

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%
Saturated Fat	1g		4%
<i>Trans</i> Fat	0g		
Cholesterol	5mg		2%
Sodium	65mg		3%
Total Carbohydrate	23g		8%
Dietary Fiber	0g		0%
Sugars	16g		
Protein	1g		
Vitamin A 0% • Vitamin C 0%			
Calcium 2% • Iron 0%			

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	Less than	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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: 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