

Pacific Foods Barista Oat

Nutrition Facts

4 servings per container

Serving size 1 cup (240ml)

Amount Per Serving

Calories 180

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 23g 8%

Dietary Fiber 1g 4%

Total Sugars 3g

Includes 3g Added Sugars 6%

Protein 4g 3%

Vitamin D 0mcg 0%

Calcium 70mg 6%

Iron 0.8mg 4%

Potassium 260mg 6%

*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.