

# Gabriel & Daniel Omega Pecan and Spices Organic Gluten Free Instant Oatmeal

## Nutrition Facts

1 serving per container

**Serving size 1.84 ounces (52g)**

**Amount Per Serving**

**Calories 200**

**% Daily Value\***

**Total Fat** 4g **5%**

Saturated Fat 0.5g **3%**

*Trans Fat* 0g

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

**Sodium** 40mg **2%**

**Total Carbohydrate** 38g **14%**

Dietary Fiber 4g **14%**

Total Sugars 13g

Includes 12g Added Sugars **24%**

**Protein** 5g **10%**

Vitamin D 5mcg 25%

Calcium 30mg 2%

Iron 6.1mg 35%

Potassium 170mg 4%

Vitamin C 117mg 130%

Thiamin 0.01mg 2%

Riboflavin 0.7mg 50%

Niacin 8mg 50%

Folate 200mcg DFE 50%

Magnesium 45mg 10%

Zinc 2.1mg 20%

Selenium 11mcg 20%

Copper 0.03mg 2%

Manganese 0.3mg 15%

\* 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 PECANS, FORTIFIED IMMUNITY BLEND, ORGANIC GROUND CINNAMON, ORGANIC GROUND GINGER, ORGANIC CLOVES, HIMALAYAN PINK SEA SALT

CONTAINS: PECAN

G&D WELLNESS LLC  
PRODUCT OF ILLINOIS

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: WHEAT