

Pacific Organic Oat Original

Nutrition Facts

4 servings per container

Serving size 1 cup (240ml)

Amount Per Serving

Calories **130**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 105mg **5%**

Total Carbohydrate 25g **9%**

Dietary Fiber 2g **7%**

Total Sugars 17g

Includes 17g Added Sugars **34%**

Protein 4g **2%**

Vitamin D 2mcg **10%**

Calcium 120mg **10%**

Iron 1.3mg **8%**

Potassium 130mg **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.