

Cookies

Nutrition Facts Serving Size Servings per container (varied)	Snickerdoodle Cookie 1 Cookie = 1.6oz (45g)		Sugar Cookie 1 Cookie = 1.6oz (45g)		Pecan Chocolate Chip Cookie 1 Cookie = 1.6oz (45g)		Macadamia White Chip Cookie 1 Cookie = 1.6oz (45g)		Caramel Chocolate Pecan Cookie 1 Cookie = 1.6oz (45g)		Chocolate Chocolate Chip Cookie 1 Cookie = 1.6oz (45g)		Mocha White Chunk Cookie 1 Cookie = 1.6oz (45g)		Apple Oat Pecan Cookie 1 Cookie = 1.6oz (45g)	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	Amt. Per Serving	% Daily Value	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	190		180		210		220		210		190		200		190	
Calories from Fat	70		60		100		110		90		90		90		90	
Total Fat	8g	12%	7g	11%	11g	17%	13g	20%	10g	16%	9g	15%	10g	15%	10g	15%
Saturated Fat	4.5g	24%	4g	21%	5g	25%	6g	31%	4.5g	21%	5g	27%	6g	30%	3.5g	18%
Trans Fatty Acids	0g		0g		0g		0g		0g		0g		0g		0g	
Cholesterol	30mg	11%	35mg	12%	20mg	7%	25mg	9%	20mg	7%	30mg	10%	25mg	9%	20mg	7%
Sodium	230mg	10%	220mg	9%	190mg	8%	130mg	5%	190mg	8%	150mg	6%	180mg	8%	95mg	4%
Total Carbohydrate	27g	9%	27g	9%	26g	9%	24g	8%	26g	9%	26g	9%	26g	9%	26g	9%
Dietary Fiber	Less than 1g	3%	less than 1g	2%	Less than 1g	4%	Less than 1g	3%	Less than 1g	3%	2g	6%	Less than 1g	2%	2g	9%
Sugars	14g		12g		16g		15g		16g		18g		16g		16g	
Protein	2g		3g		3g		2g		3g		2g		2g		2g	
Vitamin A		6%		6%		4%		4%		4%		4%		4%		4%
Calcium		2%		*		*		4%		4%		2%		2%		2%
Vitamin C		*		*		*		*		*		*		0		*
Iron		4%		2%		4%		2%		2%		4%		2%		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.																
*Not a significant source of this nutrient																

Nutrition Facts Serving Size Servings per container (varied)	Oatmeal Chocolate Chip Cookie 1 Cookie = 1.6oz (45g)		Oatmeal Raisin Cookie 1 Cookie = 1.6oz (45g)		Chocolate Chip Cookie 1 Cookie = 1.6oz (45g)		Honey Roasted Peanut Butter Chunk Cookie 1 Cookie = 1.6oz (45g)		Toffee Almond Chip Cookie 1 Cookie = 1.6oz (45g)		Chocolate Chip Celebration Cookie 1 Cookie = 1.6oz (45g)		Chocolate Chip Celebration Cookie 1 Cookie = 3oz (85g)		Red Velvet White Chip Cookie 1 Cookie = 1.6oz (45g)	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	Amt. Per Serving	% Daily Value	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	190		180		190		220		190		190		370		190	
Calories from Fat	70		50		70		120		80		70		130		80	
Total Fat	8g	12%	6g	9%	8g	12%	13g	20%	9g	14%	8g	12%	15g	23%	9g	14%
Saturated Fat	1.5g	22%	3.5g	17%	5g	25%	5g	24%	6g	28%	5g	24%	9g	45%	5g	27%
Trans Fatty Acids	0g		0g		0g		0g		0g		0g		0g		0g	
Cholesterol	20mg	6%	20mg	7%	20mg	7%	20mg	6%	25mg	9%	25mg	8%	45mg	15%	15mg	4%
Sodium	160mg	6%	130mg	5%	180mg	7%	150mg	6%	180mg	8%	180mg	7%	340mg	14%	150mg	6%
Total Carbohydrate	29g	10%	29g	10%	29g	10%	23g	8%	27g	9%	29g	10%	55g	18%	26g	9%
Dietary Fiber	1g	6%	1g	5%	1g	5%	1g	5%	Less than 1g	4%	Less than 1g	3%	2g	7%	Less than 1g	2%
Sugars	16g		19g		17g		15g		16g		18g		33g		18g	
Protein	3g		2g		2g		4		2g		2g		4g		2g	
Vitamin A		4%		4%		4%		4%		4%		4%		8%		2%
Calcium		2%		2%		*		*		*		2%		2%		4%
Vitamin C		*		*		*		*		*		*		*		*
Iron		4%		4%		6%		4%		4%		4%		6%		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.																
*Not a significant source of this nutrient																

