

Nutrition Facts

Serving Size 1 (113g)

Serving Per Container About 6

Amount Per Serving

Calories 360

Calories from Fat 170

%Daily Value*

Total Fat 19g **29%**

Saturated Fat 10g **50%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 350mg **15%**

Total Carbohydrate 38g **13%**

Dietary Fiber 5g **19%**

Sugars 9g

Protein 8g **16%**

Vitamin A 0% • Vitamin C 4%

Calcium 10% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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

Ingredients: Oats, GO VEGGIE Vegan Classic Plain Cream Cheese, Syrups, maple, Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink, Oil, coconut, Lemon juice, raw, Vanilla extract, Flaxseed meal, Lemon peel, raw, Salt, table

Contains: Tree Nuts