

# Nutrition Facts

Varied servings per container

**Serving size** (100g)

Amount Per Serving

**Calories** **380**

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 1g 5%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 5mg 0%

**Total Carbohydrate** 68g 25%

Dietary Fiber 10g 36%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 13g

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 4mg 20%

Potassium 360mg 8%

\* 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.

Whole Grain Oats