These products are produced in a plant which handles peanuts, tree nuts, eggs, milk, soy, chocolate and wheat.

Cookies

Nutrition Facts Serving Size Servings per container (varied)	Double Chocolate Chip Almond Cookie 1 Cookie = 1.5oz (45g)		Butterscotch Cookie 1 Cookie = 1.3oz (37g)		Cocoa Sugar Cookie 1 Cookie = 1.6oz (45g)		Cherry Almond Cookie 1 Cookie = 1.6oz (45g)		Chocolate Marshmallow Pecan Cookie 1 Cookie = 1.6oz (45g)		Lemon Coconut Cookie 1 Cookie = 1.6oz (45g)		Salty Caramel Chocolate Cookie 1 Cookie = 1.6oz (45g)		Caramel Apple Cookie 1 Cookie = 1.6oz(45g)	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	Amt. Per Serving	% Daily Value	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	200		200		180		190		180		190		190		180	
Calories from Fat	80		80		70		80		80		80		70		70	
Total Fat	8g	14%	9g	14%	8g	12%	9g	14%	8g	13%	8g	13%	8g	12%	7g	11%
Saturated Fat	4.5g	23%	6g	31%	4.5g	21%	4.5g	23%	4g	19%	6g	29%	5g	24%	4g	21%
Trans Fatty Acids	0g		0g		0g		0g		0g		0g		0g		0g	
Cholesterol	20mg	7%	20mg	7%	35mg	12%	20mg	7%	25mg	9%	25mg	9%	25mg	8%	25mg	9%
Sodium	200mg	8%	120mg	5%	220mg	9%	160mg	7%	160mg	7%	210mg	9%	220	9%	290mg	12%
Total Carbohydrate	27g	9%	28g	9%	25g	8%	27g	9%	26g	9%	27g	9%	28g	9%	27g	9%
Dietary Fiber	1g	4%	0g	0%	1g	5%	2g	7%	1g	6%	Less than 1g	3%	Less than 1g	3%	1g	5%
Sugars	15g		17g		13g		12g		15g		15g		16g		21g	
Protein	3g		2g		3g		3g		3g		2g		2g		2g	
Vitamin A		4%		4%		6%		10%		4%		4%		4%		4%
Calcium		2%		2%		*		2%		*		*		2%		2%
Vitamin C		*		*		*		*		*		*		*		*
Iron		4%		2%		2%		4%		4%		2%		4%		4%
*Percent Daily Values are based on a 2,000-calorie diet. Your Daily values may be higher or lower depending on Your calorie needs.																
*Not a significant source of this nutrient																

