



6/5/14

GFS 1.5oz OATMEAL RAISIN (707760)

Nutrition Facts	
Amount Per Serving	
Calories 170	Calories From Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 140mg	6%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	5%
Sugars 11g	
Protein 2g	
Vitamin A 6%	• Vitamin C 0%
Calcium 0%	• Iron 4%
* 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
Sat 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

Ingredients: Sugar, enriched wheat flour, raisins, oats, margarine (palm oil, soybean oil, water, salt, mono and diglycerides, soy lecithin, sodium benzoate, artificial flavor, beta carotene, vitamin A palmitate added), whole eggs, shortening (palm oil), invert sugar, baking powder, cinnamon, soda bicarbonate, vanilla flavor, salt, cloves. Contains: Wheat, eggs, soy.