

# Granola 4oz

## Nutrition Facts

1 serving per container

**Serving size** (227g)

**Amount Per Serving**

**Calories** 400

**% Daily Value\***

**Total Fat** 27g 35%

Saturated Fat 9g 45%

*Trans Fat* 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 30g 11%

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 60mg 4%

Iron 2.1mg 10%

Potassium 260mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: OAT FLOUR, WALNUTS, COCONUT OIL, QUICK ROLLED OATS, MAPLE SYRUP, PUMPKIN PIE SPICE

CONTAINS: WALNUT

CUISINE FOR HEALING 1614 MISTLETOE BLVD FW TX 76104