

Food name: Drop Ship- Mush Apple Cinnamon Overnight Oats (5 Oz.)

Nutrition Facts

1 servings per container

Serving size 1 (141g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 125mg 5%

Total Carbohydrate 32g 12%

Dietary Fiber 5g 18%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 190mg 4%

* The % Daily Values (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.

INGREDIENTS: ALMOND MILK (WATER, ALMONDS), ROLLED OATS, DRIED APPLES (APPLES, APPLE JUICE CONCENTRATE), CINNAMON, SEA SALT

CONTAINS: ALMONDS

Food name: Drop Ship- Once Upon A Farm Apple Cinnamon Overnight Oats (4 Oz.)

Nutrition Facts

1 servings per container

Serving size 1 (113g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 4g 5%

Saturated Fat 1.5g 8%

*Trans*Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber 4g 14%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 1mg 6%

Potassium 190mg 4%

* The % Daily Values (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.

INGREDIENTS: APPLE*, OATMEAL* (PURIFIED WATER, OATS*), COCONUT MILK* (COCONUT*, WATER), PUMPKIN SEED*, DATE*, VANILLA EXTRACT*, CINNAMON*, LEMON JUICE*.

*=ORGANIC

CONTAINS: COCONUT