

# GF Banana Chocolate

## Nutrition Facts

Varied servings per container

**Serving size** .05 oz (14g)

**Amount Per Serving**

**Calories** **60**

**% Daily Value\***

**Total Fat** 2g **3%**

Saturated Fat 0.5g **3%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 65mg **3%**

**Total Carbohydrate** 10g **4%**

Dietary Fiber <1g **3%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

**Protein** 1g **2%**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.4mg 2%

Potassium 30mg 0%

Vitamin E 0.1mg 0%

Vitamin K 1mcg 0%

Thiamin 0mg 0%

Phosphorus 30mg 2%

Manganese 0mg 0%

\* 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: Gluten Free Oats, Brown + White Sugar, Bananas, Gluten Free Flours from Fava & Garbanzo Beans, Potato Starch, Tapioca, Whole Grain Sweet Sorghum; Semi-Sweet Chocolate\* (\*contains: Cocoa Butter, Liquor, Milk, Soy Lecithin); Canola Oil, Egg, Ground Flaxseed, Vanilla, Baking Soda, Salt

Contains: Milk, Egg, Soy

Manufactured by Mentoring Gardens Kitchen, a Licensed, Certified, Commercial Kitchen (which may also process nuts on segregated schedule) 73 N Ayer St., Box 425, Harvard IL 60033 Made to support Mentoring Gardens Projects & The EduCare Foundation dba CareNowInc.org a 501c3 Non-Profit. 815-258-6821 www.MentoringGardens.com