

Nutrition Facts

Serv. Size 1 Square (50g)

Servings Per Container 1

Calories 180

Calories from Fat 40

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*	Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 4.5g	7%	Monounsat. Fat 3.5g		Dietary Fiber 6g	24%	Protein 6g	12%
Sat. Fat 0.5g	3%	Cholest. 0mg	0%	Soluble Fiber 3g			
Trans Fat 0g		Sodium 110mg	5%	Insoluble Fiber 3g			
Polyunsat. Fat 0.5g		Total Carb. 28g	9%	Sugars 14g			

Vitamin A 30% • Vitamin C 50% • Calcium 20% • Iron 6% • Vitamin D 30% • Vitamin E 35% • Thiamin 30%
Riboflavin 35% • Niacin 30% • Vitamin B6 35% • Folate 30% • Vitamin B12 35% • Pantothenic Acid 30%

INGREDIENTS: WHOLE ROLLED OATS, BROWN RICE SYRUP, DATE PUREE, CANE SYRUP, SWEETENED DRIED CRANBERRIES (APPLE JUICE CONCENTRATE, CRANBERRIES, SUNFLOWER OIL), EXPELLER PRESSED SUNFLOWER OIL, MALTODEXTRIN, WHEY PROTEIN ISOLATE, PLUM PUREE, DRIED EGG WHITES, CHICORY ROOT EXTRACT, VEGETABLE GLYCERINE, NATURAL PLANT STEROLS, CALCIUM CARBONATE, FLAXSEED MEAL, SOY LECITHIN, NATURAL FLAVOR, BAKING SODA, SALT, CINNAMON, CITRIC ACID. **VITAMINS:** VITAMIN BLEND (VITAMIN C [ASCORBIC ACID], VITAMIN E [D-ALPHA TOCOPHERYL ACETATE], VITAMIN A [PALMITATE], NIACINAMIDE, MALTODEXTRIN, D-CALCIUM PANTOTHENATE, VITAMIN D3, PYRIDOXINE HCL, THIAMINE, MONONITRATE, RIBOFLAVIN, VITAMIN B12, FOLIC ACID). CONTAINS MILK, SOY, EGGS. MADE ON EQUIPMENT THAT ALSO PROCESSES WHEAT, PEANUTS AND TREE NUTS.

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