



Apple Crisp Overnight Oats

Old fashioned oats, [Sweetie Magic](#), freeze dried apples, raisins

Nutrition information per each.

Nutrition Facts	
Apple Crisp Overnight Oats (w/out milk)	
1 serving per container	
Serving Size	1.00 each
Amount per serving	
Calories	257
%Daily Value*	
Total Fat 2.7g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3.7mg	0%
Total Carbohydrate 55g	20%
Dietary Fiber 6g	21%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Proteins 5.6g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 1.9mg	11%
Potassium 222mg	5%
* 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.	