

01/08/2015

## HOLIDAY OATMEAL CRANBERRY WALNUT (71279)

SERVING SIZE: 2.75 OZ

<b>Nutrition Facts</b>	
Serving Size (78g)	
Servings Per Container 160	
<b>Amount Per Serving</b>	
<b>Calories 400</b>	Calories from Fat 200
% Daily Value*	
<b>Total Fat 22g</b>	<b>34%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 260mg</b>	<b>11%</b>
<b>Total Carbohydrate 47g</b>	<b>16%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 27g	
<b>Protein 6g</b>	
Vitamin A 6%	• Vitamin C 0%
Calcium 4%	• 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
Saturated 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 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** Sugar, enriched wheat flour, cranberries (sugar, cranberries, sunflower oil), oats, shortening (palm oil), whole eggs, margarine [palm oil, soybean oil, canola oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate (a preservative), artificially flavored, artificially colored with beta-carotene, vitamin A palmitate added], walnuts, molasses, soda bicarbonate, vanilla flavor, salt, butter flavor.

**Contains: Wheat, eggs, milk, walnut, soy.**