

# Nutrition Facts

1 serving per cookie

**Serving size** 1 cookie (80g)

Amount per serving

**Calories** 290

		% Daily Value*
<b>Total Fat</b> 8g		<b>12%</b>
Saturated Fat 3g		<b>15%</b>
Monounsaturated Fat 3g		<b>**</b>
Polyunsaturated Fat 2g		<b>**</b>
<i>Trans</i> Fat 0g		<b>**</b>
<b>Cholesterol</b> 30mg		<b>10%</b>
<b>Sodium</b> 700mg		<b>29%</b>
<b>Total Carbohydrates</b> 36g		<b>12%</b>
Dietary Fiber 4g		<b>16%</b>
Sugars 7g		<b>**</b>
<b>Protein</b> 18g		<b>36%</b>

Vitamin A	180IU	5000IU	4%
Vitamin C	1mg	60mg	2%
Calcium	80mg	1000mg	8%
Iron	1.1mg	18mg	6%