## Metropolitan Bakery Nutrition Facts --Granola & Popcorn

### Original Granola (12 oz)

<b>Nutrition Facts</b>			<u> </u>
Serving Size (28g) 1 oz.			
Servings Per Co			
		. 4	
Amount Per So			
Calories 130	Calor	ries fron	n fat 70
	%	Daily V	<sup>7</sup> alue
Total Fat 15g			11%
Saturated Fat	2.5g		6%
Cholesterol 0m	ng		0%
Sodium 20mg 0%			0%
Total Carbohy	drate 13g		4%
Dietary Fiber	2g		7%
Sugars 6g			
Protein 4g			
Vitamin A 0%	• Vitar	nin C 0º	%
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
	Less than		
Sodium	Less than		g 2,400mg
Total Carbohydrate	;	300g	_
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • C	Carbohydrate	4 • Pro	otein 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 C			
Amount Per	Serving		
Calories 100	Calo	ries fror	n fat 15
	%	Daily V	Value
Total Fat 2g			3%
Saturated Fa	ıt 0g		0%
Cholesterol 0	mg		0%
Sodium 115m	ıg		5%
Total Carboh	ydrate 20g	5	7%
Dietary Fibe	er 2g		8%
Sugars 9g			
Protein 3g			
Vitamin A 0%	• Vita	min C 4	%
Calcium 2%	• Iron	6 %	
*Percent Daily Vadiet. Your daily valepending on you	values may be	higher or	lower
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
	Less than		300mg
Sodium	Less than		g 2,400mg
	Total Carbohydrate 300g 375g		
Dietary Fiber		25g	30g
Calories per gram Fat 9 •	: Carbohydrate	4 • Pro	otein 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

Nut	rition 1	Facts	S
Serving Size (28g) 1 oz.			
Servings Per C			
Amount Per S			
Calories 130		ries fron	n fat 70
	%	Daily V	Value
Total Fat 7g			12%
Saturated Fa	t 2.5g		11%
Cholesterol 0	mg		0%
Sodium 30mg 1%			1%
Total Carbohydrate 15g 5%			
Dietary Fibe	r 2g		7%
Sugars 8g			
Protein 3g			
Vitamin A 0%	• Vita	min C 0	%
Calcium 4%	• Iron	6 %	
*Percent Daily Va			
diet. Your daily v			lower
depending on you			2.500
TAIRA	Calories:	2,000	2,500
Total Fat Saturated Fat	Less than Less than	65g 20g	80g 25g
Cholesterol	Less than	300mg	
Sodium	Less than		ig 2,400mg
Total Carbohydrat		300g	
Dietary Fiber		25g	_
Calories per gram	•		
Fat 9 •	Carbohydrate	4 • Pr	otein 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

<b>Nutrition Facts</b>			
Serving Size (2	28g) 1 oz	Z.	
Servings Per C			
Amount Per S			
Calories 100	Calorie	es from	fat 15
	%	Daily V	Value
Total Fat 2g			3%
Saturated Fa	t 0g		0%
Cholesterol 0	mg		0%
Sodium 115m	g		5%
Total Carboh	ydrate 20g	5	7%
Dietary Fibe	r 2g		8%
Sugars 9g			
Protein 3g			
Vitamin A 0%	• Vita	min C 4	%
Calcium 2%	• Iron	6 %	
*Percent Daily Va			
diet. Your daily v			lower
depending on you			2.500
Total Fat	Calories:	2,000	2,500
Saturated Fat	Less than	65g 20g	80g 25g
Cholesterol	Less than	_	300mg
Sodium	Less than		ig 2,400mg
Total Carbohydrat		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 •	Carbohydrate	4 • Pr	otein 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)

<b>Nutrition Facts</b>			
Serving Size (28g) 1 oz.			
Servings Per Co			
Amount Per S	erving		
Calories 130	Calo	ries fron	n fat 70
	%	Daily V	<b>Value</b>
Total Fat 7g			11%
Saturated Fat	1g		6%
Cholesterol 0n	ng		0%
Sodium 10mg			0%
Total Carbohydrate 13g 4%			4%
Dietary Fiber	2g		7%
Sugars 6g			
Protein 4g			
Vitamin A 0%	• Vitai	min C 0	%
Calcium 4%	• Iron	8 %	
*Percent Daily Val	ues are based	l on a 2,00	0 calorie
diet. Your daily va			lower
depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
	Less than	20g	25g
Cholesterol	Less than	300mg	
Sodium	Less than		g 2,400mg
Total Carbohydrate	<del>;</del>	300g	
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • (	Carbohydrate	4 • Pr	otein 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 (28	Rg) 1 nz		
Servings Per Co			
Amount Per Se			
Calories 130	Calor	ies fron	n fat 70
	%	Daily V	<sup>7</sup> alue
Total Fat 7g			12%
Saturated Fat	2.5g		11%
Cholesterol 0m	g		0%
Sodium 30mg			1%
Total Carbohy	drate 15g		5%
Dietary Fiber	2g		7%
Sugars 8g			
Protein 3g			
Vitamin A 0%	• Vitan	nin C 09	%
Calcium 4%	• Iron (	6 %	
*Percent Daily Valu diet. Your daily val depending on your o	ues may be h	nigher or l	
	Less than	65g	80g
	Less than	20g	25g
	Less than		300mg
	Less than		g 2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:	1 1 1 / 4	ъ.	
Fat 9 • Ca	ırbohydrate 4	• Pro	tein 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)

