

Kashi®

# 7 Whole Grain Nuggets

## Nutrition Facts

Serving Size 1/2 Cup (58g/2 oz.)

**Amount Per Serving**

**Calories 210**    **Calories from Fat 15**

**% Daily Value\***

**Total Fat 1.5g**                      **2%**

**Saturated Fat 0g**                      **0%**

*Trans Fat 0g*

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

**Sodium 260mg**                      **11%**

**Total Carbohydrate 47g**        **16%**

**Dietary Fiber 7g**                      **27%**

        Soluble Fiber 1g

        Insoluble Fiber 6g

    Sugars 3g

**Protein 7g**

**Vitamin A 0%**    •    **Vitamin C 0%**

**Calcium 2%**    •    **Iron 8%**

**Phosphorus 15%** • **Magnesium 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:** WHOLE WHEAT FLOUR, **KASHI SEVEN WHOLE GRAINS & SESAME®** FLOUR (STONE GROUND WHOLE: OATS, HARD RED WHEAT, RYE, BROWN RICE, TRITICALE, BUCKWHEAT, BARLEY, SESAME SEEDS), MALTED BARLEY, SALT, YEAST, MIXED TOCOPHEROLS (NATURAL VITAMIN E) FOR FRESHNESS.  
**CONTAINS WHEAT INGREDIENTS.**

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