

# 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	
<b>Serving Size</b>	<b>1 bar (35g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>150</b>
% Daily Value*	
<b>Total Fat</b> 5 g	<b>6%</b>
Saturated Fat 1.5 g	<b>8%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 95 mg	<b>4%</b>
<b>Total Carbohydrates</b> 23 g	<b>8%</b>
Dietary Fiber 2 g	<b>7%</b>
Total Sugars 6 g	
Includes 6 g Added Sugars	<b>12%</b>
<b>Protein</b> 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/Hi	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

