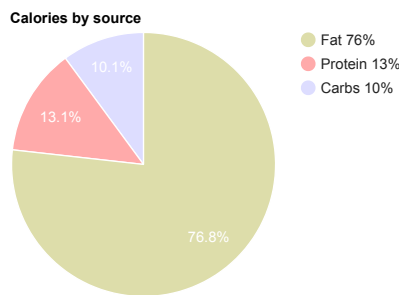


Serving size 35 g

Artisan Bite Bars
(for one pack which contains 3 bites)

Nutrition Facts	
Portion Size	35 g
Amount Per Portion	197
Calories	197
	<small>% Daily Value *</small>
Total Fat 17g	22 %
Saturated Fat 5.8g **	29 %
Sodium 1.8mg **	0 %
Total Carbohydrate 7.6g	3 %
Dietary Fiber 2.6g **	9 %
Sugar 2.9g **	
Protein 6.5g	13 %
Vitamin D 0mcg **	0 %
Calcium 19mg **	1 %
Iron 1.7mg **	9 %
Potassium 86mg **	2 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.
** Amount is based on ingredients that specify value for this nutrient and 0 for those that don't.



Minerals		
Nutrient	Amount	DV
Calcium	19.42 mg	1 %
Copper	0.12 mg	13 %
Iron	1.67 mg	9 %
Magnesium	50 mg	12 %
Manganese	0.571 mg	25 %
Phosphorus	116.64 mg	9 %
Potassium	85.71 mg	2 %
Selenium	0 mcg	0 %
Sodium	1.75 mg	0 %
Zinc	0.69 mg	6 %

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Daily goals

	Calories	Protein	Fat	Net carbs
1 serving	196	6.5 g	16.6 g	4.3 g

[Set goals](#)

Artisan Bite Bars nutrition facts and analysis per 35 g

Vitamins

Nutrient	Amount	DV
Vitamin A, RAE	0 mcg	0 %
Carotene, alpha	0 mcg	
Carotene, beta	0 mcg	

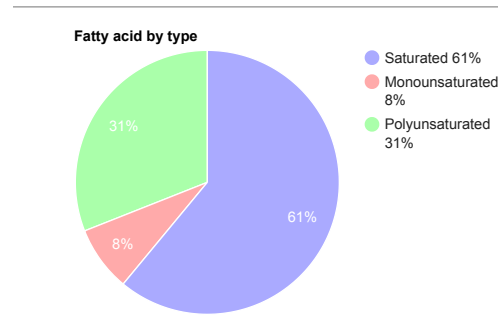
Carbohydrates

Nutrient	Amount	DV
Carbohydrate	7.59 g	3 %
Fiber	2.55 g	9 %
Sugars	2.93 g	

Cryptoxanthin, beta	0 mcg	
Lutein + zeaxanthin	0 mcg	
Lycopene	0 mcg	
Retinol	0 mcg	
Thiamin [Vitamin B1]	0.071 mg	6 %
Riboflavin [Vitamin B2]	0.024 mg	2 %
Niacin [Vitamin B3]	0.643 mg	4 %
Pantothenic acid [Vitamin B5]	0 mg	0 %
Vitamin B6	0.048 mg	3 %
Vitamin B12 [Cobalamin]	0 mcg	0 %
Vitamin B12, added	0 mcg	
Folate, DFE [Vitamin B9]	0 mcg	0 %
Folate, food	0 mcg	
Folic acid	0 mcg	
Vitamin C [Ascorbic acid]	0.3 mg	0 %
Vitamin D	0 mcg	0 %
Vitamin E (alpha-tocopherol)	0.01 mg	0 %
Vitamin E, added	0 mg	
Tocopherol, alpha	0.01 mg	
Tocopherol, beta	0.03 mg	
Tocopherol, delta	0.01 mg	
Tocopherol, gamma	0 mg	
Tocotrienol, alpha	0.11 mg	
Tocotrienol, beta	0.01 mg	
Tocotrienol, delta	0.01 mg	
Tocotrienol, gamma	0.02 mg	
Vitamin K	0 mcg	0 %
Vitamin K1 [Phylloquinone]	0 mcg	
Vitamin K2 [Menaquinone]	0 mcg	
Dihydrophyloquinone	0 mcg	
Choline	0 mg	0 %

