

# **30 Minute Oats**

## **Dark Chocolate**

### **Nutrition Facts**

Serving 115g powder, 300ml Almond Milk, 200g topping

**Calories** **598**

**Protein** **62g**

**Total Fat** **15 g**

Saturated Fat 4,2 g

Trans Fat 0 g

Polyunsaturated Fat 1,5 g

Monounsaturated Fat 8,3 g

**Carbohydrate** **40 g**

Dietary Fiber 18,6 g

Sugar 8,9 g



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