

Sun Maid Oatmeal Raisin Apple 2 oz.

4/8/11

Nutrition Facts	
Serving Size (56 g)	
Servings Per Container 1	
Amount Per Serving	
Calories	230 Calories from Fat 80
% Daily Value*	
Total Fat 9 g	14%
Saturated Fat 4 g	20%
Trans Fat 0 g	
Polyunsaturated Fat 1.5 g	
Monounsaturated Fat 3 g	
Cholesterol 5 mg	2%
Sodium 200 mg	8%
Total Carbohydrate 36 g	12%
Dietary Fiber 2 g	8%
Sugars 20 g	
Protein 2 g	
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 8%
*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 65 g 80 g
Sat. Fat	Less than 20 g 25 g
Cholesterol 0 mg	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9. Carbohydrate 4. Protein 4	

Enriched unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1 riboflavin [vitamin B2], folic acid), margarine (palm oil, water, soybean oil, salt, vegetable mono & diglyceride soy lecithin, sodium benzoate [a preservative], citric acid, natural and artificial flavor, beta carotene [color] vitamin A palmitate added), dried apples, sugar, brown sugar, oats, raisins, enriched bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), coconut, apple fiber, high fructose corn syrup, cinnamon, powdered eggs, baking soda salt, baking powder, soy lecithin.

ALLERGY INFORMATION: THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT PROCESSES MILK, WHEAT, SOY, PEANUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, MACADAMIA NUTS AND OTHER TREE NUTS