

# Nutrition Facts for Pumpkin Spice Parfait

<b>Nutrition Facts</b>	Amount/serving	% DV	Amount/serving	% DV
	<b>Total Fat</b> 45g		<b>56%</b>	<b>Total Carb.</b> 33g
	Saturated Fat 34g	<b>172%</b>	Fiber 8g	<b>30%</b>
	<i>Trans</i> Fat 0g		Total Sugars 7g	
Serving size: 1 Portion	<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 2g Added Sugars	<b>4%</b>
	<b>Sodium</b> 15mg	<b>1%</b>	<b>Protein</b> 10g	
<b>Calories</b> per serving	<b>530</b>			
	Vitamin D 0% · Calcium 10% · Iron 30% · Potassium 25%			

## Ingredients

Butternut Squash, Coconut Cream, Pumpkin Seeds, Hemp Seed, Shredded Coconut, Sesame Seeds, Brown Sugar, Cinnamon Ground, Nutmeg Ground, Allspice Ground

## Contains

COCONUT, SESAME SEEDS

## Characteristics

Vegan · Gluten Free · Dairy Free · Corn Free · Peanut Free