



1862747192 - Kashi Go Cereal Crunch 50oz 4ct

Enjoy the satisfying blend of crunchy puffed grain clusters of toasty hard red wheat, brown rice, barley, and rye with a touch of cinnamon in every bite of Kashi GOLEAN Crunch Cereal; Pairs well with dairy, nut milk, yogurt, and fresh fruit. Bulk packed for freshness in 50oz bags, Kashi Golean Cereal Crunch has 16g of whole grain per serving; Start the day with a good source of protein and fiber; Low sodium, low fat



and vegetarian; Kosher Pareve, Non-GMO Project Verified.

Brand: Kashi

Ingredients

Ingredients: Kashi Seven Whole Grains And Sesame Blend (Hard Red Wheat**, Brown Rice, Barley, Triticale, Oats, Rye, Buckwheat, Sesame Seeds), Soy Flakes, Brown Rice Syrup, Cane Sugar, Chicory Root Fiber, Whole Grain Oats, Expeller Pressed Canola Oil, Cinnamon, Salt, Natural Flavor, Mixed Tocopherols For Freshness. **Certified Transitional

Case Specifications

| | | | |
|------------|----------------|-------------------|-----------------------|
| GTIN | 00018627471929 | Case Gross Weight | 13.50 LB |
| UPC | | Case Net Weight | 12.50 LB |
| Pack Size | 4 / 50OZ | Case L,W,H | 16 IN, 12 IN, 7.80 IN |
| | | Cube | 0.87 CF |
| Tie x High | 10 x 6 | | |

Preparation and Cooking

Kashi Golean Cereal Crunch is a ready to eat food

Serving Suggestions

Serve as a breakfast or as an addition to a recipe, like a parfait

Product Features and Benefits

Kashi GoLean Crunch contains 16 g of whole grain per serving; Good source of protein; Excellent source of fiber; Low sodium; Low fat; Vegetarian; Kosher Pareve; Non-GMO Project Verified Place in the breakfast bar and cereal dispenser; ; This item is good for Lodging, Hospitals, B & I, Colleges/Universities, K-12 schools Ready to eat cereal bulk packed in 50oz bags, 4 case count, 16.000 IN x 12.000 IN x 7.800 IN Bulk packed for freshness in 50oz bags, Kashi Golean Cereal Crunch has 16g of whole grain per serving; Start the day with a good source of protein and fiber; Low sodium, low fat and vegetarian; Kosher Pareve, Non-GMO Project Verified

Packaging and Storage

Dry

Nutrition Facts

Serving size **3/4 cup (53g)**

Amount per serving

Calories **190**

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 3g | 4% |
| Saturated Fat 0g | 0% |
| <i>Trans</i> Fat 0g | |
| Polyunsaturated Fat 1g | |
| Monounsaturated Fat 1.5g | |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 4% |
| Total Carbohydrate 38g | 14% |
| Dietary Fiber 9g | 31% |
| Soluble Fiber 6 | |
| Insoluble Fiber 3g | |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 9g | 14% |

| | |
|-------------------|--------------------|
| Vitamin D 0mcg 0% | Calcium 30mg 2% |
| Iron 1.5mg 8% | Potassium 350mg 6% |

* The % Daily Value (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.

Nutritional/Diet Claims: Vegan, Kosher PAREVE Orthodox Union (www.ou.org)