**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 |  | | | | | | **Cholesterol** 0mg | | | **0**% | | **Sodium** 2mg | | | **0**% | | **Total Carbohydrates** 6g | | | **2**% | | |  |  | | --- | --- | | Dietary Fiber 2g | **7**% | | Sugars 4g |  | | | | | | **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 | | | | |

**Ingredients:**

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