



NUTRITION FACTS DATA SHEET

Almond Chocolate Chip Cookie

7" Big Cookie

Nutrition Facts	
Serving Size 1/12 Slice of Cookie (32g) Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 40mg	2%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 2g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• 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	

Cookie Bars

Nutrition Facts	
Serving Size 1 Cookie (63g) Servings Per Container 12	
Amount Per Serving	
Calories 280	Calories from Fat 130
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 85mg	4%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	8%
Sugars 22g	
Protein 5g	
Vitamin A 6%	• Vitamin C 0%
Calcium 6%	• Iron 8%
*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	

INGREDIENTS: MILK CHOCOLATE (SUGAR, UNSWEETENED CHOCOLATE, WHOLE MILK POWDER, COCOA BUTTER, SOY LECITHIN [EMULSIFIER], VANILLA), BROWN SUGAR, BUTTER (SWEET CREAM, NATURAL FLAVORING), OATMEAL, ALMONDS, SUGAR, EGGS, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, MILK, NATURAL FLAVORING, BAKING SODA, SALT.

Contains Egg, Milk, Soy, Almonds, Wheat.