

650972 - Appleways Whole Grain 1.2 oz Soft Oatmeal Chocolate C...

Appleways Simply Wholesome Chocolate Chip Soft Oatmeal Bars are a healthy alternative to conventional snacks. Packed with whole grains and all-natural flavors, everyone can feel good enjoying them as a tasty anytime snack. They come pre-baked and individually wrapped with a 180-day shelf life in dry storage. Appleways 1.2 oz Chocolate Chip Soft Oatmeal Bars meet or exceed the U...

Nutrition Facts	
1 Serving per container	
Serving size	1.2 oz (34g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 75mg	3%
Total Carbohydrates 23g	8%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 11mg	0%
Iron 1mg	6%
Potassium 62mg	2%

*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.

MARKETING

This chocolate chip flavor features the taste you know and love, with a wholesome oatmeal texture.

Nutrition Facts

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PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
70390	650972	00675825703902	1/1.2 ONZ

Brand	Brand Owner	GPC Description
Appleways	Darlington Cookie Company	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
1.2 ONZ	1.2 ONZ	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TixHI	Shelf Life	Storage Temp From/To
0.5 INH	5.75 INH	3.125 INH	0.00519 FTQ	x	180 Days	65 FAH / 90 FAH

HANDLING SUGGESTIONS

Dry Storage/Ready-to-Eat

SERVING SUGGESTIONS

1 Bar

PREPARATION & COOKING SUGGESTIONS

Ready to Eat

INGREDIENTS

Whole Grain Blend (Rolled Oats, Whole Grain Wheat Flour), Enriched Wheat Flour (Whole Grain Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Invert Syrup, Soybean Oil, Corn Syrup, Raisin Paste, Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin, Natural Vanilla Extract), Canola Oil, Apple Puree (Apples, Ascorbic Acid), Apple Juice Concentrate, Fructose, Eggs, Apple Fiber, Soy Lecithin, Salt, Molasses, Cocoa Butter, Cinnamon, Natural Flavors (Contains Milk), Baking Soda, Cocoa (Processed with Alkali). CONTAINS: WHEAT, SOY, EGG & MILK

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 - C
- Eggs - C
- Soybean - C
- Wheat - C
- Sesame - N
- Molluscs - N
- Peanuts - N
- Tree - NI
- Fish - N
- Shellfish - N
- Crustaceans - N

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	140
Protein	2 g
Total Carbohydrates	23 g
Sugars	9 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	1
Vitamin A (RE)	1
Vitamin C	1 mg
Magnesium	
Monosodium	

Total Fat	4.5 g
Trans Fat	0 g
Saturated Fat	1 g
Added Sugars	8 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	5 mg
Vitamin D	0 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	75 mg
Calcium	11 mg
Iron	1 mg
Potassium	62 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



KOSHER	YES
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