

# Apple Cider

## Nutrition Facts

Serving Size: 1 oz (28g)

Servings Per Container: Varied

### Amount Per Serving

**Calories** 140

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** 180mg **8%**

**Potassium** 15mg **0%**

**Total Carbohydrate** 23g **8%**

Dietary Fiber 2g **8%**

Sugars 10g

**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 4%

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

Ingredients: + LOVE: Oats, Sugar, Brown Sugar, Wheat-White All-Purpose Flour, Apple Cider\* (\*Contains Apple Juice Solids, Caramel Color, Ascorbic Acid, Spice Extract), Canola Oil, Egg, Flaxseed, Oat Bran, Vanilla, Cinnamon, Baking Soda, Salt

Contains: Egg, Wheat

Manufactured by Mentoring Gardens Market  
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