



Nutrition Information

Based on data last updated on Sept. 19th
For more information, please call 877-511-5777

		K-12+	Bread Equivalents per Serving	Protein Equivalents per Serving	Serving Size	Calories per Serving	Calories from Fat	Total Fat	% Calories from Fat	Saturated Fat	% Calories from Saturated Fat	Trans Fat	Cholesterol	Sodium	Total Carbohydrates	Dietary Fiber	Sugars	% Sugar by Weight	Protein	Vitamin A	Vitamin C	Calcium	Iron	Kosher	
Category All-Natural Snacks																									
Product Type Kashi® GOLEAN® Bars																									
18627-51467	Kashi® GOLEAN® Chewy Bar Chocolate Malted Crisp 1.9 oz./6/12 ct.		0	1.71	55g 1 Bar	190	40	4.5g 7% DV	21%	3.5g 7% DV	17%	0g	0mg 0% DV	120mg 5% DV	31g 10% DV	5g 20% DV	18g	33%	12g	0 IU 0% DV	0mg 0% DV	100mg 10% DV	2mg 10% DV	0	D
18627-51470	Kashi® GOLEAN® Chewy Bar Oatmeal Raisin 1.9 oz./6/12 ct.		0	1.43	55g 1 Bar	190	40	4.5g 7% DV	21%	2.5g 7% DV	12%	0g	0mg 0% DV	105mg 4% DV	33g 11% DV	5g 20% DV	19g	35%	10g	0 IU 0% DV	0mg 0% DV	80mg 8% DV	1mg 6% DV	0	D
18627-51463	Kashi® GOLEAN® Chewy Bar Butter & Chocolate 1.9 oz./6/12 ct.		0	1.43	55g 1 Bar	200	50	5g 8% DV	25%	3.5g 8% DV	16%	0g	0mg 0% DV	180mg 8% DV	32g 11% DV	5g 21% DV	17g	31%	10g	0 IU 0% DV	0mg 0% DV	60mg 6% DV	1mg 8% DV	0	D
18627-51767	Kashi® GOLEAN® Chewy Bar Butter & Chocolate 1.9 oz./8/20 ct.		0	1.43	55g 1 Bar	200	50	5g 8% DV	25%	3.5g 8% DV	16%	0g	0mg 0% DV	180mg 8% DV	32g 11% DV	5g 21% DV	17g	31%	10g	0 IU 0% DV	0mg 0% DV	60mg 6% DV	1mg 8% DV	0	D
18627-12740	Kashi® GOLEAN® Crunchy! Bar Chocolate Caramel 1.59 oz./12/6 ct. Retail		0	1.14	45g 1 bar	150	25	3g 5% DV	17%	2g 5% DV	12%	0g	0mg 0% DV	220mg 9% DV	28g 9% DV	6g 26% DV	14g	31%	8g	100 IU 2% DV	9mg 15% DV	200mg 20% DV	2mg 10% DV	0	D
18627-12742	Kashi® GOLEAN® Crunchy! Bar Chocolate Peanut 1.76 oz./12/6 ct. Retail		0	1.29	50g 1 bar	180	45	5g 8% DV	25%	2g 8% DV	10%	0g	0mg 0% DV	250mg 10% DV	30g 10% DV	6g 24% DV	13g	26%	9g	100 IU 2% DV	9mg 15% DV	200mg 20% DV	2mg 10% DV	0	D
Product Type Kashi® TLC® Bars																									
18627-03003	Kashi® TLC® Chewy Granola Bar Cherry Dark Chocolate 1.2 oz./12/6 ct. Retail	X	1	0.71	35g 1 Bar	120	15	2g 3% DV	13%	0.5g 3% DV	4%	0g	0mg 0% DV	65mg 3% DV	24g 8% DV	4g 15% DV	8g	23%	5g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	1mg 6% DV	0	D
18627-03001	Kashi® TLC® Chewy Granola Bar Honey Almond Flax 1.2 oz./12/6 ct. Retail	X	0.75	1	35g 1 Bar	140	45	5g 8% DV	32%	0g 8% DV	0%	0g	0mg 0% DV	105mg 4% DV	19g 6% DV	4g 15% DV	5g	14%	7g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	1mg 8% DV	0	D
18627-37949	Kashi® TLC® Chewy Granola Bar Honey Almond Flax 1.2 oz./6/12 ct. Display	X	0.75	1	35g 1 Bar	140	45	5g 8% DV	32%	0g 8% DV	0%	0g	0mg 0% DV	105mg 4% DV	19g 6% DV	4g 15% DV	5g	14%	7g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	1mg 8% DV	0	D
18627-03002	Kashi® TLC® Chewy Granola Bar Peanut Butter 1.2 oz./12/6 ct. Retail	X	0.75	1	35g 1 Bar	140	45	5g 8% DV	32%	0.5g 8% DV	3%	0g	0mg 0% DV	85mg 4% DV	19g 6% DV	4g 14% DV	5g	14%	7g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	1mg 6% DV	0	D
18627-37945	Kashi® TLC® Chewy Granola Bar Peanut Butter 1.2 oz./6/12 ct. Display	X	0.75	1	35g 1 Bar	140	45	5g 8% DV	32%	0.5g 8% DV	3%	0g	0mg 0% DV	85mg 4% DV	19g 6% DV	4g 14% DV	5g	14%	7g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	1mg 6% DV	0	D
18627-03000	Kashi® TLC® Chewy Granola Bar Trail Mix 1.2 oz./12/6 ct. Retail	X	0.5	0.86	35g 1 Bar	140	45	5g 8% DV	32%	0.5g 8% DV	3%	0g	0mg 0% DV	95mg 4% DV	20g 7% DV	4g 14% DV	6g	17%	6g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	1mg 6% DV	0	D
18627-37947	Kashi® TLC® Chewy Granola Bar Trail Mix 1.2 oz./6/12 ct. Display	X	0.5	0.86	35g 1 Bar	140	45	5g 8% DV	32%	0.5g 8% DV	3%	0g	0mg 0% DV	95mg 4% DV	20g 7% DV	4g 14% DV	6g	17%	6g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	1mg 6% DV	0	D
18627-03010	Kashi® TLC® Crunchy Granola Bar Honey Toasted 7 Grain 1.4 oz/12/6 ct. Retail	X	1.5	0.86	40g 2 Bars	170	50	5g 8% DV	29%	0.5g 8% DV	3%	0g	0mg 0% DV	150mg 6% DV	26g 9% DV	4g 18% DV	8g	20%	6g	0 IU 0% DV	0mg 0% DV	20mg 2% DV	1mg 6% DV	0	OU
18627-03012	Kashi® TLC® Crunchy Granola Bar Pumpkin Spice Flax 1.4 oz/12/6 ct. Retail	X	1.5	0.86	40g 2 Bars	170	50	6g 9% DV	29%	1g 9% DV	5%	0g	0mg 0% DV	140mg 6% DV	26g 9% DV	4g 19% DV	8g	20%	6g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	1mg 4% DV	0	OU