Sugars, added	0.99 g
Sugar alcohols	1.4 g
Net carbs	4.34 g

Fats and Fatty Acids



Omega-3	Omega-6	Omega-6 / Omega-3 ratio
	0.09 g	

Nutrient	Amount	DV
Fat	16.613 g	21 %
Saturated fatty acids	5.77 g	29 %
Butanoic acid	0 g	
Decanoic acid	0.28 g	
Docosanoic acid	0.001 g	
Dodecanoic acid	2.172 g	
Eicosanoic acid	0.004 g	
Heptadecanoic acid	0 g	
Hexadecanoic acid	0.448 g	
Hexanoic acid	0.025 g	
Octadecanoic acid	0.131 g	
Octanoic acid	0.353 g	
Pentadecanoic acid	0.001 g	
Tetracosanoic acid	0.002 g	
Tetradecanoic acid	0.864 g	
Monounsaturated fatty acids	0.784 g	
Cis-hexadecenoic acid	0.001 g	

Cis-octadecenoic acid	0.325 g
Docosenoic acid	0 g
Docosenoic cis acid	0 g
Docosenoic trans acid	0 g
Eicosenoic acid	0.002 g
Heptadecenoic acid	0 g
Hexadecenoic acid	0.001 g
Octadecenoic acid	0.326 g
Pentadecenoic acid	0 g
Tetracosenoic cis acid	0 g
Tetradecenoic acid	0 g
Trans-hexadecenoic acid	0 g
Trans-octadecenoic acid	0.001 g
Polyunsaturated fatty acids	2.921 g
α-linolenic acid n-3 (ALA)	0 g
γ-linolenic acid n-6 (GLA)	0 g
Cis,cis-eicosadienoic n-6 acid	0 g
Linoleic acid n-6 (LA)	0.09 g
Docosahexaenoic n-3 acid (DHA)	0 g
Docosapentaenoic n-3 acid (DPA)	0 g
Docosatetraenoic acid	0 g
Eicosadienoic acid	0 g
Eicosadienoic n-3 acid	0 g
Eicosadienoic n-6 acid	0 g
Eicosapentaenoic n-3 acid (EPA)	0 g
Eicosatetraenoic acid	0 g
Octadecadienoic CLAs acid	0 g
Octadecadienoic acid	0.087 g
Octadecatetraenoic acid	0 g
Octadecatrienoic acid	0.001 g

Proteins and Amino acids

Nutrient	Amount	DV
Protein	6.52 g	13 %
Alanine	0 g	
Arginine	0 g	
Aspartic acid	0 g	
Cystine	0 g	
Glutamic acid	0 g	
Glycine	0 g	
Histidine	0 g	0 %
Isoleucine	0 g	0 %
Leucine	0 g	0 %
Lysine	0 g	0 %

Methionine	0 g	
Phenylalanine	0 g	
Proline	0 g	
Serine	0 g	
Threonine	0 g	0 %
Tryptophan	0 g	0 %
Tyrosine	0 g	
Valine	0 g	0 %
Phenylalanine + Tyrosine	0 g	0 %
Methionine + Cysteine	0 g	0 %

Trans-octadecadienoic acid	0 g
Trans-octadecatrienoic acid	0 g
Fatty acids, total trans	0.001 g
Fatty acids, total trans-monoenoic	0.001 g
Fatty acids, total trans-polyenoic	0 g

Sterols

Nutrient	Amount	DV
Cholesterol	0 mg	0 %
Phytosterols	4.46 mg	

Other

Nutrient	Amount	DV
Alcohol, ethyl	0 g	
Ash	0 g	
Caffeine	0 mg	
Theobromine	0 mg	
Water	0 g	

Artisan Bite Bars recipe nutrition value and analysis. Daily values are based on a 2000 calorie a day diet. Recommended daily intake of essential amino acids is provided for 180 lbs person. Actual daily nutrient requirements might be different based on your age, gender, level of physical activity, medical history and other factors. All data displayed on this site is for general informational purposes only and should not be considered a substitute of a doctor's advice. Please consult with your doctor before making any changes to your diet. Nutrition labels presented on this site is for illustration purposes only. Food images may show a similar or a related product and are not meant to be used for food identification. Nutritional value of a cooked product is provided for the given weight of cooked food. This page may contain affiliate links to products through which we earn commission used to support this website development and operations. Data from USDA National Nutrient Database.

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