

## Organic Steel Cut Oatmeal

Vegan, Vegetarian, Dairy Free, Gluten Free

Water, Organic Whole Grain Oats, Sea Salt.

Cal: 180	Cal from Fat: 20	Total Fat: 3g	Sat Fat: 0.5g	Chol: 0mg
Sodium: 130mg	Total Carb: 32g	Fiber: 5g	Sugars: 0g	Protein: 6g

Nutritional information based on 1 cup (8oz) serving

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