

# Apple Cinnamon

Nutrition Facts	
10 servings per container	
<b>Serving size</b>	<b>0.5 oz (14g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>50</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> <5mg	<b>1%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 10g	<b>4%</b>
Dietary Fiber <1g	<b>3%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 1g	<b>2%</b>
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 10mg	0%
Vitamin E 0.2mg	2%
Vitamin K 1mcg	0%
Thiamin 0.04mg	4%
Riboflavin 0.02mg	2%
Niacin 0.1mg	0%
Folate 5mcg DFE	0%
Phosphorus 0mg	0%
Manganese 0.04mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Ingredients: + LOVE: Oats, Brown + White Cane Sugar, Wheat Flour, Dried Apples, Canola Oil, Egg, Ground Flaxseed, Oat Bran, Cinnamon, Vanilla, Baking Soda, Salt

Contains: Egg, Wheat

Manufactured by Mentoring Gardens Kitchen  
P.O. Box 425, Harvard IL 60033. We process gluten-free and nuts on a segregated schedule.  
We strive to avoid ingredients identifiably derived from bioengineered sources whenever possible. This product is made to support  
Mentoring Gardens Projects &  
The EduCare Foundation, Inc. dba  
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