Product # 70100

Appleways
1.2 oz. Apple Soft Oatmeal Bars

Appleways baked goods are as nutritious as they are delicious. Whole grain richness, packed with wholesome oats, sweetened with apples. Now that's a new way of saying mmmmm.....

Product Description

Apple Oatmeal Bars are a great whole grain and all natural breakfast treat that are a source of fiber and a healthy alternative to other conventional breakfast options. Applesauce and other real fruit sweeteners make them a delicious dessert or snack any time of day. They come pre-baked and individually wrapped with a 180 day shelf life in dry storage. **Apple Soft Oatmeal Bars** meet or exceed the USDA nutritional requirements for a one (1) ounce grain equivalent by containing 16 grams of credible grains.

Ingredient Listing

Whole grain blend (rolled oats, whole grain wheat flour), enriched wheat flour (bleached flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, high fructose corn syrup, corn syrup, palm oil, raisin paste, canola oil, applesauce (apples, ascorbic acid), palm kernel oil, eggs, soy lecithin, molasses, cinnamon, natural flavors (contains milk), salt, baking soda, sodium ascorbate (Vitamin C).

CONTAINS: WHEAT, SOY, EGGS, MILK

***Appleways 1.2 oz. Apple Oatmeal Bars meet the USDA nutritional requirements to be a one (1) ounce grain equivalent by containing 16 grams of credible grain. The 51% whole grain sources are: whole grain flour and oatmeal.**

***Produced in a nut-free bakery.**
***Certified Kosher by Orthodox Union**

Nutritional Listing

Nutrition Facts

Serving Size 1 Bar (1.2 oz)
Servings Per Container

Amount Per Serving	
Calories 140	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 80mg	**3%**
Total Carbohydrate 24g	**8%**
Dietary Fiber 1g	**4%**
Sugars 9g	
Protein 2g	

Vitamin A 0% •	Vitamin C 10%
Calcium 0% •	Iron 4%

*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
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

WHOLE GRAIN
8g or more per serving
WholeGrainsCouncil.org
EAT 48g OR MORE OF WHOLE GRAINS DAILY

This specification has been reviewed by Registered Dietitian, Joyce Annette Hinton MS, RD, LD

Joyce A. Hinton, MS, RD, LD

Packaging Information

Product Description	**1.2 oz. Apple Oatmeal Bars**
Case Code	**70100**
UPC Code	**675825701007**
GTIN	**00-675825-701007**
Case Pack	**216**
Case Dimensions	**18 3/4" x 15 1/2" x 6 3/4"**
Ship Weight	**18.0 lbs.**
Case Cube	**1.3**
Pallet Layer	**6**
Full Pallets	**48 cases**
Pallet Weight	**904 lbs.**

To Place Orders, Contact the Darlington Customer Service Department at (800) 754-2202.

Revised: 5.6.2014

Label:

802 Mulberry Street, Suite B2 | Noblesville, Indiana 46060 | 800.754.2202

Revised: 5.6.2014

DARLINGTON
1.2oz APPLE OATMEAL
APPLEWAYS

Approx.215 Bars
Product No.70100
Net Weight 16.2 LBS. (7.35 KG.)

WHOLE GRAIN
8g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

APPLEWAYS 1.2oz APPLE OATMEAL BARS

INGREDIENTS: WHOLE GRAIN BLEND (ROLLED OATS, WHOLE GRAIN WHEAT FLOUR), ENRICHED WHEAT FLOUR (BLEACHED FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, PALM OIL, RAISIN PASTE, CANOLA OIL, APPLESAUCE (APPLES, ASCORBIC ACID), PALM KERNAL OIL, EGGS, SOY LECITHIN, MOLASSES, CINNAMON, NATURAL FLAVORS (CONTAINS MILK), SALT, BAKING SODA, SODIUM ASCORBATE (VITAMIN C).

CONTAINS: WHEAT, SOY, MILK & EGGS

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Appleways® sweetened by apples