

Oat Cuisine

Ginger Pecan Gourmet Granola

Organic Oats, Honey, Sunflower Seeds, Pecans
 Dried Apples, Molasses, Wheat Flakes
 (whole wheat. malt flavoring), Sesame
 Seeds, High-Oleic Safflower Oil
 Coconut, Ginger, Spices

Nutrition Facts	
Serving Size 1/2 cup (55g)	
Servings Per Container About 14	
<small>Amount Per Serving</small>	
Calories 282 Calories from Fat 116	
<small>% Daily Value*</small>	
Total Fat 13g	20%
Saturated Fat 2g	10%
Polyunsaturated Fat 4g	
Monounsaturated Fat 6g	
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 19mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	17%
Sugars 12g	
Protein 6g	
Vitamin A 0%	* Vitamin C 0%
Calcium 0%	* Iron 10%
<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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