

BF - Hi-Protein Oatmeal

# Nutrition Facts

Serving Size 2.1 oz Dry Mix (60g)

Serving Per Container 13

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Amount Per Serving

**Calories** 250      Calories from Fat 70

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% Daily Value \*

**Total Fat** 8g      **12%**

    Saturated Fat 1g      **6%**

    Trans Fat 0g

**Cholesterol** <5mg      **1%**

**Sodium** 230mg      **9%**

**Total Carbohydrate** 38g      **13%**

    Dietary Fiber 3g      **12%**

    Sugars 18g

**Protein** 9g

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Vitamin A 0%      Vitamin C 0%

Calcium 15%      Iron 8%

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\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.