

Venetian Vineyard Granola

Nutrition Facts

Serving Size 1/2 cup (55g)

Servings Per Container 6

Amount Per Serving

Calories 230 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 2g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Potassium 260mg **7%**

Total Carbohydrate 38g **13%**

Dietary Fiber 5g **20%**

Soluble Fiber 2g

Insoluble Fiber 2g

Sugars 14g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

Vitamin E 4% • Thiamin 15%

Vitamin B6 10% • Pantothenic Acid 4%

Phosphorus 20% • Magnesium 20%

Zinc 10% • Selenium 20%

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