

Nutrition Facts

1 serving per container

Serving size 1 cup (60g)

Amount Per Serving

Calories 250

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 200mg 9%

Total Carbohydrate 35g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 11g Added Sugars 22%

Protein 14g 24%

Vitamin D 0mcg 0% • Calcium 110mg 8%

Iron 1.7mg 10% • Potassium 210mg 4%

*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.

PEANUT BUTTER CHOCOLATE CHIP OATMEAL CUP

Ingredients:

100% whole grain rolled oats, semisweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, sunflower and/or soy lecithin), pea protein concentrate with tapioca starch, cane sugar, peanut butter drops (sugar, palm kernel oil, peanut flour, nonfat dry milk, salt, soy lecithin), milk protein concentrate, peanut flour, whey protein isolate with sunflower lecithin, sea salt.

Contains milk, peanuts, and soy. Due to processing on shared equipment, contains trace amounts of egg, tree nuts, and wheat.

