

Gabriel & Daniel Healing Turmeric Coconut Almonds Organic Gluten Free Instant Oatmeal

Nutrition Facts

1 serving per container

Serving size 1.83 ounces (52g)

Amount Per Serving

Calories 200

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 39g **14%**

Dietary Fiber 4g **14%**

Total Sugars 15g

Includes 14g Added Sugars **28%**

Protein 5g **10%**

Vitamin D 5mcg 25%

Calcium 20mg 2%

Iron 6.7mg 35%

Potassium 150mg 4%

Vitamin C 117mg 130%

Riboflavin 0.7mg 50%

Niacin 8mg 50%

Folate 200mcg DFE 50%

Magnesium 45mg 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 ALMONDS, FORTIFIED IMMUNITY BLEND, ORGANIC COCONUT FLOUR, ORGANIC COCONUT FLAVOR, ORGANIC TURMERIC, HIMALAYAN PINK SEA SALT. ORGANIC

CONTAINS: ALMOND, COCONUT

G&D WELLNESS LLC
PRODUCT OF ILLINOIS

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: WHEAT