Pacific Foods Barista Oat

Nutrition	n Facts
4 servings per conta	ainer
Serving size	1 cup (240ml)
Amount Per Serving	400
Calories	180

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Calories	180

	% Daily Value
Total Fat 8g	10%
Saturated Fat 1g	5%

<b>Гotal Fat</b> 8g	109
Saturated Fat 1g	59
Trans Fat 0g	
Cholesterol Oma	O.

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Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	79

Cholesterol Umg	0%
Sodium 160mg	7%
Total Carbohydrate 23g	8%
Distant Fiber 4 a	40/

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Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 3g	

iotai Carbonyurate 23g	87
Dietary Fiber 1g	49
Total Sugars 3g	
Includes 3g Added Sugars	69

lotal Carbonydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 3g Added Sugars	6%

Total Sugars 3g	
Includes 3g Added Sugars	69
Protein 4g	39

\*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.

Vitamin D 0mcg

Potassium 260mg

Calcium 70mg

Iron 0.8mg

Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 4g	3%

0%

6%

4%

6%