

Mixed Berry 16 oz.

Nutrition Facts

Serving Size: 1 oz (28g)
Servings Per Container: 16

Amount Per Serving

Calories 150

Calories from Fat 35

Calories from Saturated Fat 0

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 190mg **8%**

Potassium 20mg **1%**

Total Carbohydrate 27g **9%**

Dietary Fiber 2g **8%**

Sugars 13g

Other Carbohydrate 12g

Protein 3g **6%**

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 6%

Vitamin E 2% • Vitamin K 4%

Thiamin 6% • Riboflavin 2%

Niacin 2% • Folate 2%

Phosphorus 2% • Magnesium 0%

Zinc 0% • Selenium 0%

Copper 0% • Manganese 4%

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

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

Contains: Egg, Wheat

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