



**RICH'S**

# 00010300 - Dough, Cookie Oatmeal Choc Chip

100% whole grain round granola bar made with semi sweet chocolate chips, 2 oz eq grain for school meals, good source of fiber (6g), kid approved!



**NICHOLAS**  
AND COMPANY



### \* Benefits

## Nutrition Facts

Servings per Container **140**  
Serving size **1BREAK<sup>®</sup>FSTROUND(67G) (70.9g)**

Amount per serving  
**Calories 250**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 42g	<b>15%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 16g	
Includes 16g Added Sugars	<b>32%</b>
<b>Protein</b> 5g	
Vitamin D 0µg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 1.6mg	<b>8%</b>
Potassium 170mg	<b>3%</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.

### Ingredients

INGREDIENTS FOR U.S. MARKET: WHOLE WHEAT FLOUR, OATS, SUGAR, WATER, SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, MILKFAT, SOY LECITHIN (AN EMULSIFIER), VANILLIN (AN ARTIFICIAL FLAVOR), NATURAL FLAVOR), MOLASSES, HIGH OLEIC CANOLA AND HYDROGENATED COTTONSEED OILS, MALTODEXTRIN, SOYBEAN OIL, EGGS, CONTAINS LESS THAN 2% OF THE FOLLOWING: INULIN, LEAVENING (BAKING SODA), MODIFIED CORNSTARCH, NATURAL AND ARTIFICIAL FLAVOR, CITRUS FIBER, SALT.

### ⚠ Allergens

#### Contains:



### Handling Suggestions

Keep Frozen

### Serving Suggestions

Serve with milk or juice to create a complete nutritious breakfast or snack.

### Prep & Cooking Suggestions

DO NOT CONSUME RAW COOKIE DOUGH. USE SAFE FOOD HANDLING PROCEDURES. HANDLING INSTRUCTIONS: KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. 1. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 2. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 13 - 16 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 11 - 13 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 15 - 17 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 21 - 23

### ✍ Product Specifications

Brand	Manufacturer	Product Category
RICH'S	RICH SALES*	Grocery

MFG #	SPC #	GTIN	Pack	Pack Desc.
13709	00010300	00049800137097	140	140/2.5 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
22.88lb	21.88lb	USA	No	No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.81in	11.56in	7.25in	0.77ft3	10x9	365DAYS	-10°F / 0°F



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## Nutrition Analysis - By Serving

Calories	250kcal	Total Fat	7g	Sodium	190mg
Protein	5g	Trans Fats	0g	Calcium	30mg
Total Carbohydrates...	42g	Saturated Fat	2g	Iron	1.6mg
Sugars	16g	Added Sugars	16g	Potassium	170mg
Dietary Fiber	6g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	5mg		
Vitamin A(U)		Vitamin D	0µg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate	0mg	Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

## Additional Images

