

# Coconut

## Nutrition Facts

10 servings per container

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

**Amount Per Serving**

**Calories** **60**

**% Daily Value\***

**Total Fat** 2g **3%**

Saturated Fat 0.5g **3%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 60mg **3%**

**Total Carbohydrate** 9g **3%**

Dietary Fiber <1g **3%**

Total Sugars 4g

Includes 4g Added Sugars **8%**

**Protein** 1g **2%**

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.3mg 2%

Potassium 0mg 0%

Vitamin E 0.1mg 0%

Vitamin K 1mcg 0%

Thiamin 0.03mg 2%

Riboflavin 0.01mg 2%

Niacin 0.1mg 0%

Folate 5mcg DFE 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, Unsweetened Coconut, Wheat Flour, Canola Oil, Egg, Ground Flaxseed, Oat Bran, Vanilla, Baking Soda, Salt

Contains: Egg, Coconut, 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  
CareNowInc.org (a 501c3 Non-Profit)

815-258-6821

[www.MentoringGardens.com](http://www.MentoringGardens.com)