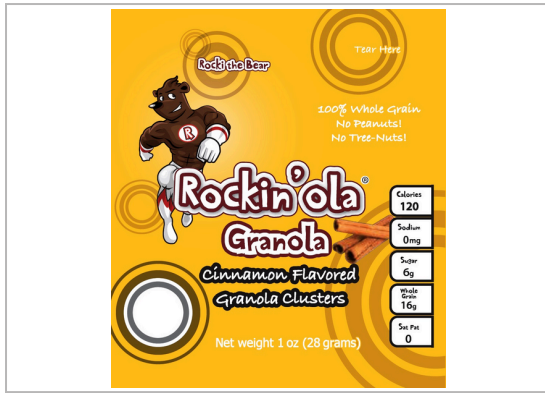


# 313805 - Rockin'ola Cinnamon Granola 1 oz Snack

Rockin'ola Granola comes in a convenient 28 gram pouch and makes a great whole grain snack, breakfast bread/grain component, or dessert. Meets the 2014 USDA Child Nutrition regulations for 1 oz. Creditable whole grain. Complies with "Smart Snacks" ruling. Rockin'ola Granola is portable and easy to serve and consume, is nutritious 100% whole grain oats, with no artificial additi...



## MARKETING



## Nutrition Facts

250 Servings per container

**Serving Size** 1 oz pouch

**Amount Per Serving**  
**Calories** **120**

% Daily Value\*

<b>Total Fat</b> 2.5 g	<b>4%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 0 mg	<b>0%</b>
<b>Total Carbohydrates</b> 21 g	<b>7%</b>
Dietary Fiber 2 g	<b>8%</b>
Total Sugars 6 g	
Includes Added Sugars	<b>%</b>

**Protein** 3 g

Vitamin D	%
Calcium 0 mg	0%
Iron 0.84 mg	5%
Potassium 75 mg	2%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PRODUCT SPECIFICATIONS



Code	Dist Prod Code	GTIN	Calculated Pack
8004209	313805	10853778004209	250 x 1 OZ

Brand	Brand Owner	GPC Description
Rockin'ola	Sargent Foods LLC	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
18.25 LBR	15.4 LBR	No	United States	Undeclared	Yes

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
24 INH	12 INH	9.75 INH	1.625 FTQ	6x8	540 Days	33 FAH / 80 FAH

## HANDLING SUGGESTIONS



Ambient dry storage conditions, single serve pouch to be eaten at anytime.

## SERVING SUGGESTIONS



Rockin'ola Granola can be eaten right from the pouch, or add it to milk, yogurt, applesauce, ice cream. Also, it is awesome as a salad topping instead of crutons.

## PREPARATION & COOKING SUGGESTIONS



No prep required

## INGREDIENTS



Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Natural Flavor, Cinnamon, Vitamin E (Mixed Tocopherols), added to protect flavor.

## ALLERGENS



C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - N
- Wheat - N
- Sesame - N
- Celery - N
- Lupine - N
- Peanuts - N
- Tree - N
- Fish - N
- Shellfish - NI
- Crustaceans - N
- Mustard - N
- Molluscs - N

## MORE INFORMATION



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### NUTRITIONAL ANALYSIS



Calories	120
Protein	3 g
Total Carbohydrates	21 g
Sugars	6 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	0 0 iu
Vitamin A (RE)	0
Vitamin C	0 mg
Magnesium	
Monosodium	

Total Fat	2.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	0 mg
Calcium	0 mg
Iron	0.84 mg
Potassium	75 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS



EGGS	FREE_FROM
DAIRY	FREE_FROM
SODIUM_SALT	FREE_FROM

WHEAT	FREE_FROM
PEANUTS	FREE_FROM
SOY	FREE_FROM

ADDITIVES	FREE_FROM
NUTS	FREE_FROM