

GF 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 65mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber 1g **4%**

Total Sugars 4g

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%

Phosphorus 30mg 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: Gluten Free Oats, White + Brown Sugar, Organic Unsweetened Coconut, Gluten Free Flours from Garbanzo Bean, Potato Starch, Tapioca Whole Grain Sweet Sorghum, Fava Bean; Canola Oil, Egg, Ground Flaxseed, Vanilla, Baking Soda, Salt

Contains: Egg, Coconut

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