

TROPICAL PARADISE



MAWA'S
GRAINFREENOLA™

Mawa's Grainfreenola - Tropical Paradise 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 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%

Protein 4g

Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.2mg	6%
Potassium 200mg	4%
Vitamin C 2mg	2%
Vitamin E 2.6mg	15%
Vitamin K 3mcg	2%
Thiamin 0.06mg	6%
Riboflavin 0.06mg	4%
Niacin 1.2mg	8%
Vitamin B ₆ 0.07mg	4%
Biotin 7.3mcg	25%
Pantothenic Acid 0.2mg	4%
Phosphorus 100mg	8%
Magnesium 50mg	10%
Zinc 0.8mg	8%
Selenium 2mcg	4%
Manganese 0.67mg	30%
Molybdenum 1.6mcg	4%

*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 DRIED FIGS, ORGANIC ALMONDS, ORGANIC HAZELNUTS, ORGANIC CASHEWS, ORGANIC DRIED MANGO, ORGANIC DRIED COCONUT, ORGANIC PUMPKIN SEEDS, WATER, ORGANIC GRAPESEED OIL, HIBISCUS FLOWERS, ORGANIC GINGER, SALT, VANILLA EXTRACT, CINNAMON.

CONTAINS ALMOND, CASHEW, COCONUT, HAZELNUT.