

# Kashi®

## 7 Whole Grain Pilaf

### Nutrition Facts

Serving Size 1/2 Cup Cooked  
(140g/4.9 oz.)

**Amount Per Serving**

**Calories** 170      **Calories from Fat** 20

**% Daily Value\***

**Total Fat** 2.5g      **4%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Potassium** 160mg      **5%**

**Total Carbohydrate** 33g      **11%**

Dietary Fiber 6g      **22%**

Sugars 0g

**Protein** 6g

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 8%

\* 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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**INGREDIENTS: KASHI SEVEN WHOLE GRAINS & SESAME® PILAF (WHOLE: OATS, BROWN RICE, RYE, HARD RED WHEAT, TRITICALE, BUCKWHEAT, BARLEY, SESAME SEEDS). CONTAINS WHEAT INGREDIENTS.**

NLI#06689