

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 6g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 180mg **8%**

Potassium 50mg **1%**

Total Carbohydrate 29g **10%**

Dietary Fiber 3g **12%**

Sugars 14g

Protein 3g **6%**

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 6%

Vitamin D 0% • Vitamin E 2%

Vitamin K 2% • Thiamin 8%

Riboflavin 2% • Niacin 2%

Vitamin B6 0% • Folate 2%

Vitamin B12 0% • Pantothenic Acid 0%

Phosphorus 2% • Magnesium 2%

Zinc 0% • Selenium 2%

Copper 2% • Manganese 6%

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

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

Contains: Egg, Wheat, Coconut

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