

Coconut

Nutrition Facts

Serving Size: 1 oz (28g)

Servings Per Container: Varied

Amount Per Serving

Calories 150

Calories from Fat 50

Calories from Saturated Fat 20

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 170mg **7%**

Potassium 15mg **0%**

Total Carbohydrate 24g **8%**

Dietary Fiber 2g **8%**

Sugars 11g

Protein 3g **6%**

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 4%

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 0% • Selenium 2%

Copper 0% • Manganese 4%

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

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

Contains: Egg, Wheat, Coconut

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