

Oatmeal Cranberry Walnut Cookie Dough

Serving Size: 1 1/2 tbsp (30g/1 cookie)

Servings Per Container: 37

Ingredients: Enriched wheat flour (flour, ascorbic acid (dough conditioner), niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), oats, sugar, vegetable oil margarine [modified palm and palm kernel oil, liquid canola oil, water, salt, whey powder, vegetable monoglycerides, soybean lecithin, potassium sorbate (preservative), citric acid, artificial flavor, vitamin A palmitate, beta carotene, vitamin D3], eggs, walnuts, dried cranberries (cranberries, sugar sunflower oil)liquid invert sugar, cooking molasses, water, baking soda, spice, salt, natural flavor. Contains wheat, eggs, milk and soy. Processed in a plant that contains peanuts, tree nuts, sulfites and tartrazine.

Amount Per Serving			
Calories 130		Calories from Fat 50	
		% Daily Value	
Total Fat 6g			9%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 10mg			3%
Sodium 90mg			4%
Total Carbohydrate 16g			5%
Dietary Fiber 1g			4%
Sugars 9g			
Protein 2g			
Vitamin A 4%			Vitamin C 0%
Calcium 0%			Iron 4%
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375
Dietary Fiber		25g	30g

Calories per gram

Fat 9

Carbohydrate 4

Protein 4

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.