

Oat Cuisine

Oil-free Gourmet Granola

Organic Oats, Honey, Raisins, Dried Plums, Sunflower
Seeds, Wheat Flakes (whole wheat
malt flavoring), Sesame Seeds
Walnuts, Almonds

Nutrition Facts	
Serving Size 1/2 cup (55g)	
Servings Per Container About 14	
Amount Per Serving	
Calories 241	Calories from Fat 61
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1g	4%
Polyunsaturated Fat 3g	
Monounsaturated Fat 2g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	15%
Sugars 12g	
Protein 6g	
Vitamin A 0%	* Vitamin C 4%
Calcium 4%	* Iron 10%
*Percentage Daily Values are based on a 2,000 calorie diet. Your daily values may vary higher or lower depending on your calorie needs:	

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