

# Apple Cider 16 oz.

## Nutrition Facts

Serving Size: 1 oz (28g)

Servings Per Container: 16

### Amount Per Serving

**Calories** 130

Calories from Fat 35

Calories from Saturated Fat 0

### % Daily Value\*

**Total Fat** 4g **6%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 190mg **8%**

**Potassium** 10mg **0%**

**Total Carbohydrate** 23g **8%**

Dietary Fiber 2g **8%**

Sugars 10g

Other Carbohydrate 11g

**Protein** 3g **6%**

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 6%

Vitamin E 2% • Vitamin K 2%

Thiamin 6% • Riboflavin 2%

Niacin 2% • Folate 2%

Phosphorus 0% • Magnesium 0%

Zinc 0% • Selenium 0%

Copper 0% • Manganese 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: + Love: Oats, Sugar, Brown Sugar, Wheat-White All-Purpose Flour, Apple Cider, Canola Oil, Egg, Flaxseed, Oat Bran, Vanilla, Cinnamon, Baking Soda, Salt

Contains: Egg, Wheat

Manufactured By Mentoring Gardens In A Licensed, Certified, Commercial Kitchen.

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