

Gabriel & Daniel Anti-Inflammatory Golden Milk Organic Gluten Free Instant Oatmeal

Nutrition Facts

1 serving per container

Serving size 1.79 ounces (51g)

Amount Per Serving

Calories

190

% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 10g Added Sugars	20%
Protein 5g	10%
Vitamin D 5mcg	25%
Calcium 30mg	2%
Iron 6.3mg	35%
Potassium 180mg	4%
Vitamin C 118mg	130%
Vitamin E 0.5mg	4%
Riboflavin 0.7mg	50%
Niacin 8.1mg	50%
Folate 200mcg DFE	50%
Magnesium 50mg	10%
Zinc 2.1mg	20%
Selenium 11mcg	20%
Manganese 0.2mg	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.

INGREDIENTS: ORGANIC GLUTEN FREE INSTANT ROLLED OATS, ORGANIC CASE SUGAR, ORGANIC ALMONDS, FORTIFIED IMMUNITY BLEND, ORGANIC VANILLA POWDER, ORGANIC TURMERIC, ORGANIC GROUND CINNAMON, ORGANIC GROUND GINGER, RED MACA ROOT POWDER, HIMALAYAN PINK SEA SALT, ORGANIC BLACK PEPPER

CONTAINS: ALMOND, COCONUT

G&D WELLNESS LLC
PRODUCT OF ILLINOIS

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: WHEAT