

Kashi

Whole Wheat Biscuits – Autumn Wheat



16.3 oz. 00018627703129

7 g total sugars in 60 g dry cereal meets sugar limits.

Nutrition Facts

Servings Per Container About 8

Serving Size 32 Biscuits (60 g)

Amount Per Serving

Calories

	Amount/Serving
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	47 g
Dietary Fiber	7 g
Soluble Fiber	1 g
Insoluble Fiber	6 g
Total Sugars	7 g
Includes 7g Added Sugars	7 g

The first and only grain ingredient is whole grain.

Ingredients: Whole grain wheat*, cane sugar*, natural
flavor*. *Organic

Kashi

Whole Wheat Biscuits – Berry Fruitful



15.6 oz. 00018627739180

9 g total sugars in 61 g dry cereal meets sugar limits.

Nutrition Facts

Servings Per Container About 7

Serving Size 32 Biscuits (61 g)

Amount Per Serving	
Calories	
	Amount/Serving
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	47 g
Dietary Fiber	6 g
Soluble Fiber	0 g
Insoluble Fiber	6 g
Total Sugars	9 g
Includes 8g Added Sugars	8 g

The first and only grain ingredient is whole grain.

Ingredients: Whole grain wheat*, cane syrup*, grape juice concentrate*, invert cane syrup*, cane sugar*, cornstarch*, apple powder*, vegetable glycerin*, red raspberry puree concentrate*, strawberry puree concentrate*.*Organic

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Whole Wheat Biscuits – Cinnamon Harvest



16.3 oz. 00018627703174

9 g total sugars in 61 g dry cereal meets sugar limits.

Servings Per Container About 8

Serving Size 31 Biscuits (61 g)

Amount Per Serving

Calories

	Amount/Serving
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	48 g
Dietary Fiber	7 g
Soluble Fiber	1 g
Insoluble Fiber	5 g
Total Sugars	9 g
Includes 9g Added Sugars	9 g

The first and only grain ingredient is whole grain.

Ingredients: Whole grain wheat*, cane sugar*,
cinnamon*, natural flavor*.*Organic

Kashi

Whole Wheat Biscuits – Island Vanilla



16.3 oz. 00018627703358

9 g total sugars in 59 g dry cereal meets sugar limits.

Nutrition Facts

Servings Per Container About 8

Serving Size 29 Biscuits (59 g)

Amount Per Serving

Calories

	Amount/Serving
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	5 mg
Total Carbohydrate	46 g
Dietary Fiber	6 g
Soluble Fiber	<1 g
Insoluble Fiber	5 g
Total Sugars	9 g
Includes 9g Added Sugars	9 g

The first and only grain ingredient is whole grain.

Ingredients: Whole grain wheat*, cane sugar*, invert cane sugar*, vanilla bean*, vanilla extract*, natural flavor*. *Organic

Kashi

Whole Wheat Biscuits – Simply Raisin



15.6 oz. 00018627111955

8 g total sugars in 60 g dry cereal meets sugar limits.

Serving Size 30 biscuits (60 g)

Amount Per Serving

Calories

	Amount/Serving
Total Fat	1 g
Saturated Fat	0 g
Trans Fat	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Total Carbohydrate	46 g
Dietary Fiber	8 g
Soluble Fiber	2 g
Insoluble Fiber	6 g
Total Sugars	8 g
Includes 0g Added Sugars	0 g
Sugar Alcohol	2 g

The first and only grain ingredient is whole grain.

Ingredients: Whole grain wheat**, raisins, vegetable glycerin, cinnamon, ginger, nutmeg, allspice, natural flavor.**Certified Transitional