

# Country Crunch Granola Cereal

Item Number: 380301, 380302, 380305, 380306

Ingredients: Whole wheat graham flour, rolled oats, sugar, coconut, liquid and hydrogenated soybean oil (TBHQ, citric acid), nonfat dry milk, contains less than 2%: wheat germ, soy lecithin, beta carotene, salt, baking soda, natural and artificial flavor. Contains: Wheat, Milk, Soy, Coconut.

<b>Nutrition Facts</b>	
Serving Size (47g)	
Servings Per Container varies	
Amount Per Serving	
<b>Calories 190</b>	<b>Calories from Fat 50</b>
% Daily Value*	
<b>Total Fat 6g</b>	<b>9%</b>
Saturated Fat 2g	10%
<i>Trans Fat 0g</i>	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 120mg</b>	<b>5%</b>
<b>Total Carbohydrate 31g</b>	<b>10%</b>
Dietary Fiber 3g	12%
Sugars 13g	
<b>Protein 4g</b>	
Vitamin A 0%	• Vitamin C 2%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	