

Gabriel & Daniel Cinnamon Organic Gluten Free Instant Oatmeal

Nutrition Facts

1 serving per container

Serving size **1.78 (50g)**

Amount Per Serving

Calories **190**

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 40mg **2%**

Total Carbohydrate 39g **14%**

Dietary Fiber 4g **14%**

Total Sugars 14g

Includes 14g Added Sugars **28%**

Protein 5g **10%**

Vitamin D 5mcg 25%

Calcium 30mg 2%

Iron 6mg 35%

Potassium 220mg 4%

Vitamin C 117mg 130%

Riboflavin 0.7mg 50%

Niacin 8mg 50%

Folate 200mcg DFE 50%

Magnesium 40mg 10%

Zinc 2mg 20%

Selenium 11mcg 20%

* 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 CANE SUGAR, ORGANIC GROUND CINNAMON, FORTIFIED IMMUNITY BLEND, HIMALAYAN PINK SEA SALT

G&D WELLNESS LLC
PRODUCT OF ILLINOIS

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: WHEAT