

Oatmeal at JJ

Nutrition Facts

Serving Size 1 cup (40g)

Amount Per Serving

Calories 160 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 0mg **0%**

Total Carbohydrate 27g **9%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 5g

Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Oatmeal at JJ