

Purely Elizabeth Oatmeal Cup

Mixed berry oatmeal



WIMS# 15034

Allergens: coconut

Nutrition Facts

1 serving per container
Serving size 1 container (50g)

Amount Per Serving
Calories **190**

% Daily Value *

Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 35g	13%
Dietary Fiber 6g	21%
Total Sugars 9g	
Includes 7g Added Sugars	14%

Protein 5g

Vit. D 0mcg 0% • Calcium 26mg 2%
Iron 2mg 10% • Potas. 84mg 2%

*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.