

# - Nature Valley Granola Bars Single Bar Pouch Oats N' Honey 1...

Nature Valley Granola Bars Oats N' Honey are made with real honey and whole grain oats, providing 11g of whole grain per serving (at least 48g recommended daily). These crunchy, individually wrapped bars meet Smart Snacks criteria with a 0.5 oz equivalent grain serving. Ideal for schools, they offer a delicious flavor in a convenient format. Available in bulk with 144 bars per ...



### MARKETING

K-12 Regulation Ready. 0.5 oz Equivalent Grain. Smart Snacks Compliant.. Individually wrapped for convenience and ready to serve directly from the package.. 0.74 oz bars, available in a case of 144 for efficient distribution and storage.. Oats and honey flavor with rolled oats providing 11g whole grain per serving (at least 48g recommended daily).. Made without gelatin, no artificial flavors, no colors from artificial sources, no high fructose corn syrup.

## Nutrition Facts

144 Servings per container

**Serving Size** 1 bar (21g)

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**Amount Per Serving**

**Calories** **100**

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**% Daily Value\***

<b>Total Fat</b> 3.5	<b>5%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 70 mg	<b>3%</b>
<b>Total Carbohydrates</b> 15 g	<b>5%</b>
Dietary Fiber 1 g	<b>4%</b>
Total Sugars 6 g	
Includes 6 g Added Sugars	<b>11%</b>
<b>Protein</b> 2 g	

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Vitamin D 0 mcg	0%
Calcium 0 mg	0%
Iron 0.5 mg	2%
Potassium 0 mg	0%

\* 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			
11582000	052486	10016000115825	144/0.74 OZ			
Brand	Brand Owner	GPC Description				
Nature Valley	GENERAL MILLS SALES INC.	Cereal/Muesli Bars				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
9.200 LBR	6.660 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
11.180 INH	6.680 INH	12.120 INH	0.52400 FTQ	25x4	372 Days	32 FAH / 95 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
BUY_AMERICAN_PROVISION_USDA	N/A	TRUE	N/A			

### HANDLING SUGGESTIONS

Keep in a cool, dry place

### ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally or Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- |                       |                    |
|-----------------------|--------------------|
| Milk - INII           | Peanuts - MC       |
| Eggs - INII           | Tree - MC          |
| Soybean - C           | Fish - INII        |
| Wheat - INII          | Shellfish - NI     |
| Sesame - INII         | Crustaceans - INII |
| Pine Nuts - INII      | Almonds - MC       |
| Cashews - INII        | Hazelnuts - INII   |
| Macadamia Nuts - INII | Chestnuts - INII   |
| Coconuts - INII       | Pecan Nuts - MC    |
| Brazil Nuts - INII    | Pistachios - INII  |
| Walnuts - INII        | Molluscs - INII    |

### INGREDIENTS

Ingredients: Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor.

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## PREPARATION & COOKING SUGGESTIONS

Ready to eat

## SERVING SUGGESTIONS

Serve as is

## MORE INFORMATION

## NUTRITIONAL ANALYSIS

Calories	455.162
Protein	7.925 g
Total Carbohydrates	70.222 g
Sugars	27.812 g
Dietary Fiber	5.506 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	17.196
Trans Fat	0.137 g
Saturated Fat	1.79 g
Added Sugars	27.218 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	343.289 mg
Calcium	
Iron	2.319 mg
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS

CHOLESTEROL	FREE_FROM	PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	ENERGY	SOURCE_OF
ARTIFICIAL_FLAVOUR	FREE_FROM	TRANS_FAT	FREE_FROM	WHOLE_GRAIN	CONTAINS
WHOLE_GRAIN	EXCELLENT_SOURCE_OF	ARTIFICIAL_SWEETENERS	FREE_FROM	CHOLESTEROL	LOW
SATURATED_FAT	LOW	ARTIFICIAL_PRESERVATIVES	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM
LOW_CALORIE	YES	VEGETARIAN	YES	KOSHER	YES

## MORE IMAGES

