



cranberry granola

Nutrition Facts

Serving Size: 1 Bar (40g)
Servings Per Container: 10

Amount Per Serving

Calories 160 Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Potassium 70mg **2%**

Total Carbohydrate 21g **7%**

Dietary Fiber 4g **16%**

Sugars 7g

Protein 11g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 30%

Pantothenic Acid 15% • Thiamine 2%

Zinc 2% • Phosphorus 15%

Copper 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Soy Crisps (Non-GMO Isolated Soy Protein, Tapioca Starch and Salt), Rolled Oats, Brown Rice Syrup, Soy Crisp Nuggets (Non-GMO Isolated Soy Protein, Rice Flour, Malt and Salt), Berryfusions Diced Mixed Berry, Red Raspberry Preserves, Sunflower Oil, Non-GMO Isolated Soy Protein, Inulin, Vegetable Glycerine, Soy Fiber, Organic Oat Syrup Solids, Fructose, Acacia Gum, Vanilla, Berry Flavor, Citric Acid, Pycnogenol® (French Maritime Pine Bark Extract).



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