

Oat Cuisine

Cranberry Gourmet Granola

Organic Oats, Honey, Sunflower Seeds, Sweetened
Dried Cranberries, Sesame Seeds, Almonds
Wheat Flakes (whole wheat. malt flavoring)
High-Oleic Safflower Oil, Currants, Coconut

| Nutrition Facts | |
|--|-------------------------------|
| Serving Size 1/2 cup (55g) | |
| Servings Per Container About 14 | |
| | |
| <small>Amount Per Serving</small> | |
| Calories 275 Calories from Fat 94 | |
| <small>% Daily Value*</small> | |
| Total Fat 10g | 16% |
| Saturated Fat 2g | 9% |
| Polyunsaturated Fat 3g | |
| Monounsaturated Fat 5g | |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 5mg | 0% |
| Total Carbohydrate 31g | 10% |
| Dietary Fiber 5g | 20% |
| Sugars 12g | |
| Protein 7g | |
| | |
| Vitamin A 0% | <small>*</small> Vitamin C 4% |
| Calcium 4% | <small>*</small> Iron 15% |
| <small>*Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may vary higher or lower depending on your calorie needs:</small> | |

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