

#22532

David's Nutritional & Ingredient Info

Smart Cookie Oatmeal Raisin

12:30pm 11/17/2010

Nutrition Facts		
Serving Size 1 33/100 oz (38g)		
Servings Per Container 1 Cookie		
Amount Per Serving		
Calories 160	Calories from Fat 70	
% Daily Value*		
Total Fat 8g		12 %
Saturated Fat 2g		10 %
Trans Fat 0g		
Cholesterol 10mg		3 %
Sodium 250mg		10 %
Total Carbohydrate 21g		7 %
Dietary Fiber 1g		4 %
Sugars 11g		
Protein 2g		
Vitamin A 8 %	• Vitamin C 0 %	
Calcium 4 %	• 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
Sat 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: wheat flour (unbleached, enriched with thiamine mononitrate, riboflavin, folic acid), vegetable oil blend (soybean, palm & olive oils), water, salt, milk, mono & diglycerides, soy lecithin, sodium benzoate, natural & artificial flavors, vitamin A palmitate, beta carotene for color, brown sugar, oatmeal, Thompson raisins, sugar, pasteurized whole eggs, margarine (partially hydrogenated soybean oil, water, salt, milk powder, soy lecithin, mono & diglycerides, potassium sorbate, beta carotene for color, artificial flavor, vitamin A palmitate), molasses, salt, cinnamon, baking soda, natural & artificial vanilla flavors

CONTAINS: EGGS, MILK, SOY, WHEAT