Coconut

Nutrition Facts

1 servings per container

Serving size **1 Patty (47g)**

Amount Per Serving

Calories **210**

	% Daily Value*
Total Fat 12g	**15%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 55mg	**2%**
Total Carbohydrate 32g	**12%**
Dietary Fiber 0g	**0%**
Total Sugars 30g	
Includes 0g Added Sugars	**0%**
Protein 1g	

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*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.

Peanut Butter

Nutrition Facts

1 servings per container

Serving size **1 Patty (46g)**

Amount Per Serving

Calories **240**

	% Daily Value*
Total Fat 16g	**21%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 180mg	**8%**
Total Carbohydrate 28g	**10%**
Dietary Fiber 0g	**0%**
Total Sugars 23g	
Includes 0g Added Sugars	**0%**
Protein 5g	

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*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.

Peppermint Patty

Nutrition Facts

1 servings per container

Serving size **1 Patty (47g)**

Amount Per Serving

Calories **200**

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 50mg	**2%**
Total Carbohydrate 50g	**18%**
Dietary Fiber 0g	**0%**
Total Sugars 48g	
Includes 0g Added Sugars	**0%**
Protein 1g	

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*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.

S'mores

Nutrition Facts

1 servings per container

Serving size **1 Patty (43g)**

Amount Per Serving

Calories **200**

	% Daily Value*
Total Fat 10g	**13%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Sodium 70mg	**3%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 0g	**0%**
Total Sugars 19g	
Includes 0g Added Sugars	**0%**
Protein 2g	

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

*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.