

Nutrition Facts

2 servings per container

Serving size

1/2 puck (46g)

Calories

230 | **450**

per serving | per container

	Per Serving % DV*		Per Container % DV*	
Total Fat	14g	18%	28g	36%
Saturated Fat	2g	10%	4g	20%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	0mg	0%	5mg	0%
Vitamin D	0mcg	0%	0mcg	0%
Calcium	70mg	6%	130mg	10%
Iron	1.6mg	8%	3.2mg	20%
Potassium	160mg	4%	320mg	6%

	Per Serving % DV*		Per Container % DV*	
Total Carb.	20g	7%	41g	15%
Dietary Fiber	4g	14%	8g	29%
Total Sugars	9g		18g	
Incl. Added Sugars	<1g	1%	1g	2%
Protein	6g		13g	
Vitamin A	10mcg	0%	10mcg	2%
Vitamin C	2mg	2%	4mg	4%
Vitamin E	4.8mg	30%	9.6mg	60%
Vitamin K	3mcg	2%	5mcg	4%

* 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: ALMOND BUTTER (ALMONDS), AGAVE, GLUTEN-FREE OATS, PUMPKIN SEEDS, SUNFLOWER SEEDS, FLAX SEEDS, ORGANIC DARK CHOCOLATE (ORGANIC CANE SUGAR, ORGANIC COCOA LIQUOR, ORGANIC COCOA BUTTER), ALMONDS, COCONUT

CONTAINS: ALMOND, COCONUT

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: PEANUTS, TREENUTS, AND SOY. MAY CONTAIN PIT OR SHELL FRAGMENTS