

blueberry almond

Nutrition Facts

Serving Size 1/4 cup (31g/1.1oz)

Servings Per Container about 11

Amount Per Serving

Calories 150 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **13%**

Saturated Fat 3g **14%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 16g **5%**

Dietary Fiber 3g **10%**

Sugars 5g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 6%

* 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
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: GLUTEN FREE OATS, ORGANIC HONEY, ALMONDS, EXPELLER PRESSED CANOLA OIL, DRIED BLUEBERRIES (BLUEBERRIES, SUGAR, SUNFLOWER OIL), UNSWEETENED COCONUT, NATURAL FLAVOR.
CONTAINS: TREE NUTS

SCIENTIFIC EVIDENCE SUGGESTS BUT DOES NOT PROVE THAT EATING 1.5 OUNCES PER DAY OF MOST NUTS, AS PART OF A DIET LOW IN SATURATED FAT AND CHOLESTEROL, MAY REDUCE THE RISK OF HEART DISEASE. SEE NUTRITION INFORMATION FOR FAT CONTENT.