

Kellogg's® Nutri-Grain® Strawberry

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 150mg **6%**

Total Carbohydrate 29g **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 B₆ 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 B₁ [THIAMIN MONONITRATE], VITAMIN B₂ [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, MONO- AND DIGLYCERIDES, SOY LECITHIN, WHEAT GLUTEN, NIACINAMIDE, CARRAGEENAN, VITAMIN A PALMITATE, ZINC OXIDE, REDUCED IRON, GUAR GUM, VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₁ (THIAMIN HYDROCHLORIDE), VITAMIN B₂ (RIBOFLAVIN). FILLING: INVERT SUGAR, CORN SYRUP, STRAWBERRY PUREE CONCENTRATE, GLYCERIN, SUGAR, MODIFIED CORN STARCH, SODIUM ALGINATE, CITRIC ACID, DICALCIUM PHOSPHATE, METHYLCELLULOSE, NATURAL AND ARTIFICIAL FLAVOR, CARAMEL COLOR, MALIC ACID, RED 40.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

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