

Nutrition Facts

21 servings per container

Serving size (40g)

Amount Per Serving

Calories **150**

% Daily Value*

Total Fat 3g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 27g **10%**

Dietary Fiber 4g **14%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 5g **10%**

Not a significant source of vitamin D, calcium, iron, and potassium

*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:

STEEL CUT OATS.