

Nutritional Label

Heart-shaped Cookies

Nutrition Facts		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Serving Size 1 cookie (34g)		Calories	2,000 2,500
Servings Per Container 12			
Amount Per Serving			
Calories 130	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g	5%	Total Fat	Less than 65g 80g
Saturated Fat 1g	4%	Sat Fat	Less than 20g 25g
<i>Trans</i> Fat 1g		Cholesterol	Less than 300mg 300mg
Cholesterol 5mg	2%	Sodium	Less than 2,400mg 2,400mg
Sodium 65mg	3%	Total Carbohydrate	300g 375g
Total Carbohydrate 23g	8%	Dietary Fiber	25g 30g
Dietary Fiber 0g	0%	Calories per gram:	
Sugars 16g		Fat 9 • Carbohydrate 4 • Protein 4	
Protein 1g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 2%	• Iron 0%		

INGREDIENTS: Sugar, Wheat Flour, Margarine (Soybean Oil, Hydrogenated Soybean Oil, Mono and Diglycerides, Soy Lecithin, Sodium Benzoate (Preservative), Artificial Flavor, Beta Carotene (Color), Vitamin A Palmitate), Water, Milk, Eggs, Baking Powder, Salt, Red #40, Nutmeg

CONTAINS: Eggs, Milk, Soy, Wheat