

B-Roar's PB&J Overnight Oats

Nutrition Facts	
Serving size: 1 Regular Size (395 g)	
Servings Per Container: 1	
Amount per serving	
Calories: 437	Fat Calories: 143
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 462mg	19%
Calcium 238mg	24%
Potassium 476mg	14%
Phosphorus 193mg	19%
Total Carb 52g	17%
Dietary Fiber 12g	47%
Sugars 8g	
Protein 21g	42%
Vitamin A 11%	Vitamin C 12%
Calcium 24%	Iron 13%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Contains: Peanuts	