

# GF Cocoa Chocolate

## Nutrition Facts

10 servings per container

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

**Amount Per Serving**

**Calories** **60**

**% Daily Value\***

**Total Fat** 1.5g **2%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** <5mg **1%**

**Sodium** 65mg **3%**

**Total Carbohydrate** 10g **4%**

Dietary Fiber 1g **4%**

Total Sugars 5g

Includes 5g Added Sugars **10%**

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

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.5mg 2%

Potassium 40mg 0%

Vitamin E 0.1mg 0%

Vitamin K 1mcg 0%

Phosphorus 30mg 2%

Magnesium 0mg 0%

Copper 0.02mg 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, White + Brown Cane Sugar, Gluten Free Flours from Garbanzo + Fava Beans, Potato Starch, Tapioca, Whole Grain Sweet Sorghum; Unsweetened Cocoa, Semi-Sweet Chocolate Chips\* (\*contain Chocolate, Cocoa Butter, Milk, Soy Lecithin), Canola Oil, Eggs, Ground Flaxseed, Gluten Free Oat Bran, Vanilla, Baking Soda, Salt

Contains: Milk, Egg, Soy

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

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