

Nutrition Facts

Amount per serving: about 1/4 cup

Percent of daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

Just Right Blend		Blueberry Crumb		Maple Bacon		Cranberry Lime Chia		Pumkin Chia Crumble	
Calories	138.6	Calories	128.6	Calories	129.1	Calories	120.4	Calories	135
Total Fat	7.9g	Total Fat	6.5g	Total Fat	7.1g	Total Fat	5.5g	Total Fat	7.2g
Saturated Fat	3.4g	Saturated Fat	3.2g	Saturated Fat	3.1g	Saturated Fat	3.0g	Saturated Fat	3.8g
Polyunsaturated Fat	2.4g	Polyunsaturated Fat	1.4g	Polyunsaturated Fat	0.9g	Polyunsaturated Fat	0.6g	Polyunsaturated Fat	1.6g
Monounsaturated fat	1.4g	Monounsaturated fat	1.2g	Monounsaturated fat	1.1g	Monounsaturated fat	0.4g	Monounsaturated fat	0.9g
Cholesterol	0.0mg	Cholesterol	1.4mg	Cholesterol	0.0mg	Cholesterol	0.0mg	Cholesterol	3.1mg
Sodium	100.3mg	Sodium	29.9mg	Sodium	128.1mg	Sodium	18.3mg	Sodium	47.1mg
Potassium	54.4mg	Potassium	39.1mg	Potassium	17.9mg	Potassium	17.3mg	Potassium	42.5mg
Total Carbohydrate	14.8g	Total Carbohydrate	16.3g	Total Carbohydrate	13.3g	Total Carbohydrate	16.4g	Total Carbohydrate	16.4g
Dietary Fiber	2.6g	Dietary Fiber	2.1g	Dietary Fiber	1.5g	Dietary Fiber	1.9g	Dietary Fiber	2.1g
Sugars	4.5g	Sugars	7.9g	Sugars	6.1g	Sugars	7.0g	Sugars	6.7g
Protein	2.8g	Protein	2.2g	Protein	3.1g	Protein	2.0g	Protein	2.4g
Vitamin E	8.6%	Vitamin E	3.9%	Vitamin E	0.3%	Vitamin E	0.0%	Vitamin E	4.2%
Iron	4.5%	Iron	4.0%	Iron	3.7%	Iron	3.4%	Iron	4.4%
Manganese	7.2%	Manganese	6.2%	Manganese	3.9%	Manganese	0.2%	Manganese	5.0%
Magnesium	3.1%	Magnesium	2.4%	Magnesium	1.1%	Magnesium	1.0%	Magnesium	2.6%