

# Nutrition Facts

Per (554 g)

**Calories 650**

**% Daily Value\***

<b>Fat</b> 21 g	29 %
Saturated 4 g	21 %
+ Trans 0.1 g	

<b>Carbohydrate</b> 130 g	
Fibre 15 g	52 %
Sugars 61 g	61 %

**Protein** 29 g

**Cholesterol** 5 mg

<b>Sodium</b> 260 mg	11 %
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Potassium 1800 mg	38 %
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Calcium 400 mg	31 %
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Iron 4.5 mg	25 %
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\*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