

Walnut Creek Crunch Granola Cereal

Item Number: 380101, 380102, 380105, 380106

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

Nutrition Facts	
Serving Size ½ cup	
Servings Per Container varies	
Amount Per Serving	
Calories 170	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat .5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 32g	11%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 4g	
Vitamin A 0%	• Vitamin C 2%
Calcium 6%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet.	