

Lemon Zest 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), vegetable oil shortening (liquid canola oil, modified palm and palm kernel oil), vegetable oil shortening (liquid canola oil, modified palm and palm kernel oil), sugar, water, eggs, natural and artificial flavors, leavening (baking soda, corn and/or wheat starch, sodium aluminum sulphate, monocalcium phosphate), salt, color (yellow 5) Contains wheat, eggs, milk and soy. Processed in a plant that contains peanuts, tree nuts, sulfites and tartrazine.

Amount Per Serving			
Calories 140		Calories from Fat 70	
		% Daily Value	
Total Fat 8g			12%
Saturated Fat 2.5g			13%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 100mg			4%
Total Carbohydrate 15g			5%
Dietary Fiber 0g			0%
Sugars 7g			
Protein 2g			
Vitamin A 0%			Vitamin C 0%
Calcium 0%			Iron 2%
	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	375g
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.