



SIMPLY THE BEST!

WHOLESOME, CHEWY, NUTRITIOUS COMBINATION OF BARLEY, RYE, WHEAT, OATS & ROASTED SUNFLOWER SEEDS MAKES THIS A FLAVOR-PACKED FULL BODIED BREAKFAST CEREAL.

INGREDIENTS: ROLLED OATS, RYE, BARLEY, WHEAT, COCONUT (COCONUT, SUGAR, PROPYLENE GLYCOL, CORN STARCH, SALT, SODIUM METABISULFATE), BROWN SUGAR (SUGAR, INVERT SUGAR, CANE MOLASSES), CANOLA OIL, WATER, SUNFLOWER SEEDS (COTTONSEED OIL), VANILLA, SALT.

PROCESSED IN A FACILITY THAT ALSO MAKES PRODUCTS CONTAINING ALMONDS & PECANS.



SANTEE'S GRANOLA INC.
P.O. Box 30772 • SPOKANE, WA 99223

Nutrition Facts

8 servings per pound

Serving size

1/2 cup (55g)

	Cereal		Cereal with 1/2 cup skim milk	
Calories	220		260	
	% DV*		% DV*	
Total Fat	9g	13%	9g	13%
Saturated Fat	2.5g	13%	2.5g	13%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	<5mg	1%
Sodium	170mg	7%	240mg	10%
Total Carbohydrate	30g	10%	37g	12%
Dietary Fiber	4g	15%	4g	15%
Total Sugars	8g		14g	
Incl. Added Sugars	5g	10%	5g	10%
Protein	6g		10g	
Vitamin D	0mcg	0%	1.5mcg	9%
Calcium	22mg	2%	172mg	12%
Iron	2mg	9%	2mg	9%
Potassium	152mg	3%	342mg	7%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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MULTI-GRAIN