

Athenian Harvest Muesli

Nutrition Facts

Serving Size 1/2 cup (55g)

Servings Per Container 6

Amount Per Serving

Calories 220 **Calories from Fat 45**

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **7%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 1.5g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Potassium 310mg **9%**

Total Carbohydrate 39g **13%**

Dietary Fiber 5g **20%**

Soluble Fiber 2g

Insoluble Fiber 3g

Sugars 13g

Protein 7g

Vitamin A 8% • Vitamin C 0%

Calcium 4% • Iron 10%

Vitamin E 6% • Thiamin 15%

Vitamin B6 6% • Pantothenic Acid 4%

Phosphorus 20% • Magnesium 15%

Zinc 8% • Selenium 15%

Copper 15% • Manganese 70%

*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