

Nutrition Facts

About 13 servings per container

Serving Size
1/2 Cup Dry (40g)

Amount Per Serving

Calories **150**

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 27g 10%

Dietary Fiber 4g 13%

Soluble Fiber 2g

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 1.5mg 8%

Potassium 150mg 2%

Thiamine 0.2mg 15%

Phosphorus 130mg 10%

Magnesium 40mg 10%

*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: Whole grain rolled oats.