



Mawa's Grainfreenola - Green Machine 4oz

Nutrition Facts

4 servings per container	
Serving size	2 Tbsp (28g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 180mg	4%
Vitamin E 1.7mg	10%
Vitamin K 5mcg	4%
Thiamin 0.06mg	6%
Riboflavin 0.05mg	4%
Niacin 1.2mg	8%
Vitamin B ₆ 0.07mg	4%
Biotin 4mcg	15%
Pantothenic Acid 0.2mg	4%
Phosphorus 120mg	10%
Magnesium 60mg	15%
Zinc 0.9mg	8%
Selenium 2mcg	4%
Copper 0.31mg	35%
Manganese 0.62mg	25%
Molybdenum 2.6mcg	6%
*The % Daily Value 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: ORGANIC MEDJOOOL DATES, ORGANIC ALMONDS, ORGANIC CASHEWS, ORGANIC WALNUTS, ORGANIC HEMP SEEDS, ORGANIC DRIED COCONUT, ORGANIC PUMPKIN SEEDS, BANANA CHIPS (BANANAS, COCONUT OIL), WATER, ORGANIC GRAPESEED OIL, ORGANIC DRIED APPLE, ORGANIC DRIED UNSWEETENED CRANBERRIES, KALE, ORGANIC FLAX SEEDS, SALT, VANILLA EXTRACT, ORGANIC GINGER, CINNAMON.

CONTAINS ALMOND, CASHEW, COCONUT, WALNUT.