

# Nutrition Facts

1 servings per container

Serving size 1 cookie (45g)

Amount per serving

**Calories 190**

% Daily Value\*

**Total Fat** 15g **19%**

Saturated Fat 6g **30%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 130mg **6%**

**Total Carbohydrate** 15g **5%**

Dietary Fiber 5g **18%**

Total Sugars 2g

Includes 1g Added Sugars **2%**

Sugar Alcohol 7g

**Protein** 8g **8%**

Vitamin D 0mcg 0% • Calcium 39mg 4%

Iron 1mg 6% • Potas. 246mg 6%

\*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.

## CARB CALCULATOR:

15G CARBS

- 5G FIBER

- 7G SUGAR ALCOHOL

= 3G NET CARBS

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