

# Nutrition Facts

Per (410 g)

**Calories 270**

**% Daily Value\***

**Fat** 10 g 13 %  
Saturated 1.5 g 8 %  
+ Trans 0 g

**Carbohydrate** 43 g  
Fibre 9 g 32 %  
Sugars 32 g 32 %

**Protein** 6 g

**Cholesterol** 0 mg

**Sodium** 290 mg 13 %

Potassium 1450 mg 31 %

Calcium 175 mg 14 %

Iron 4.5 mg 24 %

\*5% or less is **a little**, 15% or more is **a lot**

**Ingredients:** Nuts, coconut water (liquid from coconut), Spinach, raw, Avocado, raw, california, PURE CANE SUGAR, WATER, NATURAL VANILLA EXTRACT WITH OTHER NATURAL FLAVOR, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES), CITRIC ACID, CARMEL COLOR.