

MO GF Organic Apple Cinnamon Ginger  
03/07/2018

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 container (50g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 9g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 5g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.8mg	10%
Potassium 190mg	4%

\*The % Daily Value 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: Organic Gluten Free Whole Grain Oats, Organic Apples, Organic Cane Sugar, Organic Cinnamon, Organic Ginger.

Produced on equipment that processes Egg, Milk, Peanut, Soy, Tree Nuts, Wheat