

Nutrition Facts

About 95 servings per container
Serving size 3/4 Cup (60g)

Amount per serving
Calories 220

% Daily Value*

Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 49g	18%
Dietary Fiber 6g	21%
Total Sugars 16g	
Incl. 16g Added Sugars	32%

Protein 5g

Vitamin D 2mcg 10%	• Calcium 20mg 2%
Iron 4.5mg 25%	• Potassium 150mg 2%
Thiamin 20%	• Riboflavin 20%
Niacin 20%	• Vitamin B ₆ 20%
Folate 400mcg DFE 100% (235mcg folic acid)	• Vitamin B ₁₂ 20%

* 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.

KELLOGGS® LOW FAT GRANOLA

Ingredients: Whole grain oats, whole grain wheat, sugar, rice, corn syrup, raisins, almonds, contains 2% or less of glycerin, molasses, modified corn starch, palm oil, salt, cinnamon, nonfat milk, polyglycerol esters of fatty acids, malt flavor, mixed tocopherols for freshness, guar gum.

Vitamins and Minerals: Iron (ferric phosphate), niacinamide, reduced iron, folic acid, vitamin B2 (riboflavin), vitamin B6 (pyridoxine hydrochloride), vitamin B1 (thiamin hydrochloride), vitamin D3, vitamin B12.

Contains: Wheat, Almond and Milk Ingredients.