

CALPIA Oatmeal Cookie

Nutrition Facts

Serving Size 1 Cookie (17g)

Servings Per Container 2

Amount Per Serving

Calories 80 **Calories from Fat** 30

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 11g **4%**

Dietary Fiber 1g **4%**

Sugars 5g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

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

	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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS:
Enriched Flour
(Wheat Flour,
Niacin, Reduced
Iron, Thiamine
Mononitrate,
Riboflavin, Folic
Acid), Sugar,
Oats, Palm Oil,
Water, High
Fructose Corn
Syrup, Invert
sugar, Sodium
Bicarbonate, Salt,
Eggs, Cinnamon.

01/09/2018

Contains
Egg, Wheat.