



All Cycles

Fresh Seasonal Fruit Plate

Fresh sliced cantaloupe, honeydew and pineapple with mixed berries and coconut chia oatmeal pudding



WIMS# 35071 Allergens: Tree Nuts (Coconut)

Fresh Seasonal Fruit with Coconut Chia Oatmeal

Nutrition Facts

1 servings per container

Serving size

1 plate (206 g)

Amount per serving

Calories

160

% Daily Value*

Total Fat 3.5g

4%

Saturated Fat 2g

9%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 10mg

1%

Total Carbohydrate 32g

12%

Dietary Fiber 6g

20%

Total Sugars 22g

Protein 2g

Vitamin D 0.00mcg

0%

Calcium 31mg

3%

Iron 1mg

6%

Potassium 330mg

7%

* 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.