

Oatmeal Raisin Cookies

Nutrition Facts	
8 servings per container	
Serving size	1 cookie (23g)
Amount per serving	
Calories	100
% Daily Value *	
Total Fat 4.5g	6%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 5mg	1%
Sodium 45mg	2%
Total Carbohydrate 14g	5%
Dietary Fibers 1g	2%
Total Sugars 8g	
Includes 6g Added Sugars	13%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 50mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories per day is used for general nutrition advice.	
Calories per gram:	
Fat 9	Carbohydrates 4 Protein 4