Cookies

Nutrition Facts Serving Size Servings per container (varied)	Cranberry White Chip Cookie 1 Cookie = 1.6oz. (45g)		Chocolate Double Chunk Cookie 1 Cookie = 1.6oz. (45g)		Double Mint Chocolate Cookie 1 cookie = 1.6oz(45g)		Sugar and Spice Cookie 1 Cookie = 1.6oz (45g)		Lemon Blueberry Cookie 1 Cookie = 1.6oz (45g)		Vanilla Malted Cookie 1 Cookie = 1.6oz (45g)		Chocolate Mint Chip Cookie 1 Cookie = 1.6oz (45g)		Cinnamon Chip Cookie 1 Cookie = 1.6oz (45g)	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	Amt. Per Serving	% Daily Value	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	190		190		190		200		180		180		190		200	
Calories from Fat	70		80		90		80		60		60		70		80	
Total Fat	8g	12%	9g	14%	9g	15%	9g	13%	6g	9%	6g	10%	8g	12%	9g	13%
Saturated Fat	4.5g	23%	5g	24%	5g	27%	5g	27%	3.5g	18%	4g	19%	4.5g	23%	4g	20%
Trans Fatty Acids	0		0g		0g		0g		0g		0g		0g		0g	
Cholesterol	20mg	7%	35mg	12%	30mg	10%	30mg	10%	30mg	10	30mg	10%	15mg	6%	15mg	4%
Sodium	135mg	6%	150mg	6%	150mg	6%	170mg	7%	190mg	8	250mg	10%	150mg	6%	180mg	7%
Total Carbohydrate	28g	9%	27g	9%	26g	9%	28g	9%	27g	9	28g	9%	30g	10%	29g	10%
Dietary Fiber	1g	5%	1g	5%	2g	6%	1g	4%	3g	12%	0g	0%	1g	5%	1g	6%
Sugars	17g		18g		18g		16g		13g		14g		21g		16g	
Protein	2g		2g		2g		2g		3g		3g		2g		2g	
Vitamin A		4%		4%		4%		6%		4%		4%		4%		4%
Calcium		2%		2%		2%		2%		*		4%		2%		*
Vitamin C		*		*		*		*		*		*		*		*
Iron		4%		2%		4%		2%		4%		*		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.																
*Not a significant source of this nutrient																

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Cookies

Nutrition Facts	Couble Almond Chip Cookie															
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Serving Size																
Servings per container (varied)																
	1 Cookie = 1.6oz (45g)															
Calories	200															
Calories from Fat	80															
Total Fat	9g	14%														
Saturated Fat	4.5g	23%														
Trans Fatty Acids	0															
Cholesterol	20mg	7%														
Sodium	150mg	6%														
Total Carbohydrate	27g	9%														
Dietary Fiber	1g	4%														
Sugars	15g															
Protein	3g															
Vitamin A		4%														
Calcium		2%														
Vitamin C		*														
Iron		4%														
*Percent Daily Values are based on a 2,000-calorie diet. Your Daily values may be higher or lower depending on Your calorie needs.			*Not a significant source of this nutrient													

Cut out Cookies

Frosted Cookies

Nutrition Facts	Buttercream Frosted Cut-Out Cookie with Sugar Decorations		Buttercream Frosted Cut-Out Cookie		Buttercream Frosted Fudge Cut Out Cookie				Buttercream Frosted Mini Triple Chocolate		Buttercream Frosted Mini Cutout Cookie				Frosted Banana Split With Walnuts	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Serving Size																
Servings per container (varied)																
	1 Cookie = 1.5oz (43g)		1 Cookie = 1.5oz (43g)		1 Cookie = 1.5oz (43g)				1 Cookie = .8oz(23g)		1 Cookie = 8oz (23g)				1 Cookie = 1.6oz (45g)	
Calories	170		170		190				100		90				190	
Calories from Fat	50		50		70				40		30				120	
Total Fat	6g	9%	6g	9%	8g	12%			4.5g	7%	3.5g	5%			14g	21%
Saturated Fat	3.5g	16%	3.5g	16%	4.5g	23%			2.5g	13%	2g	10%			7g	35%
Trans Fatty Acids	0g		0g		0g				0g		0g				0g	
Cholesterol	20mg	7%	20mg	7%	30mg	11%			15mg	4%	15mg	4%			30mg	10%
Sodium	210mg	9%	210mg	9%	170mg	7%			65mg	3%	65mg	3%			190mg	8%
Total Carbohydrate	30g	10%	30g	10%	27g	9%			14g	5%	15g	5%			17g	6%
Dietary Fiber	0g	0%	0g	0%	Less than 1g	3%			Less than 1g	2%	0g	0%			1g	6%
Sugars	22g		22g		16g				11g		11g				9g	
Protein	1g		1g		2g				1g		1g				2g	
Vitamin A		4%		4%		6%				2		2%				8%
Calcium		2%		2%		2%				2%		*				2%
Vitamin C		*		*		*				*		*				*
Iron		*		*		2%				2%		*				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.			* Not a significant source of this nutrient.													

