



Pumpkin Flax Bar

Indulge in this chewy, flavorful bar that also happens to be packed with a full serving of veggies and Omega-3!



Consumer Benefits:

- Full vegetable serving in one bar
- Contains flax seeds delivering 400mg Omega-3 per serving
- Contains real fruit, so it's naturally flavorful

Key Technologies:

- Pumpkin Crystals
- Pumpkin Crisps
- Solnut Halves
- Lo Trans Toasted Oats
- Kerry Caramel
- Cream Cheese Powder

Nutrition Facts		Pumpkin Flax Bar		%	
Serving Size		1 Bar (40g)		Daily Value	
Servings Per Container					
Amount Per Serving					
Calories	180				
Calories from Fat	60				
				%	
Total Fat	7g				11%
Saturated	3g				15%
Trans Fat	0g				
Cholesterol	5mg				2%
Sodium	75mg				3%
Total Carbohydrate	26g				9%
Dietary Fiber	2g				8%
Sugars	12g				
Protein (g)	3g				
Vitamin A	0%	Vitamin C	0%		
Calcium	2%	Iron	2%		

Values are calculated based on most recent USDA & supplier information.
< = indicates less than value shown

The information given is approximate and derived by calculations based upon available reference data. Values cannot be used solely to determine your final product nutrient labeling.

Contact your Kerry Account Manager or call us at 800.255.6312

