MGCN Chocolate Chip Granola Bar - BW0316R2 - MG 2233 Chocolate Chip Granola Bar-Organic 5th May 2021 - 100347

INGREDIENTS:

40% Pure gluten free oats*, Agave syrup*, **13%** Chocolate chips* (cane sugar*, unsweetened chocolate*, cocoa butter*), Brown rice syrup*, Sunflower oil*, Invert cane syrup*, Brown rice crisps*, **0.37%** Vegetable extracts (spinach, broccoli, carrots, tomatoes, beets, shiitake mushrooms), Natural flavour*, Agar*, Salt.
*Organic.

Statements	
Contains Statement	May Contain
N/A	N/A

Nutrition Facts Panel – Film & Carton		
Nutrition Information		
	Per 100 g	Per portion of 1 bar (24 g)
Energy	1,775 kJ / 423 kcal	422 kJ / 101 kcal
Fat	14 g	3.4 g
Saturates	4.3 g	1 g
Carbohydrate	64 g	15 g
Sugars	27 g	6.5 g
Fibre	6 g	1.5 g
Protein	7 g	1.7 g
Salt	0.07 g	0.02 g
Vitamin A	741 mcg (93% RI*)	178 mcg (22% RI*)
Vitamin D	16 mcg (329% RI*)	4.0 mcg (79% RI*)
Vitamin E	12 mg (103% RI*)	3.0 mg (25% RI*)
Vitamin C	74 mg (93% RI*)	18 mg (22% RI*)
Thiamin	1.1 mg (98% RI*)	0.26 mg (24% RI*)
Vitamin B6	1.4 mg (101% RI*)	0.34 mg (24% RI*)
Iron	2.6 mg (18% RI*)	0.61 mg (4% RI*)
*Reference intake of an average adult (8,400 kJ / 2,000 kcal)		

Nutrition Facts

Valeur nutritive

Serving Size 1 bar (24 g)
Portion 1 barre (24 g)
Servings Per Container 5
Portions par contenant 5

	% Daily Value*	% valeur quotidienne*
Calories 100		
Fat / Lipides 3.5 g	5 %	
Saturated / saturés 1 g	5 %	
+ Trans / trans 0 g		
Carbohydrate / Glucides 17 g		
Fibre / Fibres 1 g	4 %	
Sugars / Sucres 6 g	6 %	
Protein / Protéines 2 g		
Cholesterol / Cholestérol 0 mg		
Sodium 10 mg	1 %	
Potassium 50 mg	1 %	
Calcium 10 mg	1 %	
Iron / Fer 0.5 mg	3 %	
Vitamin A / Vitamine A 200 µg	22 %	
Vitamin C / Vitamine C 18 mg	20 %	
Vitamin D / Vitamine D 4 µg	20 %	
Vitamin E / Vitamine E 3 mg	20 %	
Thiamine 0.25 mg	21 %	
Vitamin B ₆ / Vitamine B ₆ 0.35 mg	21 %	

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Nutrition Facts

Valeur nutritive

Serving Size 1 bar (24 g)
Portion 1 barre (24 g)

Calories 100

* DV = Daily Value
* VQ = valeur quotidienne

	% DV* / % VQ*		% DV* / % VQ*
Fat / Lipides 3.5 g	5 %	Potassium 50 mg	1 %
Saturated / saturés 1 g	5 %	Calcium 10 mg	1 %
+ Trans / trans 0 g		Iron / Fer 0.5 mg	3 %
Carbohydrate / Glucides 17 g		Vitamin A / Vitamine A 200 µg	22 %
Fibre / Fibres 1 g	4 %	Vitamin C / Vitamine C 18 mg	20 %
Sugars / Sucres 6 g	6 %	Vitamin D / Vitamine D 4 µg	20 %
Protein / Protéines 2 g		Vitamin E / Vitamine E 3 mg	20 %
Cholesterol / Cholestérol 0 mg		Thiamine 0.25 mg	21 %
Sodium 10 mg	1 %	Vitamin B ₆ / Vitamine B ₆ 0.35 mg	21 %

*5% or less is **a little**, 15% or more is **a lot** / *5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**

Weight Available

5 - 24 g BARS NET 120 g

Net Quantity Declaration

Primary Declared Net Quantity:
24 g

Secondary Declared Net Quantity:

Claims

Claims

Other Claims

Regulations

	Contains 10 g whole grains per serving / Contient 10 g de grains entiers par portion	
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Country of Origin Statement
Product of Canada
Destination Country
EU/International
Domicile Statement
Riverside Natural Foods Ltd. Vaughan, ON, L4K 4N5 www.madegoodfoods.com

Printed Date: July 14, 2021

Disclaimer: Values are calculated using the information entered or available on ESHA R&D Genesis to this date, for informational purposes only. Such information is, to the best of our knowledge, true and accurate. However, it does not take into consideration the transformation of ingredients that may occur during processing or final ingredients acquired.