

311616 - Appleways Whole Grain 1.2 oz Soft Oatmeal Blueberry B...



Appleways Simply Wholesome 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. Soft Oatmeal Bars meet or exceed the USDA nutritional requirement f...



MARKETING

Our delicious blueberry flavor is a refreshing and satisfying treat.

Nutrition Facts

1 Servings per container	
Serving Size	1 Bar
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 4.5 g	6%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 5 mg	2%
Sodium 75 mg	3%
Total Carbohydrates 23 g	8%
Dietary Fiber 1 g	4%
Total Sugars 9 g	
Includes 8 g Added Sugars	16%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 10 mg	0%
Iron 1 mg	6%
Potassium 54 mg	2%

* 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
70600	311616	00675825706002	216 x 1.2 OZ

Brand	Brand Owner	GPC Description
Appleways	Darlington Cookie Co. Inc. - 0675825000018	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
18 LBR	16.2 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
19.07 INH	15.82 INH	7.4 INH	1.29 FTQ	6x8	180 Days	45 FAH / 85 FAH

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
- Soy - C
- Wheat - C
- Sesame - N
- Peanuts - N
- Tree Nuts - NI
- Fish - N
- Shellfish - N

SERVING SUGGESTIONS

1 Bar

INGREDIENTS

Whole Grain Blend (Rolled Oats, Whole Grain Wheat Flour), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Invert Syrup, Soybean Oil, Corn Syrup, Canola Oil, Raisin Paste, Blueberry Bits (Sugar, Soybean Oil, Whole Grain Wheat Flour, Blueberry Powder, Citric Acid, Fruit Juice Extract, Natural Flavors), Eggs, Apple Puree (Apples, Ascorbic Acid), Apple Juice Concentrate, Fructose, Apple Fiber, Natural Flavors, Soy Lecithin, Non-fat Dry Milk, Cocoa Butter, Salt, Baking Soda. CONTAINS: WHEAT, SOY, EGG & MILK

HANDLING SUGGESTIONS

Dry Storage/Ready-to-Eat

PREPARATION & COOKING SUGGESTIONS

Ready to Eat

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)	0
Vitamin A (RE)	0
Vitamin C	0 mg
Magnesium	
Monosodium	

Total Fat	4.5 g
Trans Fat	0 g
Saturated Fat	0.5 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	10 mg
Iron	1 mg
Potassium	54 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



KOSHER	YES
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MORE IMAGES

