

Coffee Espresso

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 0mg		0%
Sodium 60mg		3%
Total Carbohydrate 10g		4%
Dietary Fiber <1g		2%
Total Sugars 5g		
Includes 5g Added Sugars		10%
Protein 1g		2%
Vitamin D 0mcg		0%
Calcium 0mg		0%
Iron 0.4mg		2%
Potassium 20mg		0%
Vitamin E 0.1mg		0%
Vitamin K 1mcg		0%
Thiamin 0.03mg		2%
Riboflavin 0.01mg		2%
Niacin 0.2mg		2%
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: + LOVE: Oats, Brown + White Cane Sugar, Wheat Flour, Coffee, Espresso, Dark Chocolate* (*contains Chocolate, Cocoa, Cocoa Butter, Milk, Soy Lecithin); Canola Oil, Egg, 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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