

Nutrition Facts

Serving size: 2 cookies (30 g)

Servings per container: 6

Amount per serving

Calories 140

Calories from fat 50

% Daily Value*

Total fat 6 g 9%

Saturated fat 3 g 15%

Trans fat 0 g

Cholesterol 0 mg 0%

Sodium 65 mg 3%

Total carbohydrate 21 g 7%

Dietary fiber <1 g 4%

Sugars 6 g

Protein 1 g 2%

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 15%

* 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
Saturated fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4