

Coconut

Nutrition Facts

Varied servings per container

Serving size .05 oz (14g)

Amount Per Serving

Calories **60**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber <1g **3%**

Total Sugars 4g

Includes 4g Added Sugars **8%**

Protein 1g **2%**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.3mg 2%

Potassium 0mg 0%

Vitamin E 0.1mg 0%

Vitamin K 1mcg 0%

Thiamin 0.04mg 2%

Niacin 0.1mg 0%

Folate 5mcg DFE 0%

Manganese 0.02mg 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.

Ingredients: Oats, Brown + White Sugar, Organic Unsweetened Coconut, Wheat Flour, Canola Oil, Egg, Ground Flaxseed, Oat Bran, Vanilla, Baking Soda, Salt

Contains: Egg, Wheat, Coconut

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