



## PURE MILK CHOCOLATE SANDWICH COOKIES

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Calories (kcal)	217.4	455.37	Carbohydrates (g)	30.66	64.21
Calories from Fat (kcal)	107.18	224.51	Dietary Fiber (g)	1.1	2.3
Fat (g)	11.91	24.95	Total Sugars (g)	21.8	45.66
Saturated Fat (g)	5.84	12.23	Protein (g)	2.26	4.74
Trans Fatty Acid (g)	0.08	0.17	Vitamin A - IU (IU)	29.24	61.24
Cholesterol (mg)	2.59	5.42	Vitamin C (mg)	0.28	0.58
Sodium (mg)	137.02	287.01	Calcium (mg)	31.38	65.73
Potassium (mg)	99.8	209.04	Iron (mg)	1.02	2.14

<b>Nutrition Facts</b>			
Serving Size 2 pieces (48g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 220</b>		Calories from Fat 110	
% Daily Value*			
<b>Total Fat</b> 12g			<b>18%</b>
Saturated Fat 6g			<b>30%</b>
Trans Fat 0g			
<b>Cholesterol</b> 5mg			<b>2%</b>
<b>Sodium</b> 135mg			<b>6%</b>
<b>Potassium</b> 100mg			<b>3%</b>
<b>Total Carbohydrate</b> 31g			<b>10%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 22g			
<b>Protein</b> 2g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 4%	•	Iron 6%	
*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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

<b>Nutrition Facts</b>			
Serving Size (100g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 460</b>		Calories from Fat 220	
% Daily Value*			
<b>Total Fat</b> 25g			<b>38%</b>
Saturated Fat 12g			<b>60%</b>
Trans Fat 0g			
<b>Cholesterol</b> 5mg			<b>2%</b>
<b>Sodium</b> 290mg			<b>12%</b>
<b>Potassium</b> 210mg			<b>6%</b>
<b>Total Carbohydrate</b> 64g			<b>21%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 46g			
<b>Protein</b> 5g			
Vitamin A 2%	•	Vitamin C 0%	
Calcium 6%	•	Iron 10%	
*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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4



## **PURE MILK CHOCOLATE SANDWICH COOKIES**

**INGREDIENTS:** Chocolate Sandwich Cookie (enriched bleached and unbleached flour [wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, vegetable shortening [palm oil, canola oil, citric acid (a preservative)], sugar, cocoa [processed with alkali], corn syrup, caramel color, cornstarch, salt, leavening [baking soda, ammonium bicarbonate, monocalcium phosphate], soy lecithin [an emulsifier], natural flavor, artificial flavor, chocolate liquor), Milk Chocolate (sugar, cocoa butter, chocolate liquor, milk, lactose, soy lecithin [an emulsifier], salt, natural vanilla flavor).

Contains Milk, Soy, Wheat (gluten).

Manufactured in a plant that processes peanuts, tree nuts, soy, wheat (gluten), eggs, and dairy products.

November, 2015