

LP Map Oat w/Brown Sugar  
12/19/2017

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1.5 Cups Prepared (135g Dry Mix)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>520</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 104g	<b>38%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 40g	
Includes 38g Added Sugars	<b>80%</b>
<b>Protein</b> 13g	
Vitamin D 0mcg	0%
Calcium 145mg	10%
Iron 4mg	20%
Potassium 497mg	10%
<small>*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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Oats, Brown Sugar, Nonfat Dry Milk, Natural and Artificial Flavor.

Contains Milk, Soy.

Product is made on equipment that also makes products containing Egg, Milk, Peanut, Soy, Tree nuts, and Wheat

