

# Granola

## Nutrition Facts

Serving Size: Each

## **ALLERGENS**

Wheat

Amount Per Serving

Calories: 200

Calories from Fat: 23

<b>Total Fat:</b>	<b>2.5g</b>
Saturated Fat:	.0g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>0mg</b>
<b>Sodium:</b>	<b>85mg</b>
<b>Total Carbohydrate:</b>	<b>42.0g</b>
Dietary Fiber:	3.0g
<b>Protein:</b>	<b>4.0g</b>

Vitamin A: 70RE

Vitamin C: .0mg

Calcium: .0mg

Iron: .2mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

## Ingredients

Granola, Kellogg's Pouch Low Fat 2 oz (mfg label): WHOLE GRAIN OATS, WHOLE GRAIN WHEAT, CORN SYRUP, SUGAR, RICE, CONTAINS 2% OR LESS OF MODIFIED CORN STARCH, MOLASSES, EXPELLER PRESSED CANOLA OIL, SALT, CINNAMON, HONEY, NATURAL FLAVOR, MALT FLAVOR, MIXED TOCOPHEROLS FOR FRESHNESS, SOY LECITHIN. VITAMINS AND MINERALS: NIACINAMIDE, REDUCED IRON, VITAMIN B2 (RIBOFLAVIN), FOLIC ACID. CONTAINS: WHEAT AND SOY [903417]