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Frosted Cookies

Nutrition Facts Serving Size Servings per container (varied)	Buttercream Frosted Lemon Burst 1 Cookie = 1.6oz. (45g)		Buttercream Frosted Cinnamon Pumpkin 1 Cookie = 1.6oz. (45g)		Buttercream Frosted Triple Chocolate Cookie 1 Cookie = 1.6oz. (45g)		Buttercream Frosted Keylime White Chip Cookie 1 Cookie = 1.6oz. (45g)		Buttercream Frosted Orange Citrus Cookie 1 Cookie = 1.6oz. (45g)		Buttercream Frosted Chocolate Caramel Pecan 1 Cookie = 1.6oz. (45g)		Buttercream Frosted Chocoalte Chocolate Chip 1 Cookie = 1.6oz. (45g)		Frosted Mint Chocolate Chip Cookie 1 Cookie = 1.6oz. (45g)	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	180		180		190		190		180		200		200		190	
Calories from Fat	60		60		80		70		60		80		80		80	
Total Fat	7g	10%	7g	11%	9g	15%	8g	12%	7g	11%	9g	14%	9g	14%	8g	13%
Saturated Fat	4g	19%	4g	21%	5g	26%	5g	24%	4.5g	22%	5g	26%	5g	26%	4.5g	24%
Trans Fatty Acids	0g		0g		0g		0g		0g		0g		0g		0g	
Cholesterol	30mg	9%	20mg	6%	30mg	9%	25mg	9%	30mg	9%	20mg	7%	20mg	7%	25mg	9%
Sodium	180mg	7%	135mg	6%	150mg	6%	150mg	6%	160mg	7%	95mg	4%	95mg	4%	125mg	5%
Total Carbohydrate	30g	10%	28g	9%	27g	9%	29g	10%	28g	9%	30g	10%	30g	10%	28g	9%
Dietary Fiber	0g	0%	Less than 1g	2%	1g	5%	0g	0%	0g	0%	1g	5%	1g	5%	Less than 1g	4%
Sugars	19g		21g		21g		21g		19g		24g		24g		23g	
Protein	2g		1g		2g		2g		2g		2g		2g		2g	
Vitamin A		4%		20%		6%		8%		6%		4%		4%		4%
Calcium		2%		2%		2%		4%		*		2%		2%		2%
Vitamin C		2%		*		*		2%		*		*		*		*
Iron		2%		2%		2%		2%		2%		2%		4%		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.	*Not a significant source of this nutrient															

