

Kellogg's® Nutri-Grain® Cereal Bars Blueberry

Blueberry filled cereal bar. These cereal bars are 1 ounce equivalent of grain.

Product Type
Grab 'n Go Bars

Allergen Information
CONTAINS WHEAT, MILK AND SOY INGREDIENTS

Product Category

UPC Code
3800090819

Dietary Exchange Per Serving
2 Carbohydrates, 1/2 fat

Servings/Case
96 ct

Kosher Status
Kosher Dairy

Sizes
1.55 oz

Grain Ounce Equivalents
1

Format
Single Serve

Shelf Life
240 days (8 months)

Gross Weight
10.97

Country of Origin
Distributed in USA



Date Printed: 04/25/2018

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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 135mg	6%		
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 ₆ 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
INGREDIENTS: WHOLE WHEAT FLOUR, INVERT SUGAR, CORN SYRUP, WHOLE GRAIN OATS, VEGETABLE OIL (HIGH OLEIC SOYBEAN, SOYBEAN AND/OR CANOLA OIL), ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B ₁ [THIAMIN MONONITRATE], VITAMIN B ₂ [RIBOFLAVIN], FOLIC ACID), SUGAR, GLYCERIN, BLUEBERRY PUREE CONCENTRATE, SOLUBLE CORN FIBER, DEXTROSE, FRUCTOSE, CONTAINS 2% OR LESS OF CALCIUM CARBONATE, WHEY, WHEAT BRAN, SALT, MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS, CELLULOSE, SODIUM ALGINATE, POTASSIUM BICARBONATE, CITRIC ACID, MONO- AND DIGLYCERIDES, METHYLCELLULOSE, SOY LECITHIN, DICALCIUM PHOSPHATE, WHEAT GLUTEN, MALIC ACID, NIACINAMIDE, BLUEBERRY JUICE CONCENTRATE, CARRAGEENAN, VITAMIN A PALMITATE, ZINC OXIDE, REDUCED IRON, GUAR GUM, RED 40, VITAMIN B ₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B ₁ (THIAMIN HYDROCHLORIDE), VITAMIN B ₂ (RIBOFLAVIN).			
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