

METROPOLITAN BAKERY
Original Granola

03/2012

Nutrition Facts	
Serving Size (57g) ¼ cup	
Servings Per Container 8	
Amount Per Serving	
Calories 260	Calories from fat 130
% Daily Value	
Total Fat 15g	23%
Saturated Fat 2.5g	11%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	13%
Sugars 12g	
Protein 7g	
Vitamin A 2% • Vitamin C 0%	
Calcium 6% • Iron 15 %	
*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	

The ingredients would be:

Ingredients: whole grain oats, honey, canola oil, maple syrup, sunflower seeds, pumpkin seeds, wheat germ, skim milk powder, sesame seeds, almonds, pecans, cranberries, blueberries, cherries, strawberries, pure vanilla, cinnamon & cloves.

Nutrition Facts	
Serving Size (28g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 3g	
Vitamin A 0%	• Vitamin C 4%
Calcium 2%	• 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	

POMEGRANATE GRANOLA

1 serving is 1 oz. or 28 grams

Ingredients: rolled oats, goji berries, blueberries, cranberries, honey, wheat germ, brown sugar, canola oil, pomegranate molasses, cinnamon, cardamom, vanilla, orange zest and salt.

Nutrition Facts	
Serving Size (28g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 70
% Daily Value*	
Total Fat 7g	12%
Saturated Fat 2.5g	11%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	7%
Sugars 8g	
Protein 3g	
Vitamin A 0%	• 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	

COFFEE GRANOLA

1 serving is 1 oz. or 28 g.

Ingredients: rolled oats, dark chocolate bits (sugar, cocoa butter, chocolate liquor processed with alkali, soya lecithin – added as an emulsifier, canola oil, honey, maple syrup, wheat germ, milk powder, unsweetened coconut chips, sesame seeds, almonds, coffee extract (coffee, sugar & water), brown sugar, cinnamon, vanilla, salt.