

# Gabriel & Daniel Immunity Cranberries and Coconut Organic Gluten Free Instant Oatmeal

## Nutrition Facts

1 serving per container

**Serving size** **1.88 (53g)**

**Amount Per Serving**

**Calories** **210**

**% Daily Value\***

**Total Fat** 3.5g **4%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 50mg **2%**

**Total Carbohydrate** 40g **15%**

Dietary Fiber 4g **14%**

Total Sugars 16g

Includes 15g Added Sugars **30%**

**Protein** 5g

Vitamin D 5mcg 25%

Calcium 20mg 2%

Iron 5.9mg 35%

Potassium 140mg 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 DRIED CRANBERRIES, ORGANIC SHREDDED COCONUT, FORTIFIED IMMUNITY BLEND, ORGANIC COCONUT FLAVOR, HIMALAYAN PINK SEA SALT

CONTAINS: COCONUT

G&D WELLNESS LLC  
PRODUCT OF ILLINOIS

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: WHEAT