Frosted Cookies

Nutrition Facts Serving Size Servings per container (varied)	Buttercream Frosted Red Velvet Cookie 1 Cookie = 1.6oz (45g)		Buttercream Frosted Banana Walnut Cookie 1 Cookie = 1.6oz (45g)		Buttercream Frosted Sugar and Spice Cookie 1 cookie = 1.6oz (45g)		Buttercream Frosted Peanut Butter Candy Cookie 1 cookie = 1.6oz (45g)		Frosted Cookies and Cream Cookie 1 Cookie = 1.6oz (45g)		Buttercream Frosted Chocolate Peppermint 1 Cookie = 1.6oz (45g)		Buttercream Frosted Strawberry Sugar Cookie 1 Cookie = 1.6oz (45g)		Fudge Buttercream Frosted Peanut Butter Cookie 1 Cookie = 1.6 (45g)	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	Amt. Per Serving	% Daily Value	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	170		180		180		250		190		210		190		200	
Calories from Fat	50		70		70		120		70		80		60		100	
Total Fat	6g	9%	8g	12%	8g	12%	13g	20%	8g	12%	9g	14%	7g	10%	11g	17%
Saturated Fat	3.5g	18%	4g	9%	5g	24%	7g	33%	4.5g	24%	4.5g	23%	4g	20%	5g	26%
Trans Fatty Acids	0g		0g		0g		0g		0g		0g		0g		0g	
Cholesterol	15mg	5%	20mg	7%	25mg	8%	25mg	8%	25mg	8%	25mg	8%	25mg	9%	20mg	7%
Sodium	150mg	6%	115mg	5%	120mg	5%	170mg	7%	105mg	4%	110mg	5%	125mg	5%	150mg	6%
Total Carbohydrate	29g	10%	26g	9%	27g	9%	33g	11%	30g	10%	32g	11%	30g	10%	24g	8%
Dietary Fiber	Less than 1g	2%	0g	0%	Less than 1g	4%	1g	5%	1g	4%	Less than 1g	4%	0g	0%	1g	4%
Sugars	21g		19g		19g		26g		25g		22g		21g		17g	
Protein	1g		2g		1g		4g		2g		2g		2g		3g	
Vitamin A		4%		4%		4%		6%		4%		4%		2%		4%
Calcium		2%		*		2%		2%		2%		2%		2%		2%
Vitamin C		*		*		*		*		*		*		30%		*
Iron		2%		2%		2%		2%		2%		4%		2%		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.	*Not a significant source of this nutrient															

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Crunchy Cookies

Nutrition Facts	Crunchy Snickerdoodle Cookies		Crunchy Chocolate Chip Cookies		Crunchy Oatmeal Scotchie Cookies											
	2 Cookies=24g		2 Cookies=24g		2 Cookies=24g											
Serving Size	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Servings per container (varied)																
Calories	100		100		110											
Calories from Fat	25		45		45											
Total Fat	3g	4%	5g	8%	5g	8%										
Saturated Fat	1.5g	9%	3g	14%	3.5g	17%										
Trans Fatty Acids	0g		0g		0g											
Cholesterol	15mg	5%	15mg	4%	15mg	5%										
Sodium	90mg	4%	65mg	3%	90mg	4%										
Total Carbohydrate	17g	6%	15g	5%	14g	5%										
Dietary Fiber	Less than 1g	3%	Less than 1g	2%	Less than 1g	4%										
Sugars	11g		9g		8g											
Protein	1g		1g		1g											
Vitamin A		2%		2%		2%										
Calcium		2%		*		*										
Vitamin C		*		*		*										
Iron		2%		2%		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.							*Not a significant source of this nutrient.									

Trays

Nutrition Facts	Pecan Cinnamon Drops		Pecan Butterballs		Spritz		Chocolate Spritz		Pumpkin Spritz		Butter Crisp		Chocolate Chip Butter Crisp			
	4 Cookies = approx. 1.6g (45g)		4 Cookies = approx. 1.6g (45g)		7 cookies= approx. 1.6oz (45g)		7 cookies = approx. 1.6oz (45g)		7 cookies= approx. 1.6oz(45g)		4 cookies = .4oz (11g) approx. 1.6oz (45g)		4 cookies = .4oz (11g) approx. 1.6oz (45g)			
Serving Size	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Servings per container (varied)																
Calories	210		220		200		200		190		210		210			
Calories from Fat	110		120		90		100		80		110		100			
Total Fat	12g	19%	14g	21%	10g	16%	11g	17%	9g	14%	12g	18%	12g	18%		
Saturated Fat	6g	28%	6g	31%	6g	31%	6g	32%	5g	27%	7g	36%	7g	35%		
Trans Fatty Acids	0g		0g		0g		0g		0g		0g		0g			
Cholesterol	25mg	8%	25mg	9%	35mg	12%	30mg	10%	35mg	12%	40mg	13%	35mg	11%		
Sodium	130mg	5%	150mg	6%	135mg	6%	110mg	5%	150mg	6%	140mg	6%	125mg	5%		
Total Carbohydrate	24g	8%	21g	7%	25g	8%	25g	8%	24g	8%	24g	8%	24g	8%		
Dietary Fiber	1g	6%	0g	4%	Less than 1g	2%	1g	6%	Less than 1g	3%	Less than 1g	2%	0g	3%		
Sugars	10g		7g		9g		15g		13g		9g		11g			
Protein	2g		3g		3g		3g		2g		2g		3g			
Vitamin A		6%		8%		8%		6%		15%		8%		8%		
Calcium		2%		*		*		2%		2%		*		*		
Vitamin C		*		*		*		*		*		*		*		
Iron		4%		2%		2%		2%		2%		*		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.							*Not a significant source of this nutrient.									

