



# NUTRITION FACTS DATA SHEET

## Cashew & Dark Chocolate Chip Cookie

### 7" Big Cookie

<b>Nutrition Facts</b>	
Serving Size 1/12 Cookie (29g) Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 70
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 45mg	<b>2%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 9g	
<b>Protein</b> 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

<b>Nutrition Facts</b>	
Serving Size 1 Cookie (54g) Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 250	Calories from Fat 120
% Daily Value*	
<b>Total Fat</b> 14g	<b>22%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 16g	
<b>Protein</b> 4g	
Vitamin A 4% • Vitamin C 0%	
Calcium 2% • 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: DARK CHOCOLATE (CHOCOLATE, SUGAR, COCOA BUTTER, MILK FAT, SOY LECITHIN [EMULSIFIER], VANILLA), BUTTER (SWEET CREAM, NATURAL FLAVORING), BROWN SUGAR, OATMEAL, CASHEWS, EGGS, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN, MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE WHEAT FLOUR, SUGAR, SKIM MILK, NATURAL FLAVOR, CINNAMON, BAKING SODA, SALT.

Contains Egg, Milk, Soy, Wheat, Cashews.