

# Kellogg's® Nutri-Grain® Apple Cinnamon

## Nutrition Facts

Serving Size

1 Bar (44g)

**Amount Per Serving**

**Calories** 160 **Calories from Fat** 35

**% Daily Value\***

**Total Fat** 4g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 130mg **5%**

**Total Carbohydrate** 30g **10%**

Dietary Fiber 3g **12%**

Sugars 14g

**Protein** 2g

Vitamin A 15% • Vitamin C 0%

Calcium 20% • Iron 10%

Thiamin 30% • Riboflavin 30%

Niacin 30% • Vitamin B<sub>6</sub> 30%

Zinc 10%

\* 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     |

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS:** CRUST: WHOLE GRAIN OATS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B<sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B<sub>2</sub> [RIBOFLAVIN], FOLIC ACID), WHOLE WHEAT FLOUR, SOYBEAN AND/OR CANOLA OIL, SOLUBLE CORN FIBER, SUGAR, DEXTROSE, FRUCTOSE, CALCIUM CARBONATE, WHEY, WHEAT BRAN, SALT, CELLULOSE, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM BICARBONATE, CINNAMON, MONO- AND DIGLYCERIDES, SOY LECITHIN, WHEAT GLUTEN, NIACINAMIDE, CARRAGEENAN, VITAMIN A PALMITATE, ZINC OXIDE, REDUCED IRON, GUAR GUM, VITAMIN B<sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B<sub>1</sub> (THIAMIN HYDROCHLORIDE), VITAMIN B<sub>2</sub> (RIBOFLAVIN). FILLING: INVERT SUGAR, CORN SYRUP, APPLE PUREE CONCENTRATE, GLYCERIN, SUGAR, MODIFIED CORN STARCH, SODIUM ALGINATE, MALIC ACID, METHYLCELLULOSE, DICALCIUM PHOSPHATE, CINNAMON, CITRIC ACID, CARAMEL COLOR.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

NLI#09288