

# GF Mixed Fruit

# Nutrition Facts

10 servings per container

Serving size

0.5 oz (14g)

Amount Per Serving

Calories

60

% Daily Value\*

Total Fat

1.5g

2%

Saturated Fat

0g

0%

Trans Fat

0g

Cholesterol

0mg

0%

Sodium

55mg

2%

Total Carbohydrate

10g

4%

Dietary Fiber

<1g

3%

Total Sugars

5g

Includes 4g Added Sugars

8%

Protein

1g

2%

Vitamin D

0mcg

0%

Calcium

10mg

0%

Iron

0.4mg

2%

Potassium

40mg

0%

Vitamin C

1mg

2%

Vitamin E

0.1mg

0%

Vitamin K

1mcg

0%

Phosphorus

30mg

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: Gluten Free Oats, Brown + White Cane Sugar, Gluten Free Flours: Fava & Garbanzo Bean, Potato Starch, Tapioca, Sweet White Sorghum; Bananas, Coconut, Raisins, Papaya, Pineapple, Canola Oil, Eggs, Ground Flaxseed, Gluten Free Oat Bran, Vanilla, Baking Soda, Salt

Contains: Egg, Coconut

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  
CareNowInc.org (a 501c3 Non-Profit)  
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