**Paleo Passion Grainless Granola – Choco-Nuts**

Portion Size: ¼ cup (22g).

**Nutritional Values**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Nutrition Facts** |
| Serving Size ¼ cup (22g)Servings Per Container about 10 |
|   |
| **Amount Per Serving** |
| **Calories** 116 | Caloriesfrom Fat 90 |
| % Daily Value\* |
| **Total Fat** 10g | **15**% |
|

|  |  |
| --- | --- |
| Saturated Fat 3g | **16**% |
| Monounsaturated Fat 2g |  |
| Polyunsaturated Fat 4g |  |
| Trans Fat 0g |  |

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| **Cholesterol** 0mg | **0**% |
| **Sodium** 2mg | **0**% |
| **Total Carbohydrates** 6g | **2**% |
|

|  |  |
| --- | --- |
| Dietary Fiber 2g | **7**% |
| Sugars 4g |  |

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| **Protein** 2g | **4%** |
| Vitamin A 0% | •   | Vitamin C 0% |
| Calcium 3% | •   | Iron 3% |
| \* 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 |
|   Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400g | 2,400g |
| Total Carbohydrate | 300g | 375g |
|   Dietary Fiber | 25g | 30g |
| Calories per gram: |
| Fat 9 • Carbohydrates 4 • Protein 4 |

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**Ingredients:**

Walnuts, Shredded Coconut, Dark Chocolate, Wildflower Honey, Almond, Pecan, Maple Syrup, Sunflower Seeds, Pumpkin Seeds, Coconut Oil, Golden Flaxseed