

GF Apple Cinnamon

Nutrition Facts

10 servings per container

Serving size **0.5 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 **4%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 1g **2%**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.4mg 2%

Potassium 40mg 0%

Vitamin E 0.2mg 2%

Vitamin K 1mcg 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: + LOVE: Gluten Free Oats, Brown + White Cane Sugar, Apples, Gluten Free Flours: Fava Bean, Garbanzo Bean, Potato Starch, Tapioca, Sweet White Sorghum; Canola Oil, Eggs, Ground Flaxseed, Gluten Free Oat Bran, Cinnamon, Vanilla, Baking Soda, Salt

Contains: Egg

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)

815-258-6821

www.MentoringGardens.com