

V'NILLA ALMOND FIT

Nutrition Facts

About 6 servings per container

Serving size 1/2 Cup (55g)

	Per Serving		Per 1 oz Snack About 1/4 Cup	
Calories	210		110	
	% DV*		% DV*	
Total Fat	5g	6%	2.5g	3%
Saturated Fat	0.5g	3%	0g	0%
Trans Fat	0g		0g	
Polyunsaturated Fat	1.5g		1g	
Monounsaturated Fat	2g		1g	
Cholesterol	0mg	0%	0mg	0%
Sodium	0mg	0%	0mg	0%
Total Carbohydrate	40g	15%	20g	7%
Dietary Fiber	5g	17%	2g	9%
Total Sugars	7g		3g	
Incl. Added Sugars	6g	12%	3g	6%
Protein	6g		3g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	30mg	2%	10mg	0%
Iron	1.9mg	10%	0.9mg	4%
Potassium	180mg	2%	90mg	0%
Phosphorus		15%		6%
Magnesium		15%		8%
Zinc		10%		6%

* 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: Whole grain oats, brown rice syrup, almonds, cane sugar, oat bran, brown rice, ground flax seeds, natural flavors.

**CONTAINS ALMOND INGREDIENTS.
MAY CONTAIN OTHER TREE NUTS.**