



Product #70200

Appleways

1.2 oz. Simply Wholesome Blueberry Pomegranate Soft Oatmeal Bars

Product Description

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 for a one (1) ounce grain equivalent.

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, invert syrup, corn syrup, palm oil, canola oil, applesauce (apples, ascorbic acid), eggs, blueberry flavored bits (sugar, vegetable oil [palm, palm kernel], enriched wheat flour [flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], natural flavor, malic acid, fruit and vegetable juice for color, soy lecithin, sodium citrate), raisin paste, palm kernel oil, natural flavors, nonfat dry milk, salt, molasses, baking soda, soy lecithin, sodium ascorbate (Vitamin C). **CONTAINS: WHEAT, SOY, EGGS, MILK**

***Appleways 1.2 oz. Blueberry Pomegranate Soft Oatmeal Bars meet the USDA nutritional requirements to be a one (1) grain equivalent by containing 8 grams of credible grain. The 51% whole grain sources are: whole grain flour and oatmeal.**

***Certified Kosher by Orthodox Union**

***Produced in a Nut-Free Bakery**

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 5mg	2%
Sodium 85mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 2g	
Vitamin A 0%	• Vitamin C 10%
Calcium 0%	• Iron 6%
Thiamin 4%	• Riboflavin 2%
Niacin 2%	• Vitamin B6 0%
Folic Acid 6%	• Vitamin B12 0%
*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	



Packaging Information

Product Description	1.2 oz. Blueberry/Pomegranate
Case Code	70200
UPC Code	675825702004
GTIN	00-675825-702004
Case Pack	216
Case Dimensions	19" x 15 7/8" x 7 1/4"
Ship Weight	18.0 lbs.
Case Cube	1.3
Pallet Layer	6
Full Pallets	48 cases
Pallet Weight	904 lbs.

This product has been reviewed and approved by our food scientist and product development specialist:
Justin M. Miller CEC CPC

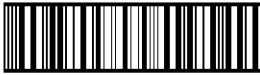
To place orders, contact the Darlington customer service department at (800) 754-2202.



Case Label

DARLINGTON 1.2oz BLUEBERRY POMEGRANATE APPLEWAYS

Approx. 216 Bars
Product No. 70200
Net Weight 16.2 IB9. (7.35 KG.)



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Cholesterol	Less than 300mg 350mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 370g
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Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

APPLEWAYS 1.2oz BLUEBERRY POMEGRANATE BARS Naturally Flavored

INGREDIENTS: WHOLE GRAIN BLEND (ROLLED OATS, WHOLE GRAIN WHEAT FLOUR), ENRICHED WHEAT FLOUR (BLEACHED FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, INVERT SYRUP, CORN SYRUP, PALM OIL, CANOLA OIL, APPLESAUCE (APPLES, ASCORBIC ACID), EGGS, BLUEBERRY FLAVORED BITS (SUGAR, VEGETABLE OIL (PALM, PALM KERNEL), ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), NATURAL FLAVOR, MALIC ACID, FRUIT AND VEGETABLE JUICE FOR COLOR, SOY LECITHIN, SODIUM CITRATE), RAISIN PASTE, PALM KERNEL OIL, NATURAL FLAVORS, NONFAT DRY MILK, SALT, MOLASSES, BAKING SODA, SOY LECITHIN, SODIUM ASCORBATE (VITAMIN C).

CONTAINS: WHEAT, SOY, MILK & EGGS



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