

Metropolitan Bakery Nutrition Facts -- Granola & Popcorn

Original Granola (12 oz)

Nutrition Facts			
Serving Size (28g) 1 oz.			
Servings Per Container 12			
Amount Per Serving			
Calories 130		Calories from fat 70	
% Daily Value			
Total Fat 15g		11%	
Saturated Fat 2.5g		6%	
Cholesterol 0mg		0%	
Sodium 20mg		0%	
Total Carbohydrate 13g		4%	
Dietary Fiber 2g		7%	
Sugars 6g			
Protein 4g			
Vitamin A 0% • Vitamin C 0%			
Calcium 4% • 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	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: Whole grain oats, honey, maple syrup, canola oil, sunflower seeds, pumpkin seeds, wheat germ, skim milk powder, almonds, pecans, sesame seeds, coconut, dried cranberries, blueberries, cherries, and strawberries, spices, and flavorings.

Gluten Free Granola (12 oz)

Nutrition Facts			
Serving Size (28g) 1 oz.			
Servings Per Container 12			
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			

Ingredients: Oats, honey, maple syrup, canola oil, sunflower seeds, pumpkin seeds, sesame seeds, dried cranberries, pecans, almonds, dried cherries, dried blueberries, coconut, dried strawberries, vanilla, cinnamon, and cloves.

Coffee Chocolate Chip Granola

Nutrition Facts			
Serving Size (28g) 1 oz.			
Servings Per Container 12			
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			

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, skim milk powder, almonds, unsweetened coconut chips, sesame seeds, almonds, coffee extract (coffee, sugar & water), brown sugar, cinnamon, vanilla and salt.

Pomegranate Cinnamon Granola

Nutrition Facts			
Serving Size (28g) 1 oz.			
Servings Per Container 12			
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			

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

Original Granola (2 oz snack pack)

Nutrition Facts			
Serving Size (28g) 1 oz.			
Servings Per Container 2			
Amount Per Serving			
Calories 130	Calories from fat 70		
% Daily Value			
Total Fat 7g			11%
Saturated Fat 1g			6%
Cholesterol 0mg			0%
Sodium 10mg			0%
Total Carbohydrate 13g			4%
Dietary Fiber 2g			7%
Sugars 6g			
Protein 4g			
Vitamin A 0% • Vitamin C 0%			
Calcium 4% • 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	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: whole grain oats, honey, maple syrup, canola oil, sunflower seeds, pumpkin seeds, wheat germ, skim milk powder, almonds, pecans, sesame seeds, coconut, dried cranberries, blueberries, cherries, and strawberries, spices, and flavorings.

Coffee Chocolate Chip Granola (2 oz snack pack)

Nutrition Facts			
Serving Size (28g) 1 oz.			
Servings Per Container 2			
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			

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, canola oil, wheat germ, milk powder, unsweetened coconut chips, sesame seeds, almonds, coffee extract (coffee, sugar & water), brown sugar, vanilla, and salt.

Pomegranate Cinnamon Granola (2 oz snack pack)

Nutrition Facts	
Serving Size (28g) 1 oz.	
Servings Per Container 2	
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	

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

Spiced Peanut Butter Popcorn (8 oz)

Nutrition Facts			
Serving Size (28 g) 1 oz.			
Servings Per Container 8			
Amount Per Serving			
Calories 130	Calories from fat 60		
% Daily Value			
Total Fat 7g			11%
Saturated Fat 2.5g			12%
Cholesterol 0mg			3%
Sodium 90mg			4%
Total Carbohydrate 15g			5%
Dietary Fiber 1g			6%
Sugars 9g			
Protein 2g			
Vitamin A 2% • Vitamin C 0%			
Calcium 2% • Iron 2%			
*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 in order by weight: peanuts, sugar, corn, butter, agave, peanut butter liquor (sugar, natural and artificial peanut flavor, caramel coloring, potassium sorbate), light corn syrup, curry powder, salt, and spices.

Stout with Smoked Almond Popcorn (8 oz)

Nutrition Facts			
Serving Size (28g) 1 oz.			
Servings Per Container 8			
Amount Per Serving			
Calories 100	Calories from fat 50		
% Daily Value			
Total Fat 5g			8%
Saturated Fat 1.5g			12%
Cholesterol 5mg			2%
Sodium 95mg			3%
Total Carbohydrate 12g			4%
Dietary Fiber 1g			4%
Sugars 7g			
Protein 2g			
Vitamin A 2% • Vitamin C 0%			
Calcium 2% • Iron 2%			
*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 in order by weight: dark beer, sugar, smoked almonds, corn, butter, malted barley syrup, light corn syrup, salt, and baking soda.

Bourbon-Infused Popcorn (4 oz)

Nutrition Facts	
Serving Size (28g) 1 oz.	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from fat 40
% Daily Value	
Total Fat 4g	6%
Saturated Fat 2.5g	12%
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 1g	
Vitamin A 2% • Vitamin C 0%	
Calcium 2% • Iron 2 %	
*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 in order by weight: sugar, popcorn, butter, bourbon, agave, light corn syrup, salt, baking soda and bourbon extract (bourbon extract, sugar, propylene glycol)