

# 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** 160mg **7%**

**Total Carbohydrate** 14g **5%**

Dietary Fiber 5g **18%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Sugar Alcohol 6g

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

Vitamin D 0mcg 0% • Calcium 38mg 2%

Iron 1mg 6% • Potas. 260mg 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:

14g CARBS

- 5g FIBER

- 6g SUGAR ALCOHOL

= 3g NET CARBS

UD