



BETTY CROCKER

# 060969 - Bar Oatmeal Double Chocolate Wg

A chocolate, whole grain oatmeal bar individually wrapped and made with 16g of whole grain. Made without Gelatin, no artificial flavors, and no colors from artificial sources. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria. Available in bulk, 144 - 1.24 oz bars in each case.



## Nutrition Facts

Servings per Container **144**  
Serving size **1bar(35g)**

Amount per serving  
**Calories 150**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 9g	
Includes 8g Added Sugar	<b>16%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 0mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 100mg	<b>2%</b>

\* 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.

### \* Benefits

### Ingredients

WHOLE GRAIN OATS, WHOLE WHEAT FLOUR, CANOLA OIL, CORN SYRUP, FRUCTOSE, SUGAR, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR), VEGETABLE GLYCERIN, DUTCH COCOA (PROCESSED WITH ALKALI), CHICORY ROOT EXTRACT. CONTAINS 2 % OR LESS OF: BAKING SODA, WATER, SALT, NATURAL FLAVOR, DRIED EGG YOLK. CONTAINS WHEAT, EGG, AND SOY; MAY CONTAIN MILK INGREDIENTS.

### Allergens

#### Contains:

eggs soy wheat

#### May Contain:

milk

### Handling Suggestions

Store in cool dry location

### Serving Suggestions

Serve as is

### Prep & Cooking Suggestions

Ready to Eat

### Product Specifications

Brand	Manufacturer	Product Category
BETTY CROCKER	GENERAL MILLS, INC.	Grocery

MFG #	SPC #	GTIN	Pack	Pack Desc.
45566000	060969	10016000455662	144	144/1.24 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
13lb	11.16lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.81in	9.81in	8.12in	0.73ft3	12x5	248DAYS	40°F / 111°F



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## Nutrition Analysis - By Serving

Calories	150	Total Fat	5g	Sodium	110mg
Protein	2	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	24g	Saturated Fat	1g	Iron	1mg
Sugars	9g	Added Sugars	8g	Potassium	100mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

## Additional Images



**Nutrition Facts** Serving size: 1 bar (35g), Amount per serving: **Calories 150**, **Total Fat** 5g (6% DV), **Saturated Fat** 1g (4% DV), **Trans Fat** 0g, **Cholesterol** 0mg (0% DV), **Sodium** 110mg (5% DV), **Total Carb.** 24g (9% DV), **Dietary Fiber** 3g (11% DV), **Total Sugars** 9g (incl. 8g Added Sugars, 17% DV), **Protein** 2g, **Iron** (6% DV), **Potassium** (2% DV). Not a significant source of Vitamin D and Calcium. % DV = % Daily Value