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Category All-Natural Snacks																								
Product Type Kashi® TLC® Bars																								
18627-03011	Kashi® TLC® Crunchy Granola Bar Roasted Almond Crunch 1.4 oz./12/6 ct. Retail	X	1.5	0.86	40g 2 Bars	170	50	6g 9% DV	29%	0.5g 9% DV	3%	0g 0% DV	0mg 0% DV	150mg 6% DV	26g 9% DV	4g 19% DV	8g	20%	6g	0 IU 0% DV	0mg 0% DV	20mg 2% DV	1mg 6% DV	OU
18627-39427	Kashi® TLC® Soft Baked Bar Baked Apple 1.2 oz./12/6 ct. Retail	X	0.5	0.29	35g 1 bar	110	25	3g 5% DV	23%	0g 5% DV	0%	0g 0% DV	0mg 0% DV	105mg 4% DV	21g 7% DV	3g 10% DV	9g	26%	2g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 0% DV	OU-D
18627-39424	Kashi® TLC® Soft Baked Bar Blackberry Graham 1.2 oz./12/6 ct. Retail	X	0.5	0.29	35g 1 bar	110	25	3g 5% DV	23%	0g 5% DV	0%	0g 0% DV	0mg 0% DV	125mg 5% DV	21g 7% DV	3g 10% DV	9g	26%	2g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 0% DV	OU-D
18627-38688	Kashi® TLC® Soft Baked Bar Ripe Strawberry 1.2 oz./12/6 ct. Retail	X	0.5	0.29	35g 1 bar	110	25	3g 5% DV	23%	0g 5% DV	0%	0g 0% DV	0mg 0% DV	105mg 4% DV	21g 7% DV	3g 10% DV	9g	26%	2g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 0% DV	OU-D