

La Bonbonniere Choc Chip Cookie

Nutritional Label

Regular Vs. Skinny

Nutrition Facts

Serving Size 2 1/5 oz (62 g/2.2 oz)
Servings Per Container 1

Amount Per Serving

Calories 310 Calories from Fat 140
Calories from Saturated Fat 45

	% Daily Value*
Total Fat 16g	25%
Saturated Fat 5g	25%
<i>Trans</i> Fat 4g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 5g	
Cholesterol 30mg	10%
Sodium 190mg	8%
Total Carbohydrate 40g	13%
Dietary Fiber 1g	3%
Sugars 24g	

Protein 3g

Vitamin A 0%	▪	Vitamin C 0%
Calcium 2%	▪	Iron 10%
Vitamin D 0%	▪	Vitamin E 0%
Vitamin K 0%		

* 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
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: WHEAT FLOUR, WHITE, CAKE, ENRICHED, SUGARS, BROWN, BAKING CHOCOLATE, MASTERFOODS JSA, M&M'S MILK CHOCOLATE MINI BAKING BITS, SUGARS, GRANULATED, EGG, WHOLE, RAW, FROZEN, SYRUPS, CORN, HIGH-FRUCTOSE, VANILLA EXTRACT, SALT, TABLE, LEAVENING AGENTS, BAKING SODA, SPICES, CINNAMON, GROUND, FLAVOR, BUTTER, NATURAL, FLAVORS OF NORTH AMERICA

CONTAINS: EGGS, MILK, WHEAT

Nutrition Facts

Serving Size 2 1/5 oz (62 g/2.2 oz)
Servings Per Container 1

Amount Per Serving

Calories 230 Calories from Fat 60
Calories from Saturated Fat 25

	% Daily Value*
Total Fat 7g	10%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 30mg	10%
Sodium 190mg	8%
Total Carbohydrate 41g	14%
Dietary Fiber 1g	5%
Sugars 24g	

Protein 6g

Vitamin A 0%	▪	Vitamin C 0%
Calcium 2%	▪	Iron 10%
Vitamin D 0%	▪	Vitamin E 0%
Vitamin K 6%		

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

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHEAT FLOUR, WHITE, CAKE, ENRICHED, BAKELEAN (OLESTRA, SOYBEAN OIL, FULLY HYDROGENATED COTTONSEED OIL, ALPHA-TOCOPHERYL ACETATE (VIT E*), VIT A*, VIT K*, VIT D*) *DIETARILY INSIGNIFICANT, SUGARS, BROWN, BAKING CHOCOLATE, MASTERFOODS USA, M&M'S MILK CHOCOLATE MINI BAKING BITS, SUGARS, GRANULATED, EGG, WHOLE, RAW, FROZEN, SYRUPS, CORN, HIGH-FRUCTOSE, VANILLA EXTRACT, SALT, TABLE, LEAVENING AGENTS, BAKING SODA, SPICES, CINNAMON, GROUND, FLAVOR, BUTTER, NATURAL, FLAVORS OF NORTH AMERICA

CONTAINS: EGGS, MILK, SOY, WHEAT