

Cranberry

Nutrition Facts

10 servings per container

Serving size **0.5 oz (14g)**

Amount Per Serving

Calories **50**

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol <5mg	1%
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Sodium 65mg **3%**

Total Carbohydrate	10g	4%
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Dietary Fiber <1g **3%**

Total Sugars 5g

Includes 4g Added Sugars **8%**

Protein 1g	2%
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Vitamin D 0mcg	0%
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Calcium 0mg	0%
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Iron 0.4mg	2%
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Potassium 0mg	0%
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Vitamin E 0.2mg	2%
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Vitamin K 1mcg	0%
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Thiamin 0.04mg	4%
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Riboflavin 0.01mg	2%
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Niacin 0.1mg	0%
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Folate 5mcg DFE	0%
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Phosphorus 0mg 0%

Manganese 0mg 0%

* 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, Cranberries* (*contain Sunflower Oil), Wheat Flour, Canola Oil, Eggs, Ground Flaxseed, Oat Bran, 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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