

Fresh Seasonal Fruit Plate

Fresh cantaloupe, strawberries and blackberries, served with chia coconut oatmeal pudding



WIMS# 30056

Allergens: tree nuts

Fruit w/ Chia Oatmeal Pudding - Cycle 2	
Nutrition Facts	
1 servings per container	
Serving size	1 plate (226 g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 29g	11%
Dietary Fiber 5g	18%
Total Sugars 18g	
Protein 3g	
Vitamin D 0.00mcg	0%
Calcium 33mg	3%
Iron 1.3mg	8%
Potassium 428mg	10%
* 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.	
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