

Nutrition Facts

1 Serving Per Container

Serving Size

1 Ple (70g)

Amount per serving

Calories

290

% Daily Value*

Total Fat 16g **21%**

Saturated Fat 8g **38%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 280mg **12%**

Total Carbohydrate 29g **11%**

Dietary Fiber 10g **35%**

Total Sugars 8g

Includes 7g Added Sugars **14%**

Protein 14g **23%**

Vitamin D 0mcg **0%**

Calcium 60mg **4%**

Iron 1.9mg **10%**

Potassium 130mg **2%**

*The % Daily Value 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.

Ingredients: Oat Flour, Palm Oil, Milk Protein Isolate, Soluble Corn Fiber, Inulin, Applesauce (Apples, Water), Whey Protein Isolate, Honey, Whole Rolled Oats, Glycerin, Butter (Cream, Salt), High Fat (Cocoa Powder, Confectionery Drops, Milk Protein Isolate, Sugar, Palm Kernel Oil, Cocoa Processed With Alkali, Non-fat Milk Powder, Soy Lecithin, Natural Flavors, Salt), Powdered Sugar (Cane Sugar, Cornstarch), Canola Oil, Flaxseed, Baking Soda, Sunflower Lecithin, Natural Flavor With Other Natural Flavors, Salt, Stevia

CONTAINS: MILK

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