

Nutrition Facts

1 serving per container

Serving size 1 cup (67g)

Amount Per Serving

Calories 290

% Daily Value*

Total Fat 11g 14%

Saturated Fat 6g 30%

Trans Fat 0g

Cholesterol <5mg 2%

Sodium 290mg 13%

Total Carbohydrate 38g 14%

Dietary Fiber 5g 18%

Total Sugars 19g

Includes 18g Added Sugars 36%

Protein 12g 11%

Vitamin D 0mcg 0% • Calcium 180mg 15%

Iron 3mg 15% • Potassium 380mg 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.

CHOCOLATE PEANUT BUTTER FLAPJACK CUP

Ingredients:

100% whole grain wheat flour, cane sugar, semisweet chocolate (sugar, unsweetened chocolate, cocoa butter, dextrose, sunflower and/ or soy lecithin), peanut butter drop (sugar, palm kernel oil, partially defatted peanut flour, nonfat dry milk, salt, soy lecithin), cocoa (processed with alkali), vital wheat gluten, palm oil, 100% whole grain oat flour, partially defatted peanut flour, natural flavor (peanut, sesame), leavening (monocalcium phosphate, baking soda), whey protein concentrate, milk protein concentrate, sea salt.

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