<b>Nutrition Facts</b>			
Serving Size (2	Serving Size (28g) 1 oz.		
Servings Per Co			
Amount Per So			
Calories 100	Calo	ries fror	n fat 15
	%	Daily V	Value
Total Fat 2g			3%
Saturated Fat	0g		0%
Cholesterol 0m	ng		0%
Sodium 115mg	5		5%
Total Carbohy	drate 20g		7%
Dietary Fiber	2g		8%
Sugars 9g			
Protein 3g			
Vitamin A 0%	• Vitar	nin C 4	%
Calcium 2%	• Iron	6 %	
*Percent Daily Val	ues are based	on a 2,00	00 calorie
diet. Your daily va	lues may be l	nigher or	lower
depending on your		:	
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
~	Less than	20g	25g
	Less than	300mg	
Sodium	Less than		g 2,400mg
Total Carbohydrate		300g	
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Ca	arbohydrate 4	• Pro	tein 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)

<b>Nutrition Facts</b>			
Serving Size (2	Serving Size (28 g) 1 oz.		
Servings Per Co			
Amount Per S	erving		
Calories 130	Calor	ies fron	n fat 60
	%	Daily V	<sup>7</sup> alue
Total Fat 7g			11%
Saturated Fat 2	.5g		12%
Cholesterol 0m	ng		3%
Sodium 90mg			4%
Total Carbohy	drate 15g		5%
Dietary Fiber	1g		6%
Sugars 9g			
Protein 2g			
Vitamin A 2%	• Vitan	nin C 09	2/0
Calcium 2%	• Iron 2	2 %	
*Percent Daily Val diet. Your daily va depending on your	lues may be h	nigher or l	
Total Fat	Less than	65g	80g
	Less than	20g	25g
Cholesterol	Less than	300mg	_
Sodium	Less than		g 2,400mg
Total Carbohydrate	,	300g	
Dietary Fiber		25g	JUB
Calories per gram: Fat 9 • C	arbohydrate 4	• Pro	tein 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 (2	8g) 1 oz		
Servings Per Co			
Amount Per S	erving		
Calories 100	Calo	ries from fa	t 50
	%	Daily Valu	ie
Total Fat 5g		8	3%
Saturated Fat 1	.5g	1	2%
Cholesterol 5n	ng	2	2%
Sodium 95mg		3	%
Total Carbohy	drate 12g	4	l%
Dietary Fiber	1g	4	1%
Sugars 7g			
Protein 2g			
Vitamin A 2%	<ul> <li>Vitar</li> </ul>	nin C 0%	
Calcium 2%	• Iron	2 %	
*Percent Daily Val diet. Your daily va depending on your	lues may be l	nigher or lowe	r
Total Fat	Less than	65g 80g	_
	Less than	20g 25g	
Cholesterol	Less than	300mg 300	)mg
Sodium	Less than	2,400mg 2,4	
Total Carbohydrate	2	300g 375	_
Dietary Fiber		25g 30g	3
Calories per gram: Fat 9 • C	arbohydrate 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)

<b>Nutrition Facts</b>			
Serving Size (	Serving Size (28g) 1 oz.		
Servings Per C			
Amount Per S			
Calories 120	Calo	ries from fat 40	
	%	Daily Value	
Total Fat 4g		6%	
Saturated Fat	2.5g	12%	
Cholesterol 10	Omg	3%	
Sodium 80mg		3%	
Total Carboh	ydrate 17g	; 6%	
Dietary Fiber	1g	4%	
Sugars 12g			
Protein 1g			
Vitamin A 2%	• Vitai	min C 0%	
Calcium 2%	• Iron	2 %	
		l on a 2,000 calorie	
diet. Your daily v			
depending on you			
	Calories:	2,000 2,500	
Total Fat	Less than	65g 80g	
Saturated Fat	Less than	20g 25g	
Cholesterol	Less than		
Sodium		2,400mg 2,400mg	
Total Carbohydrat	te	300g 375g	
Dietary Fiber		25g 30g	
Calories per gram Fat 9 • 0		4 • Protein 4	
rai 🤊 🕻	Laroonyurate 4	+ - FIOICIII 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)