

Nutrition Facts

1 Serving per Container

Serving Size 30g

Amount per serving
Calories 130

% Daily Value

Total Fat 5g	8%
Saturated Fat 1g	6%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	5%
Total Sugars 5g	

Protein 2g	
Vitamin D 20%	Iron 15%
Calcium 25%	Potassium 3%
Vitamin A 20%	Vitamin C 30%
Vitamin K 15%	Vitamin E 15%
Riboflavin 35%	Thiamine 35%
Vitamin B6 25%	Niacin 35%
Vitamin B12 15%	Folate 3%
Phosphorus 25%	Pantothenic Acid 25%
Magnesium 15%	Iodine 15%
Selenium 3%	Zinc 5%
Manganese 8%	Copper 2%

* 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.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: **Shell:** Brown Rice Meal, Rolled Oat Meal, Sugar, Vanilla Powder, Salt, Baking Powder, Natural Vanilla Flavor.

Chocolate Filling: Powdered Sugar, Soy Bean Oil, Whole Wheat Flour-Sterilized,

Vitamin/Mineral Blend (Calcium Phosphate, Magnesium Oxide, Ascorbic Acid, Iron Amino Acid Chelate, Niacinamide, D-Alpha Tocopheryl Acetate, Vitamin A Palmitate, Calcium Pantothenate, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride), Zinc Oxide, Cholecalciferol, Potassium Iodide, Vitamin B2 (Riboflavin), Manganese Sulphate, Copper Gluconate, Selenomethionine, Phytonadione, Folic Acid, Vitamin B12 (Cyanocobalamin)), Cocoa Powder, Palm Shortening, Skim Milk Powder, Lecithin, Natural Cocoa Flavor.

CONTAINS: WHEAT AND SOY INGREDIENTS.

PRODUCT IS MANUFACTURED IN A NUT FREE FACILITY