

Posh Bakery Nutrition Label Bar, Caramelitas

Nutrition Facts	
24 servings per container	
Serving size	61 g (2.2 oz)
Amount per serving	
Calories	330
	% Daily Value *
Total Fat 23g	29%
Saturated Fat 10g	48%
<i>Trans</i> Fat 0.5g	
Cholesterol 35mg	12%
Sodium 90mg	4%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	8%
Total Sugars 14g	
Includes 11g Added Sugars	21%
Protein 4g	
Vitamin D 9.8mcg	50%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 110mg	2%
Vitamin A 410mcg	45%
Folate 10mcg DFE (5mcg Folic Acid)	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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), PECANS, UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BROWN SUGAR, OATS, HONEY, SEMISWEET CHOCOLATE ([SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER], SOYA LECITHIN), CORN SYRUP, VANILLA EXTRACT, SALT, BAKING SODA, CINNAMON

CONTAINS: MILK, PECANS, SOY, WHEAT

Posh Bakery Nutrition Label

Bar, Lemon , 1/4 Sheet For Posh

Nutrition Facts	
24 servings per container	
Serving size	53 g (1.9 oz)
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Amount per serving	
Calories	180
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	% Daily Value *
Total Fat 6g	8%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	21%
Sodium 55mg	2%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 3g	
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Vitamin D 3.7mcg	20%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 20mg	0%
Vitamin A 160mcg	15%
Folate 5mcg DFE (5mcg Folic Acid)	2%
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* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: PURE CANE SUGAR, UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), EGGS, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), LEMON JUICE, CANE SUGAR, EGG WHITES (TRIETHYL CITRATE [ADDED AS A WHIPPING AGENT]), SUGARED LEMON (LEMON PEEL, SUGAR, LEMON OIL), POWDERED SUGAR (SUGAR, CORNSTARCH), SALT

CONTAINS: EGGS, MILK, WHEAT

Posh Bakery
Nutrition Label
 Bar, Raspberry Linzer, 1/4 Sheet, 12ct

Nutrition Facts	
12 servings per container	
Serving size	75 g (2.6 oz)
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Amount per serving	
Calories	380
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	% Daily Value *
Total Fat 16g	20%
Saturated Fat 11g	56%
<i>Trans</i> Fat 0.5g	
Cholesterol 50mg	17%
Sodium 100mg	4%
Total Carbohydrate 41g	15%
Dietary Fiber 2g	8%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 5g	
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Vitamin D 12.3mcg	60%
Calcium 30mg	2%
Iron 4.3mg	25%
Potassium 160mg	4%
Vitamin A 510mcg	60%
Folate 35mcg DFE (20mcg Folic Acid)	8%
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* 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.	
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Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYME), BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), SUGAR, HAZELNUTS, RASPBERRY (SUGAR, RASPBERRY PUREE, MALTITOL, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: PECTIN, CITRIC ACID, CALCIUM CHLORIDE, GUAR GUM, NATURAL FLAVOR), EGGS, VANILLA, SALT, CINNAMON

CONTAINS: EGGS, MILK, NUTS, WHEAT

Posh Bakery Nutrition Label Bar, Trail Mix, Posh

Nutrition Facts	
24 servings per container	
Serving size	57 g (2 oz)
Amount per serving	
Calories	300
	% Daily Value *
Total Fat 20g	26%
Saturated Fat 6g	32%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 50mg	2%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	10%
Total Sugars 9g	
Includes 6g Added Sugars	13%
Protein 5g	
Vitamin D 5.9mcg	30%
Calcium 30mg	2%
Iron 1.3mg	8%
Potassium 160mg	4%
Vitamin A 240mcg	25%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: WALNUTS, OATS, BUTTER (PASTEURIZED CREAM [MILK], NATURAL FLAVORS), BROWN SUGAR, UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SEMISWEET CHOCOLATE ([SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER], SOYA LECITHIN), HONEY, CORN SYRUP, VANILLA EXTRACT, SALT, BAKING SODA, CINNAMON

CONTAINS: MILK, NUTS (WALNUTS), SOY, WHEAT

Posh Bakery Nutrition Label Bar, Zebra 1/2 Sheet

Nutrition Facts	
18 servings per container	
Serving size	113 g (4 oz)
Amount per serving	
Calories	340
% Daily Value *	
Total Fat 12g	15%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 60mg	20%
Sodium 830mg	36%
Total Carbohydrate 51g	19%
Dietary Fiber 1g	5%
Total Sugars 30g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2.6mg	15%
Potassium 220mg	4%
Vitamin A 0mcg	0%
* 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: SUGAR, BLEACHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE SHORTENING (SOYBEAN OIL, VEGETABLE MONO AND DIGLYCERIDES, PROPYLENE GLYCOL ESTER, SOY LECITHIN, TOCOPHEROLS [VITAMIN E], VITAMIN C PALMITATE [AS ANTIOXIDANTS]) COCOA (PROCESSED WITH ALKALI), DRIED EGG YOLKS, NONFAT DRY MILK, DRIED EGG WHITES, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE). CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: FOOD STARCH MODIFIED, SALT, ARTIFICIAL FLAVOR, XANTHAN GUM, POLYSORBATE, CARAMEL COLOR, RED 40 (R12593), WATER, CANOLA OIL, CREAM CHEESE FILLING (WATER, CORN SYRUP, CREAM CHEESE [PASTEURIZED CULTURED MILK AND CREAM, SALT, STABILIZERS XANTHAN GUM, CAROB BEAN GUM, GUAR GUM, GUAR