

Cranberry

Nutrition Facts

Serving Size: 1 oz (28g)

Servings Per Container: Varied

Amount Per Serving

Calories 150

Calories from Fat 40

Calories from Saturated Fat 0

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 180mg **8%**

Potassium 20mg **1%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 13g

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 0% • Selenium 2%

Copper 0% • Manganese 6%

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

Ingredients: + LOVE: Oats, Sugar, Brown Sugar, Cranberries* (*Contain Sunflower Oil), Wheat-White All-Purpose Flour, Canola Oil, Egg, Flaxseed, Oat Bran, Vanilla, Cinnamon, Baking Soda, Salt

Contains: Egg, Wheat

Manufactured by Mentoring Gardens Market
(Licensed, Certified, Commercial Kitchen)
Post Office Box 425, Harvard IL 60033
815-258-6821 www.MentoringGardens.com