

Gabriel & Daniel

Relaxing Hemp and Coconut Organic Gluten Free Instant Oatmeal

Nutrition Facts

1 serving per container

Serving size **1.87 (53g)**

Amount Per Serving

Calories **210**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 50mg **2%**

Total Carbohydrate 38g **14%**

Dietary Fiber 4g **14%**

Total Sugars 15g

Includes 14g Added Sugars **28%**

Protein 5g **10%**

Vitamin D 5mcg 25%

Calcium 20mg 2%

Iron 6mg 35%

Potassium 160mg 4%

Vitamin C 117mg 130%

Thiamin 0.03mg 2%

Riboflavin 0.7mg 50%

Niacin 8.2mg 50%

Folate 200mcg DFE 50%

Phosphorus 30mg 2%

Magnesium 55mg 15%

Zinc 2.2mg 20%

Selenium 11mcg 20%

Copper 0.03mg 4%

Manganese 0.2mg 6%

* 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 SHREDDED COCONUT, ORGANIC HEMP SEEDS, ORGANIC COCONUT FLAVOR, FORTIFIED IMMUNITY BLEND, ORGANIC VANILLA POWDER, HIMALAYAN PINK SEA SALT

CONTAINS: COCONUT

G&D WELLNESS LLC
PRODUCT OF CHICAGO, IL

MANUFACTURED IN A FACILITY THAT ALSO PROCESSES: WHEAT