These products are produced in a plant which handles peanuts, tree nuts, eggs, milk, soy, chocolate and wheat.

.8oz Cookies

Nutrition Facts Serving Size Servings per container (varied)	Chocolate Chip Cookie 1 cookie = .8oz(23g)		Chocolate Chocolate Chip Cookie 1 cookie = .8oz(23g)		Red Velvet White Chip Cookie 1 Cookie = .8oz (23g)		Oatmeal Raisin Cookie 1 cookie = .8oz(23g)		Sugar Cookie 1 cookie = .8oz(23g)						
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	
Calories	100		100		100		90		90						
Calories from Fat	35		45		50		30		30						
Total Fat	4g	6%	5g	7%	5g	8%	3g	5%	3.5g	5%					
Saturated Fat	2.5g	13%	3g	14%	3.5g	16%	2g	9%	2g	11%					
Trans Fatty Acids	0g		0g		0g		0g		0g						
Cholesterol	10mg	4%	15mg	5%	10mg	3%	10mg	4%	20mg	6%					
Sodium	90mg	4%	75mg	3%	35mg	1%	75mg	3%	110mg	5%					
Total Carbohydrate	15g	5%	13g	4%	11g	4%	15g	5%	14g	5%					
Dietary Fiber	Less than 1g	2%	Less than 1g	3%	0g	1%	Less than 1g	3%	0g	0%					
Sugars	9g		9g		8g		9g		6g						
Protein	1g		1g		1g		1g		1g						
Vitamin A		2%		2%		2%		2%		2%					
Calcium		*		2%		2%		2%		*					
Vitamin C		*		*		*		*		*					
Iron		2%		2%		*		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.		*Not a significant source of this nutrient													

Sandwich Cookies

Nutrition Facts Serving Size Servings per container	Key Lime Sandwich Cookie 1=1.2oz (34g)		Lemon Sandwich Cookie 1=1.2oz (34g)		Orange Sandwich Cookie 1=1.2oz (34g)		Strawberry Sandwich Cookie 1=1.2oz (34g)		Halloween Sandwich Cookie 1=1.2oz (34g)		Cheryl Oh's 1 Cookie = 1oz (28g)					
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	Amt. Per Serving	% Daily Value	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	140		140		140		140	140	140		130					
Calories from Fat	45		45		45		50	40	40		50					
Total Fat	5g	8%	5g	8%	5g	8%	6	4.5g	4.5g	7%	6g	9%				
Saturated Fat	3g	16%	3g	16%	3g	15%	2.5	2.5g	2.5g	12%	3.5g	17%				
Trans Fatty Acids	0g		0g		0g		0	0g	0g		0g					
Cholesterol	25mg	8%	25mg	8%	25mg	8%	20	10mg	10mg	4%	20mg	6%				
Sodium	115mg	6%	115mg	6%	115mg	8%	125	95mg	95mg	4%	85mg	4%				
Total Carbohydrate	22g	7%	22g	7%	23g	8%	22	26g	26g	9%	20g	7%				
Dietary Fiber	0g	0%	0g	0%	0g	0%	0	0g	0g	0%	0	2%				
Sugars	14g		14g		14g		13	26g	26g		17g					
Protein	2g		2g		2g		1	0g	0g		1g					
Vitamin A		4%		4		4%				2%		4%				
Calcium		*		*		*				2%		2%				
Vitamin C		*		*		*				*		*				
Iron		2%		2		2%				*		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.		*Not a significant source of this nutrient														

