



Nutrition Information

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

			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 Grab 'N Go Snacks																									
Product Type Special K® Bars																									
38000-52856	Special K Bar Chocolatey Chip Cookie 0.81 oz./12/6 ct. Retail	X	0.25	07	23g 1 Bar	90	15	1.5g 2% DV	17%	0.5g 2% DV	5%	0g	0mg 0% DV	100mg 4% DV	18g 6% DV	3g 10% DV	8g	35%	0.5g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 0% DV	Not Koshe	
38000-12885	Special K® Bar Blueberry 0.81 oz./8/12 ct. Display	X	0.25	07	23g 1 Bar	90	15	2g 3% DV	17%	1g 3% DV	10%	0g	0mg 0% DV	85mg 4% DV	18g 6% DV	3g 10% DV	7g	30%	0.5g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 0% DV	Not Koshe	
38000-24780	Special K® Bar Chocolatey Drizzle 0.8 oz./12/6 ct. Retail	X	0.25	07	22g 1 Bar	90	15	1.5g 2% DV	17%	1g 2% DV	10%	0g	0mg 0% DV	95mg 4% DV	17g 6% DV	3g 10% DV	6g	27%	0.5g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 0% DV	Not Koshe	
38000-44744	Special K® Bar Chocolatey Drizzle 0.8 oz./8/12 ct. Display	X	0.25	07	22g 1 Bar	90	15	1.5g 2% DV	17%	1g 2% DV	10%	0g	0mg 0% DV	95mg 4% DV	17g 6% DV	3g 10% DV	6g	27%	0.5g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 0% DV	Not Koshe	
38000-46619	Special K® Bar Chocolatey Pretzel 0.8 oz./12/6 ct. Retail	X	0.25	0.14	22g 1 Bar	90	20	2g 3% DV	22%	1.5g 3% DV	15%	0g	0mg 0% DV	120mg 5% DV	17g 6% DV	3g 10% DV	7g	32%	1g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 2% DV	Not Koshe	
38000-31806	Special K® Bar Honey Nut 0.8 oz./12/6 ct. Retail	X	0.25	0.29	22g 1 Bar	90	20	2g 3% DV	22%	0g 3% DV	0%	0g	0mg 0% DV	110mg 5% DV	16g 5% DV	3g 10% DV	5g	23%	2g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 0% DV	Not Koshe	
38000-52853	Special K® Bar Raspberry Cheesecake 0.77 oz./12/6 ct. Retail		0.25	07	22g 1 Bar	90	20	2g 3% DV	22%	1.5g 3% DV	15%	0g	0mg 0% DV	75mg 3% DV	17g 6% DV	3g 10% DV	7g	32%	0.5g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 2% DV	Not Koshe	
38000-12158	Special K® Bar Strawberry 0.81 oz./12/6 ct. Retail	X	0.25	07	23g 1 Bar	90	15	1.5g 2% DV	17%	1g 2% DV	10%	0g	0mg 0% DV	85mg 4% DV	18g 6% DV	3g 10% DV	8g	35%	0.5g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 0% DV	Not Koshe	
38000-12883	Special K® Bar Strawberry 0.81 oz./8/12 ct. Display	X	0.25	07	23g 1 Bar	90	15	1.5g 2% DV	17%	1g 2% DV	10%	0g	0mg 0% DV	85mg 4% DV	18g 6% DV	3g 10% DV	8g	35%	0.5g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 0% DV	Not Koshe	
38000-22222	Special K® Bar Vanilla Crisp 0.8 oz./12/6 ct. Retail	X	0.25	07	22g 1 Bar	90	15	2g 3% DV	17%	1g 3% DV	10%	0g	0mg 0% DV	90mg 4% DV	17g 6% DV	3g 10% DV	6g	27%	0.5g	0 IU 0% DV	0mg 0% DV	0mg 0% DV	0mg 0% DV	Not Koshe	