



## Whole Grain Oatmeal Raisin Cookie Dough 1.85oz

INGREDIENTS: whole grain flour blend (rolled oats, enriched wheat flour [wheat, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], whole wheat flour), raisins, margarine (vegetable oil blend [palm fruit oil, soybean & olive oils] water, salt, mono and diglycerides, natural flavor, vitamin A palmitate, beta carotene color), brown sugar, sugar, prune paste, eggs, corn syrup, water, molasses, whey, modified corn starch, baking soda, natural vanilla flavor, baking powder (sodium acid pyrophosphate, corn starch, baking soda, monocalcium phosphate), cinnamon, salt.

CONTAINS: EGG, MILK, SOY, WHEAT

<b>Nutrition Facts</b>	
210 Servings Per Container	
<b>Serving size</b>	<b>1.85 oz (52g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 16g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 154mg	4%
<small>*The % Daily Value 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

- More than 51% of flour is whole grain
- No hydrogenated fats
- No more than 30% of calories from fat
- No more than 10% of calories from saturated fat
- No more than 30% added sugar by weight
- 1 cookie = 1 grains/bread serving (contribution to meal pattern)
- 1 cookie contains 19g grain, 13.7g of which are whole grain