

Almond Granola

Nutrition Facts

Serving Size: 2/3 cup (81g)
Servings Per Container: About 6

Calories 400
Calories from Fat 160

Amount/serving	% Daily Value*
Total Fat 18g	28%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Vitamin A 0% • Vitamin C 0% • Calcium 10% • Iron 20%	

Amount/serving	% Daily Value*
Total Carbohydrate 50g	17%
Dietary Fiber 7g	28%
Sugars 15g	
Protein 13g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: OATS, HONEY, SUNFLOWER OIL, SESAME SEEDS, ALMONDS, SUNFLOWER SEEDS, WHEAT GERM, NUTRITIONAL YEAST

CONTAINS: ALMOND