Nutrition Facts

1 Serving per container

Serving size 1.0 oz (28g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 1.5g — 4%

Saturated Fat 0.5g — 3%

Trans Fat 0g

Cholesterol 0mg — 0%

Sodium 65mg — 3%

Total Carbohydrates 21g — 8%

Dietary Fiber 2g — 7%

Total Sugars 8g

Includes 8g Added Sugars — 16%

Protein 2g

Vitamin D 0mcg — 0%

Calcium 8mg — 1%

Iron 1mg — 6%

Potassium 85mg — 2%

* 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: Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Cocoa Powder (Processed with Alkali), Dextrose, Soy Lecithin, Apple Juice Concentrate, Applesauce (Apples, Ascorbic Acid), Apple Fiber, Natural Flavors (Contains Milk), Vanilla Extract, Baking Soda, Salt.

CONTAINS: WHEAT, SOY & MILK

Produced in a nut-free bakery

ALL NATURAL FLAVORS NO PREservatives

Appleways Simply Wholesome Crispy Bites have a light crunch that appeals to all ages. Our Cocoa Crispy Bites contain 8 grams of whole grains, all natural flavors, no preservatives, and have 0g of trans fat. This makes them a healthy, on-the-go, delicious snack.

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