



# Oatmeal Chocolate Chip Cookie

<b>Nutrition Facts</b>	
Serving Size 1 Cookie (57g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 270	Calories from Fat 110
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 3g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 290mg	<b>12%</b>
<b>Total Carbohydrate</b> 36g	<b>12%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 20g	
<b>Protein</b> 4g	
Vitamin A 0%      •      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: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE OIL SHORTENING (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: PARTIALLY HYDROGENATED SOYBEAN, COTTONSEED), OATS, CHOCOLATE CHIPS [(SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE) AND SOYA LECITHIN], EGGS, FRUCTOSE, MAY CONTAIN 2% OR LESS OF: NATURAL AND ARTIFICIAL FLAVORS, SALT, BAKING SODA.

Contains Egg and Wheat.  
 Manufactured in a Facility that Processes Soy, Milk, Peanut, and Tree Nuts.

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