

OUT OF AFRICA



MAWA'S
GRAINFREENOLA™

Mawa's Grainfreenola - Out of Africa 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 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.4mg	8%
Potassium 180mg	4%
Vitamin E 1.8mg	10%
Thiamin 0.04mg	4%
Riboflavin 0.05mg	4%
Niacin 1.1mg	6%
Vitamin B ₆ 0.07mg	4%
Biotin 4.3mcg	15%
Pantothenic Acid 0.2mg	4%
Phosphorus 110mg	8%
Magnesium 60mg	15%
Zinc 1mg	10%
Selenium 2mcg	4%
Copper 0.38mg	40%
Manganese 0.61mg	25%
Molybdenum 2.9mcg	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, TAMARIND, COCOA NIBS, ORGANIC DRIED COCONUT, ORGANIC PUMPKIN SEEDS, WATER, ORGANIC GRAPESEED OIL, COCOA POWDER PROCESSED WITH ALKALI, ORGANIC GINGER, SALT, VANILLA EXTRACT, CINNAMON.

CONTAINS ALMOND, CASHEW, COCONUT.