

# Cranberry Flax Nutrition Facts



## Nutrition Facts

Serving Size 1 Square (50g)

Servings Per Container 12

**Calories** 180

Calories from Fat 45

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

Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving
<b>Total Fat</b> 5g	<b>8%</b>	<b>Cholesterol</b> 0mg	<b>0%</b>	Soluble Fiber 4g
Sat. Fat 0.5g	<b>3%</b>	<b>Sodium</b> 115mg	<b>5%</b>	Insoluble Fiber 1g
Trans Fat 0g		<b>Total Carb.</b> 30g	<b>10%</b>	Sugars 12g
Polyunsat. Fat 0.5g		Dietary Fiber 5g	<b>20%</b>	<b>Protein</b> 6g
Monounsat. Fat 3.5g				
Vitamin A 0%	•	Vitamin C 2%	•	Calcium 2% • Iron 6%

**INGREDIENTS:** ROLLED OATS, DATE PASTE, TAPIOCA SYRUP, INVERT SYRUP, PROTEIN BLEND (WHEY PROTEIN ISOLATE, DRIED EGG WHITES), EXPELLER PRESSED HIGH OLEIC SUNFLOWER OIL, SWEETENED DRIED CRANBERRIES (CRANBERRIES, APPLE JUICE CONCENTRATE, SUNFLOWER OIL), SOLUBLE CORN FIBER, PLUM PUREE, VEGETABLE GLYCERINE, NATURAL PLANT STEROLS, INULIN, FLAXSEED MEAL, BAKING SODA, NATURAL FLAVOR, SOY LECITHIN (EMULSIFIER), CITRIC ACID, CINNAMON, SALT.

**CONTAINS EGG, MILK, SOY.** MADE ON EQUIPMENT THAT ALSO PROCESSES WHEAT, PEANUTS AND TREE NUTS.

**MADE WITH NO GLUTEN-CONTAINING INGREDIENTS.** PROCESSED IN FACILITY THAT USES WHEAT, BARLEY OR RYE.

**FOR MAXIMUM SHELF LIFE, STORE BELOW 75°F.** DISTRIBUTED BY: CORAZONAS FOODS, LONG BEACH, CA 90806

**CAUTION: IF HEATING IN THE MICROWAVE, BE SURE TO REMOVE CORAZONAS OATMEAL SQUARE FROM METALIZED WRAPPER.**