

Peanut Granola

Nutrition Facts

Serving Size: 2/3 cup (57g)
Servings Per Container: 8

Calories 280
Calories from Fat 110

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 12g	18%	Total Carbohydrate 35g	12%
Saturated Fat 1.5g	8%	Dietary Fiber 5g	20%
<i>Trans</i> Fat 0g		Sugars 11g	
Cholesterol 0mg	0%	Protein 9g	
Sodium 0mg	0%		
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 15%			

* 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, PEANUTS, SUNFLOWER SEEDS, WHEAT GERM, NUTRITIONAL YEAST

CONTAINS: PEANUTS