

# Nutrition Facts

2 servings per container

Serving size 1/2 cookie (57g)

	Per serving		Per cookie	
<b>Calories</b>	<b>220</b>		<b>440</b>	
	% DV*		% DV*	
<b>Total Fat</b>	8g	<b>10%</b>	16g	<b>21%</b>
Saturated Fat	2g	<b>10%</b>	4.5g	<b>23%</b>
<i>Trans</i> Fat	0g		0g	
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg	<b>0%</b>
<b>Sodium</b>	180mg	<b>8%</b>	360mg	<b>16%</b>
<b>Total Carbohydrate</b>	28g	<b>10%</b>	55g	<b>20%</b>
Dietary Fiber	5g	<b>18%</b>	10g	<b>36%</b>
Total Sugars	11g		21g	
Incl. Added Sugars	8g	<b>16%</b>	16g	<b>32%</b>
<b>Protein</b>	8g	<b>8%</b>	16g	<b>17%</b>
Vitamin D	0mcg	0%	0mcg	0%
Calcium	17mg	2%	34mg	4%
Iron	2mg	10%	4mg	20%
Potassium	70mg	2%	141mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.