These products are produced in a plant which handles peanuts, tree nuts, eggs, milk, soy, chocolate and wheat.

Whoopie Pie

Nutrition Facts Serving Size Servings per container	Buttercream Sandwich Cookie 1=1.8oz (51g)		Mint Buttercream Chocolate Sandwich Cookie 1=2.5oz (71g)		Strawberry Buttercream Sugar Sandwich Cookie 1=2.5oz (71g)		Vanilla Buttercream Chip Sandwich Cookie 1=2.5oz (71g)		Red Velvet Whoopie Pie 1= 2.5oz (71g)		Chocolate Whoopie Pie 1= 2.5oz (71g)		Vanilla Whoopie Pie 1= 2.5oz (71g)		Pumpkin Whoopie Pie 1= 2.5oz (71g)	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	240		300		290		310		270		240		260		270	
Calories from Fat	70		110		100		110		90		80		80		100	
Total Fat	8g	13%	13g	20%	11g	17%	13g	20%	9g	15%	9g	14%	9g	14%	11g	17%
Saturated Fat	4.5g	23%	7g	35%	7g	35%	7g	35%	6g	28%	5g	25%	6g	28%	7g	34%
Trans Fatty Acids	0g		0g		0g		0g		0g		0g		0g		0g	
Cholesterol	35mg	11%	40mg	13%	45mg	15%	30mg	10%	25mg	8%	35mg	12%	45mg	15%	30mg	10%
Sodium	280mg	12%	160mg	7%	270mg	11%	230mg	10%	290mg	12%	410mg	17%	190mg	8%	230mg	10%
Total Carbohydrate	39g	13%	46g	15%	46g	15%	46g	15%	43g	14%	37g	12%	42g	14%	41g	14%
Dietary Fiber	0g	0%	1g	4%	0g	0%	1g	4%	1g	5%	2g	6%	Less than 1g	2%	1g	4%*
Sugars	27g		37g		31g		34g		28g		22g		26g		27g	
Protein	2g		3g		3g		3g		3g		3g		3g		2g	
Vitamin A		6%		6%		6%		*		6%		6%		6%		35%
Calcium		2%		4%		2%		4%		4%		4%		2%		2%
Vitamin C		*		*		*		*		*		*		*		*
Iron		2%		4%		2%		4%		4%		2%		2%		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.																
*Not a significant source of this nutrient																

