

Cranberry Pepita – Vier
 V2-3.14.12
 Selling Container Weight: 8

Nutrition Facts	
Serving Size 1.1 oz (30g)	
Servings Per Container 7	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
*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
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Cranberries, rolled oats, pumpkin seeds, brown sugar, chocolate chips, peanuts, maple syrup, salt, black pepper, cinnamon, canola oil.

Note: The ingredients stated on this Nutrition Facts label reflect the information provided in the recipe and is documented in descending order, based on the ingredient weights. This ingredient statement should additionally be evaluated for compliance with the Michigan Department of Agriculture - Food Labeling Guide For Products Manufactured or Sold in Michigan. Refer to the link for additional assistance http://www.michigan.gov/mda/0,1607,7-125-1568_2388-15868--00.html