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David's Nutritional & Ingredient Info

Smart Cookie Peanut Butter

12:32pm 11/17/2010

Nutrition Facts			
Serving Size 1 33/100 oz (38g)			
Servings Per Container 1 Cookie			
Amount Per Serving			
Calories	180	Calories from Fat	100
% Daily Value*			
Total Fat	11g		17 %
Saturated Fat	3.5g		16 %
Trans Fat	0g		
Cholesterol	10mg		3 %
Sodium	250mg		11 %
Total Carbohydrate	18g		6 %
Dietary Fiber	1g		3 %
Sugars	10g		
Protein	3g		
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), peanut butter (peanuts, sugar, vegetable oils [hydrogenated cottonseed, soybean and rapeseed], salt, brown sugar, peanut butter chips (partially defatted peanut flour, sugar, palm kernel & oil, whey powder, anhydrous dextrose, salt, soy lecithin, artificial flavor), 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), baking soda, salt

CONTAINS: EGGS, MILK, NUTS,
PEANUTS, SOY, WHEAT