

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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PKD:

