

## B-TROPICAL BUFF MONKEY OVERNIGHT OATS

regular size

 1 bowl

### INGREDIENTS

- 1 cup of A-Tropical Buff Monkey Overnight Oats [443 g]
- 4.4 grams of nuts, coconut meat, dried [desiccated], not sweetened

### NUTRITIONAL INFORMATION

	PER 100 g	PER BOWL [447 g]	% DRI
ENERGY	131 kcal	588 kcal	29 %
FAT	6 g	25 g	38 %
FATTY ACIDS, TOTAL SATURATED	3 g	15 g	75 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	75 mg	334 mg	14 %
CARBOHYDRATE	17 g	75 g	25 %
SUGARS	1 g	5 g	—
FIBER	3 g	13 g	53 %
PROTEIN	6 g	26 g	—