

GFS - Cran Pecan Granola

Nutrition Facts

Serving Size 30g

Serving Per Container 9

Amount Per Serving

Calories 140 Calories from Fat 50

% Daily Value *

Total Fat 6g **9%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **10%**

Sugars 7g

Protein 3g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.