

Cinnamon French Toast

Nutrition Facts

1 serving per container

Serving size 1 (0.0g)

Amount Per Serving

Calories 210

% Daily Value*

Total Fat 14g 18%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 21g 8%

Dietary Fiber 3g 11%

Total Sugars 10g

Includes 9g Added Sugars 18%

Protein 3g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.8mg 4%

Potassium 100mg 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.

INGREDIENTS: ROLLED OATS, COCONUT, TOASTED PECANS, SUNFLOWER SEEDS, ORGANIC BARLEY MALT SYRUP, MAPLE SYRUP

CONTAINS: PECAN, COCONUT

THE GEMINI BAR CO., NEW YORK