

GKI HONEY GONE NUTS GRANOLA

04/02/2012

Nutrition Facts	
Serving Size (28g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: OATS, HONEY, CANOLA OIL, DRIED COCONUT, SUNFLOWER SEEDS, ALMONDS, VANILLA, MOLASSES, WALNUT, SESAME SEEDS, CASHEWS AND SALT.

Contains Almonds, Cashews, Coconut, Gluten and Walnuts.

Allergy Information: This product made in a facility that processes peanuts, tree nuts, soy, wheat and dairy products. Allergy information: Manufactured on shared equipment with milk containing products. Incidental milk may be present.

OK EYN 4.5.12
OK New 4.5.12