

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 90mg **4%**

Total Carbohydrate 15g **5%**

Dietary Fiber 5g **18%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Sugar Alcohol 7g

Protein 8g **8%**

Vitamin D 0mcg 0% • Calcium 17mg 2%

Iron 1mg 6% • Potas. 188mg 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.

CARB CALCULATOR:

15g CARBS

- 5g FIBER

- 7g SUGAR ALCOHOL

= 3g NET CARBS

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