

granola with almonds & pecans

Nutrition Facts Serv. Size: 1/3 cup (30g),
Servings: about 11. Amount Per Serving:
Calories 120, Calories from Fat 40, **Total
Fat** 4g (**7%** DV), Saturated Fat 1.5g (7% DV),
Trans Fat 0g, **Sodium** 50mg (**2%** DV),
Total Carbohydrate 19g (**6%** DV), Dietary
Fiber 3g (**12%** DV), Sugars 7g, **Protein** 3g,
Calcium (2% DV), Iron (4% DV). Not a
significant source of cholesterol, vitamin A &
vitamin C. Percent Daily Values (DV) are based
on a 2,000 calorie diet.

INGREDIENTS: Whole Grain Oats, Brown
Sugar, Almonds, Coconut, Pecans, Maltodextrin
(dietary fiber), Natural Flavor, Salt, Cinnamon,
Mixed Tocopherols (vitamin E, soybean oil).
ALLERGENS: Almonds, Pecans & Coconut.
Caution: Occasional pits and shells may occur.

