

# Cocoa Chocolate

## Nutrition Facts

Serving Size: 1 oz (28g)

Servings Per Container: Varied

### Amount Per Serving

**Calories** 160

Calories from Fat 45

Calories from Saturated Fat 10

### % Daily Value\*

**Total Fat** 5g **8%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

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

**Sodium** 180mg **8%**

**Potassium** 35mg **1%**

**Total Carbohydrate** 27g **9%**

Dietary Fiber 3g **12%**

Sugars 12g

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

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 6%

Vitamin D 0% • Vitamin E 2%

Vitamin K 2% • Thiamin 6%

Riboflavin 2% • Niacin 2%

Vitamin B6 0% • Folate 2%

Vitamin B12 0% • Pantothenic Acid 0%

Phosphorus 2% • Magnesium 2%

Zinc 2% • Selenium 2%

Copper 4% • Manganese 8%

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

Ingredients: Oats, Sugar, Brown Sugar, Wheat-White All-Purpose Flour, Cocoa, Semi-sweet Chocolate Chips\* (\*contain Chocolate Liquor, Cocoa Butter, Milk, Soy), Canola Oil, Egg, Flaxseed, Oat Bran, Salt, Vanilla, Baking Soda, Cinnamon

Contains: Milk, Egg, Wheat, Soy

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