

# silverland bakery

MADE WITH PURE INGREDIENTS SINCE 1983

439 DES PLAINES AVE  
 FOREST PARK, IL 60130  
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January 1, 2020  
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BLCH **BLUEBERRY CHIA [STRENGTH] ♥**  
 Natural Food Bar

Size 24 Cut 3.9 ounce

Full of blueberry antioxidants, crispy puffed brown rice and energy rich chia seeds, this naturally sweet and snappy bar will optimize your health, as well as satisfy your hunger and taste buds.

Ingredients: dates, almond butter, tapioca syrup, walnuts, rolled oats, blueberries, organic puffed brown rice, flax seeds, chia seeds, vanilla, sea salt  
 ALLERGEN INFORMATION: contains almonds, walnuts.  
 Manufactured on shared equipment and in a plant with wheat flour, dairy and/or dairy byproducts, eggs and/or egg products, peanuts, tree nuts (almonds, cashews, hazelnuts/filberts, macadamias, pecans, pistachios & walnuts), and soy and/or soy derivatives

Nutrition Facts		
Serving Size	3.9 oz (111g)	
Servings per Container	24	
Amount per Serving		
<b>Calories</b>	.7324	Calories from Fat 208
% Daily Value*		
<b>Total Fat</b>	24 g	36%
Saturated Fat	1 g	7%
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0%
<b>Sodium</b>	172 mg	7%
<b>Total Carbohydrate</b>	60 g	20%
Dietary Fiber	7 g	27%
Sugars	33 g	
Sugar Alcohol	0 g	
<b>Protein</b>	10 g	20%
Vitamin A	0 %	Vitamin C 3 %
Calcium	11 %	Iron 14 %
* 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	65 g 80 g
Sat Fat	Less than	20 g 25 g
Cholesterol	Less than	300 mg 300 mg
Sodium	Less than	2400 mg 2400 mg
Total Carbohydrate		300 g 375 g
Dietary Fiber		25 g 30 g
Protein		50 g 63 g
Calories per gram		
Fat	9	Carbohydrates 4 Protein 4

Nutrition Facts		
2.6 servings per piece		
Serving Size 1.5 oz. (43g)		
	Per serving	Per piece
<b>Calories</b>	<b>189</b>	<b>492</b>
	% DV*	% DV*
<b>Total Fat</b>	11g	28g
Saturated Fat	1g	1g
Trans Fat	0g	0g
<b>Cholesterol</b>	0mg	0mg
<b>Sodium</b>	50mg	129mg
<b>Total Carbohydrate</b>	22g	57g
Dietary Fiber	3g	7g
Total Sugars	11g	28g
Includes Added Sugars	3g	7g
Sugar Alcohol	0g	0g
<b>Protein</b>	5g	12g
Vitamin D	0mcg	0mcg
Calcium	45mg	118mg
Iron	1mg	3mg
Potassium	80mg	208mg
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories is used for general nutrition advice.		

24\_CUT

Product Code Case: 0008524  
 Product Code Tray: 0108524  
 UPC Code Case: 008208085249  
 UPC Code Tray: 008208185246  
 UPC Code Piece: 008208485247  
 Tray Net Weight: 5.85 lbs  
 Tray Size: 17 in. X 12 in. X 1.25 in.  
 Pieces per Tray: 24  
 Approx. Piece Weight: 3.9 ounce  
 Approx. Piece Size: 2.83 in. X 3 in.  
 Case Pack: 3 Trays  
 Pieces per Case: 72  
 Case Dimensions: 18 in. X 13 in. X 3.5 in.  
 Case Cube: 0.47  
 Case Net Weight: 17.55 lbs  
 Case Gross Weight: 18.86 lbs  
 TI: 7  
 HI: 8  
 Frozen Shelf Life: 6 months