

Oat Cuisine

Original Gourmet Granola

Organic Oats, Honey, Sunflower Seeds, Raisins
Wheat Flakes (whole wheat, malt flavoring)
Sesame Seeds, Walnuts, High-Oleic
Safflower Oil, Almonds, Coconut
Pure Vanilla Extract

Nutrition Facts	
Serving Size 1/2 cup (55g)	
Servings Per Container About 14	
Amount Per Serving	
Calories 281	Calories from Fat 101
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	10%
Polyunsaturated Fat 4g	
Monounsaturated Fat 5g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 4g	17%
Sugars 11g	
Protein 6g	
Vitamin A 0%	* Vitamin C 4%
Calcium 4%	* 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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