

# Kodiak Maple Oatmeal

Maple & brown sugar oatmeal



WIMS# 15033

Allergens: milk

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size (60g)</b>	
Amount Per Serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 12g Added Sugars	<b>24%</b>
<b>Protein</b> 14g	
Vitamin D 0mcg	0%
Calcium	130mg 10%
Iron	1.5mg 8%
Potassium	170mg 4%

\*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.