

Nutrition Facts

2 servings per container

Serving size

1/2 Package (46g)

Calories

230 | **460**

per serving | per container

| | Per Serving % DV* | | Per Container % DV* | | | Per Serving % DV* | | Per Container % DV* | |
|--------------------|----------------------|------------|------------------------|------------|--------------------|----------------------|------------|------------------------|------------|
| Total Fat | 14g | 18% | 27g | 35% | Total Carb. | 20g | 7% | 41g | 15% |
| Saturated Fat | 2.5g | 13% | 4.5g | 23% | Dietary Fiber | 4g | 14% | 7g | 25% |
| <i>Trans</i> Fat | 0g | | 0g | | Total Sugars | 10g | | 19g | |
| Cholesterol | 0mg | 0% | 0mg | 0% | Incl. Added Sugars | <1g | 2% | 2g | 4% |
| Sodium | 0mg | 0% | 0mg | 0% | Protein | 6g | | 13g | |
| Vitamin D | 0mcg | 0% | 0mcg | 0% | Vitamin A | 10mcg | 0% | 10mcg | 2% |
| Calcium | 20mg | 2% | 40mg | 4% | Vitamin C | 2mg | 2% | 4mg | 4% |
| Iron | 1.4mg | 8% | 2.8mg | 15% | Vitamin E | 1.6mg | 10% | 3.2mg | 20% |
| Potassium | 80mg | 2% | 160mg | 4% | Vitamin K | 3mcg | 2% | 6mcg | 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: PEANUT BUTTER (PEANUTS), AGAVE, GLUTEN-FREE OATS, FLAX SEEDS, SUNFLOWER SEEDS, PUMPKIN SEEDS, COCONUT, ALMONDS, CRANBERRIES (CRANBERRIES, CANE SUGAR, SUNFLOWER OIL)

CONTAINS: PEANUTS, ALMOND, COCONUT

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