

# Nutrition Facts

Per (370 g)

**Calories 430**

**% Daily Value\***

**Fat** 14 g 19 %  
Saturated 3 g 14 %  
+ Trans 0.1 g

**Carbohydrate** 87 g  
Fibre 10 g 35 %  
Sugars 40 g 40 %

**Protein** 20 g

**Cholesterol** 5 mg

**Sodium** 170 mg 7 %

Potassium 1200 mg 25 %

Calcium 250 mg 21 %

Iron 3 mg 17 %

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

**Ingredients:** Plant-based beverage, soy, enriched, all flavours, low fat, Banana, raw, Yogourt, vanilla flavoured, low fat (0.5-1.9% M.F.), Cereal, ready to eat, Kashi: GoLean Crunch, Kashi, Peanut butter, smooth type, fat and sugar added, Hot chocolate, mix, powder, prepared with 2% milk

**Contains:** Milk, Soy, Peanut