

Nutrition Facts

1 serving per container
Serving size (65g)

Amount Per Serving
Calories **270**

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 8g | 10% |
| Saturated Fat 4.5g | 23% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 310mg | 13% |
| Total Carbohydrate 39g | 14% |
| Dietary Fiber 4g | 14% |
| Total Sugars 16g | |
| Includes 14g Added Sugars | 28% |

Protein 12g

Vitamin D 0mcg 0% • Calcium 200mg 15%

Iron 2mg 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.

CUPS CHOCOLATE CHIP & MAPLE FLAPJACK CUP

Ingredients:

100% whole grain wheat flour, 100% whole grain oat flour, maple syrup, semisweet chocolate chips (sugar, unsweetened chocolate, cocoa butter, dextrose, sunflower lecithin), wheat protein isolate, palm oil, cane sugar, whey protein concentrate, buttermilk, leavening (monocalcium phosphate, baking soda), natural flavor, sea salt.

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