



All Cycles

Fresh Seasonal Fruit Plate

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



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

170

*% Daily Value**

Total Fat 6g **8%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 31g **11%**

Dietary Fiber 6g **21%**

Total Sugars 20g

Protein 3g

Vitamin D 0.00mcg **0%**

Calcium 41mg **4%**

Iron 1.7mg **10%**

Potassium 360mg **8%**

* 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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