

313801 - KIND HEALTHY GRAINS Oats & Honey with Toasted Coconut...

KIND HEALTHY GRAINS Oats & Honey with Toasted Coconut bars are gluten free bars that combine 100% whole grains with toasted coconut and real honey. These snack bars are made with quality ingredients and combine five super grains - oats, millet, buckwheat, amaranth and quinoa - making this a nutrient-dense snack with a unique chewy and crunchy texture. KIND HEALTHY GRAINS are ko...



MARKETING

These KIND bars are made with five super grains - oats, millet, buckwheat, amaranth and quinoa - for a nutrient-dense, whole grain snack

Nutrition Facts

| | |
|---------------------------------|--------------------|
| 1 Servings per container | |
| Serving Size | 1 bar (35g) |
| Amount Per Serving | |
| Calories | 150 |
| % Daily Value* | |
| Total Fat 5 g | 6% |
| Saturated Fat 1.5 g | 8% |
| Trans Fat 0 g | |
| Cholesterol 0 mg | 0% |
| Sodium 95 mg | 4% |
| Total Carbohydrates 23 g | 8% |
| Dietary Fiber 2 g | 7% |
| Total Sugars 6 g | |
| Includes 6 g Added Sugars | 12% |
| Protein 3 g | |
| Vitamin D 0 mcg | 0% |
| Calcium 10 mg | 0% |
| Iron 1 mg | 6% |
| Potassium 80 mg | 2% |

* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

| Code | Dist Prod Code | GTIN | Calculated Pack |
|-------|----------------|----------------|-----------------|
| 18080 | 313801 | 00602652180804 | 72/1.2 oz |

| Brand | Brand Owner | GPC Description |
|-------------|-------------|--------------------|
| KIND Snacks | Kind Inc. | Cereal/Muesli Bars |

| Gross Weight | Net Weight | Case/Catch Weight | Country Of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|-------------------|------------|-----------------|
| 108.48 ONZ | 86.4 ONZ | No | United States | Undeclared | No |

| Shipping | | | | | | |
|-----------|----------|-----------|----------------|--------|------------|----------------------|
| Length | Width | Height | Volume | Tlx/HL | Shelf Life | Storage Temp From/To |
| 11.38 INH | 7.38 INH | 10.19 INH | 855.801036 INQ | 20x4 | 274 Days | 70 FAH / 71 FAH |

HANDLING SUGGESTIONS

Store in a cool dry place.

SERVING SUGGESTIONS

PREPARATION & COOKING SUGGESTIONS

Ready to Eat

INGREDIENTS

INGREDIENTS: Oats, tapioca syrup, cane sugar, canola oil, brown rice, millet, coconut, honey, buckwheat, amaranth, brown rice flour, sea salt, quinoa, brown rice syrup, Vitamin E (tocopherols to maintain freshness).

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - N
- Eggs - N
- Soybean - MC
- Wheat - N
- Sesame - MC
- AU - N
- Almonds - N
- Coconuts - C
- Molluscs - N
- Peanuts - MC
- Tree - MC
- Fish - N
- Shellfish - N
- Crustaceans - N
- Mustard - N
- Cashews - N
- Pistachios - N

MORE INFORMATION

313801 - KIND HEALTHY GRAINS Oats & Honey with Toasted Coconut...

KIND HEALTHY GRAINS Oats & Honey with Toasted Coconut bars are gluten free bars that combine 100% whole grains with toasted coconut and real honey. These snack bars are made with quality ingredients and combine five super grains - oats, millet, buckwheat, amaranth and quinoa - making this a nutrient-dense snack with a unique chewy and crunchy texture. KIND HEALTHY GRAINS are ko...

NUTRITIONAL ANALYSIS



| | |
|---------------------|------|
| Calories | 150 |
| Protein | 3 g |
| Total Carbohydrates | 23 g |
| Sugars | 6 g |
| Dietary Fiber | 2 g |
| Lactose | |
| Sucrose | |
| Vitamin A (IU) | |
| Vitamin A (RE) | |
| Vitamin C | |
| Magnesium | |
| Monosodium | |

| | |
|---------------------|-------|
| Total Fat | 5 g |
| Trans Fat | 0 g |
| Saturated Fat | 1.5 g |
| Added Sugars | 6 g |
| Polyunsaturated Fat | 1 g |
| Monounsaturated Fat | 2.5 g |
| Cholesterol | 0 mg |
| Vitamin D | 0 mcg |
| Vitamin E | |
| Folate | |
| Vitamin B-6 | |
| Sulphites | |

| | |
|--------------|-------|
| Sodium | 95 mg |
| Calcium | 10 mg |
| Iron | 1 mg |
| Potassium | 80 mg |
| Zinc | |
| Phosphorus | |
| Thiamin | |
| Niacin | |
| Riboflavin | |
| Vitamin B-12 | |
| Nitrates | |

NUTRITIONAL CLAIMS



MORE IMAGES

