

# GF Mixed Fruits

## Nutrition Facts

Serving Size: 1 oz (28g)

Servings Per Container: Varied

### Amount Per Serving

**Calories** 170

Calories from Fat 50

Calories from Saturated Fat 15

### % Daily Value\*

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

Saturated Fat 1.5g **8%**

*Trans Fat* 0g

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

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

**Potassium** 110mg **3%**

**Total Carbohydrate** 28g **9%**

Dietary Fiber 3g **12%**

Sugars 13g

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

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 6%

Vitamin D 0% • Vitamin E 2%

Vitamin K 2% • Thiamin 0%

Riboflavin 0% • Niacin 0%

Vitamin B6 0% • Folate 0%

Vitamin B12 0% • Pantothenic Acid 0%

Phosphorus 10% • Magnesium 0%

Zinc 0% • Selenium 0%

Copper 0% • Manganese 2%

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

Ingredients: + LOVE: Gluten Free Oats, Sugar, Brown Sugar, Garbanzo Bean, Potato Starch, Tapioca Flour, Sweet White Sorghum, Fava Bean Flour, Bananas, Coconut, Raisins, Papaya, Pineapple, Canola Oil, Egg, Flaxseed, Vanilla, Cinnamon, Baking Soda, Salt

Contains: Egg, Coconut

Manufactured by Mentoring Gardens Market  
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