

# Caramel Apple

Nutrition Facts		
10 servings per container		
Serving size		0.5 oz (14g)
Amount Per Serving		
Calories		60
		% Daily Value*
Total Fat 1.5g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol <5mg		1%
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 0.3mg		2%
Potassium 0mg		0%
Vitamin E 0.1mg		0%
Vitamin K 1mcg		0%
Thiamin 0.03mg		2%
Riboflavin 0.01mg		2%
Niacin 0.1mg		0%
Folate 5mcg DFE		0%
Phosphorus 0mg		0%
Magnesium 0mg		0%
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: + LOVE: Oats, White + Brown Sugar, Apples, Wheat Flour, Caramel Chips\*, (\*Contain Milk Solids, Palm + Soybean Oil), Canola Oil, Eggs, Ground Flaxseed, Oat Bran, Vanilla, Baking Soda, Salt

Contains: Milk, Egg, Wheat, Soy

Manufactured by Mentoring Gardens Kitchen  
P.O. Box 425, Harvard IL 60033. We process gluten-free and nuts on a segregated schedule.  
We strive to avoid ingredients identifiably derived from bioengineered sources whenever possible. This product is made to support  
Mentoring Gardens Projects &  
The EduCare Foundation, Inc. dba  
CareNowInc.org (a 501c3 Non-Profit)  
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