

Coconut 16 oz.

Nutrition Facts

Serving Size: 1 oz (28g)

Servings Per Container: 16

Amount Per Serving

Calories 180

Calories from Fat 70

Calories from Saturated Fat 35

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 210mg **9%**

Potassium 10mg **0%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 13g

Other Carbohydrate 12g

Protein 3g **6%**

Vitamin A 0% • Vitamin C 0%

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

Contains: Egg, Wheat, Coconut

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

Mentoring Gardens Market Is An Educational Fund-Raising Project Of The Educare Foundation, Inc.

CareNowInc.Org
(501c3 Non-Profit)
Post Office Box 425,
Harvard, IL 60033
815-258-6821

[Www.MentoringGardens.Com](http://www.MentoringGardens.Com)