

03/12/2008

GKI CHERRY ALMOND GRANOLA

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 0mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 8%

Sugars 5g

Protein 3g

Vitamin A 0% • **Vitamin C** 0%

Calcium 2% • **Iron** 4%

*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, ALMONDS, UNSULPHURED COCONUT, DRIED CHERRIES (CHERRY, SUGAR, RED TART CHERRY JUICE, SUNFLOWER OIL AND CITRIC ACID), CINNAMON AND CHERRY FLAVOR.

ALLERGY INFORMATION: THIS PRODUCT MADE IN FACILITY THAT PROCESSES PEANUTS, TREE NUTS, SOY, WHEAT AND DAIRY PRODUCTS.

CHERRY ALMOND GRANOLA (CHUNKY)

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CHERRIES ARE A NATURAL PRODUCT, PITS MAY BE FOUND.



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NET WEIGHT 20 POUNDS
LIPARI FOODS

WARREN, MI 48089

LOT #:
GKI

