

*freda's granola, 12 oz. cello bag*

<b>Nutrition Facts</b>	
Serving Size 1/2 cup (45g)	
Servings Per Container about 7	
Amount Per Serving	
<b>Calories</b> 220	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 7g	
<b>Protein</b> 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 8%
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: rolled oats, maple syrup, canola oil, sliced almonds, pumpkin seeds, sunflower seeds, dried cranberries, flax seeds, salt. **Ingredients may have been processed in a facility that processes nuts and trees.**



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