



Salted Caramel Overnight Oats

Rolled oats (not GF), [caramel powder](#), sugar in the raw, [chocolate milk mix](#), [mini chocolate chips](#), salt

Nutrition information per each.

Nutrition Facts	
Salted Caramel Overnight Oats (w/out milk)	
1 serving per container	
Serving Size	1.00 each
Amount per serving	
Calories	268
%Daily Value*	
Total Fat 6.9g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 201mg	9%
Total Carbohydrate 48g	18%
Dietary Fiber 5.2g	19%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Proteins 6.2g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 2.3mg	13%
Potassium 204mg	4%
Phosphorus 185mg	15%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

