

Oatmeal Raisin

Nutrition Facts

Varied servings per container

Serving size .05 oz (14g)

Amount Per Serving

Calories **50**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

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 10mg 0%

Iron 0.4mg 2%

Potassium 20mg 0%

Vitamin E 0.1mg 0%

Vitamin K 1mcg 0%

Thiamin 0.04mg 4%

Riboflavin 0.02mg 2%

Niacin 0.1mg 0%

Folate 5mcg DFE 0%

Phosphorus 10mg 0%

Copper 0.01mg 2%

Manganese 0.03mg 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, White + Brown Sugar, Raisins, Wheat Flour, Canola Oil, Egg, Oat Bran, Ground Flaxseed, Vanilla, Baking Soda, Salt

Contains: Milk, Egg, Wheat, Soy

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