

Coarse Oats Powder

Natural, Single Ingredient, non-alkalized

Revised
10/2022

Nutrition Facts

Serving Size 100 g

Amount Per Serving

Calories 385

% Daily Value *

Total Fat 8g 10%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 77mg 3%

Total Carbohydrate 65g 24%

Dietary Fiber 12g 43%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 15g 30%

Vitamin D 0mcg 0%

Calcium 99mg 8%

Iron 4.1mg 23%

Potassium 280mg 6%

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