

La Bonbonniere Oatmeal Raisin 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 270 Calories from Fat 110
 Calories from Saturated Fat 45

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 5g	24%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 10mg	4%
Sodium 105mg	4%
Total Carbohydrate 37g	12%
Dietary Fiber 1g	6%
Sugars 23g	

Protein 3g

Vitamin A 2%	▪	Vitamin C 0%
Calcium 2%	▪	Iron 8%
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: SUGAR, GRANULATED, HOLLY SUGAR, SUGAR, BROWN, MEDIUM, HOLLY SUGAR, SHORTENING, ALL PURPOSE, ALL VEGETABLE, BUNGE FOODS, OATS, ROLLED, QUICK COOKING, LA CROSSE MILLING, FLOUR, PASTRY, COOKIE & CRACKER, WHEAT, SOFT, ENRICHED, RISING STAR, CONAGRA, FLOUR, CAKE, WHEAT, SOFT, ENRICHED, AMERICAN BEAUTY, CONAGRA, BUTTER, SALTED, RAISINS, SUN-MAID, SUN-DIAMOND GROWERS, EGGS, CHICKEN, WHITE, LIQUID/FROZEN, CUTLER EGG PRODUCTS, BAKING SODA, SODIUM BICARBONATE, ARM & HAMMER, CHURCH & DWIGHT, VANILLA EXTRACT, FLAVOR, BUTTER, NATURAL, POWDERED, GOLD COAST INGREDIENTS, CINNAMON, GROUND, LEWIS 'N NEALE

Nutrition Facts

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

Amount Per Serving

Calories 190 Calories from Fat 35
 Calories from Saturated Fat 10

	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 1.5g	7%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 38g	13%
Dietary Fiber 2g	8%
Sugars 23g	

Protein 6g

Vitamin A 0%	▪	Vitamin C 0%
Calcium 2%	▪	Iron 8%
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.

		Calories	2,000	2,500
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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: BAKELEAN (OLESTRA, SOYBEAN OIL, FULLY HYDROGENATED COTTONSEED OIL, ALPHA-TOCOPHERYL ACETATE (VIT E*), VIT A*, VIT K*, VIT D*) *DIETARILY INSIGNIFICANT, SUGAR, GRANULATED, HOLLY SUGAR, SUGAR, BROWN, MEDIUM, HOLLY SUGAR, OATS, ROLLED, QUICK COOKING, LA CROSSE MILLING, FLOUR, PASTRY, COOKIE & CRACKER, WHEAT, SOFT, ENRICHED, RISING STAR, CONAGRA, FLOUR, CAKE, WHEAT, SOFT, ENRICHED, AMERICAN BEAUTY, CONAGRA, RAISINS, SUN-MAID, SUN-DIAMOND GROWERS, EGGS, CHICKEN, WHITE, LIQUID/FROZEN, CUTLER EGG PRODUCTS, BAKING SODA, SODIUM BICARBONATE, ARM & HAMMER, CHURCH & DWIGHT, VANILLA EXTRACT, FLAVOR, BUTTER, NATURAL, POWDERED, GOLD COAST INGREDIENTS, CINNAMON, GROUND, LEWIS 'N NEALE
 CONTAINS: SOY