Sugar Free

Nutrition Facts Serving Size Servings per container (varied)	Sugar Free Fudge Brownie 2.8oz.(80g) 1 slice		Sugar Free Frosted Cutout Cookie 1 cookie = 1.3oz(37g)		Sugar Free Blondie Walnut Bar 2.25oz (64g) 1 slice		Sugar Free Triple Chocolate Cookie 1.3oz (37g)		Sugar Free Chocolate Chip Cookie 1 Cookie = 1.2oz(34g)		Sugar Free Snickerdoodle Cookie 1 cookie = 1.2oz(34g)		Sugar Free Lemon Cake Slice 1 slice = 2.25oz (64g)		
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	
Calories	300		130		250		130		130		120		230		
Calories from Fat	180		50		140		60		60		50		140		
Total Fat	20g	31%	5g	8%	15g	23%	7g	10%	7g	10%	6g	9%	16g	25%	
Saturated Fat	12g	58%	3g	16%	7g	36%	3.5g	18%	4g	19%	3.5g	17%	5g	24%	
Trans Fatty Acids	0g		0g		0g		0g		0g		0g		0g		
Cholesterol	75mg	25%	20mg	7%	40mg	14%	20mg	6%	20mg	7%	15mg	5%	55mg	18%	
Sodium	140mg	6%	105mg	4%	190mg	8%	85mg	3%	150mg	6%	60mg	2%	160mg	7%	
Total Carbohydrate	43g	14%	23g	8%	35g	12%	23g	8%	20g	7%	21g	7%	29g	10%	
Dietary Fiber	1g	5%	0g	0%	1g	6%	1g	4%	Less than 1g	4%	<1g	3%	0g	0%	
Sugars	0g		0g		0g		0g		0g		0g		0g		
Sugar Alcohol	32g		4g		24g		7g		10g		10g		19g		
Protein	4g		1g		3g		1g		2g		2g		3g		
Vitamin A		10%		4%		6%		4%		4%		4%		4%	
Calcium		2%		2%		2%		2%		*		*		2%	
Vitamin C		*		*		*		*		*		*		*	
Iron		10%		*		6%		2%		4%		2%		4%	
*Percent Daily Values are based on a 2,000-calorie diet. Your Daily values may be higher or lower depending on Your calorie needs.															

These products are produced in a plant which handles peanuts, tree nuts, eggs, milk, soy, chocolate and wheat.

Sugar free

Brownies – Individually Wrapped Slice

Nutrition Facts	Sugar Free Lemon Cookie		Sugar Free Oatmeal Pecan						Fudge Brownie Mini 1 bar = approximately .7oz (20g)		Blondie Walnut Brownie Mini 1 bar = approximately .7oz(20g)		Cocoa Brownie Bar 1 slice = 3oz (85g)		
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	
Serving Size varied Servings per container (varied)															
Calories	120		150						80		90			330	
Calories from Fat	45		100						30		45			110	
Total Fat	5g	8%	11g	18%					3.5g	5%	5g	8%		12g	19%
Saturated Fat	3g	15%	4.5g	22%					2g	10%	2g	11%		8g	38%
Trans Fatty Acids	0g		0g						0g		0g			0g	
Cholesterol	15mg	5%	25mg	8%					10mg	3%	10mg	4%		35mg	12%
Sodium	130mg	5%	150mg	6%					45mg	2%	35mg	1%		180mg	7%
Total Carbohydrate	20g	7%	16g	5%					12g	4%	11g	4%		53g	18%
Dietary Fiber	0g	0%	1g	6%					0g	0%	0g	0%		2g	9%
Sugars	0g		0g						8g		7g			.37g	
Sugar Alcohol	8g		9g						1g		1g				
Protein	2g		2g							2%		2%		4g	
Vitamin A		*		6%						*		*			4%
Calcium		*		2%						*		*			2%
Vitamin C		*		*						2%		2%			10%
Iron		2%		4%											*
*Percent Daily Values are based on a 2,000-calorie diet. Your Daily values may be higher or lower depending on Your calorie needs.															

Brownies – Individually Wrapped Slices

Nutrition Facts	Frosted Celebration Bar 1 slice 4.25oz(120g) varied		Oatmeal Scotchie Bar 1 slice 3oz (85g) varied		Chocolate Chocolate Fudge Bar 1 slice 3oz (85g) varied		Toffee Crunch Bar 1 slice 3oz (85g) varied		Fudge Bar 1 slice 3oz (85g) varied		Blondie Walnut Bar 1 slice 3oz (85g) varied		Raspberry Crumb Bar 1 slice 3oz (85g) varied		Cashew Chocolate Chip Bar 1 slice 3oz (85g) varied	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Serving Size Servings per container (varied)																
Calories	510		340		370		330		330		370		330		370	
Calories from Fat	180		140		200		170		130		190		120		180	
Total Fat	20g	31%	16g	24%	22g	34%	19g	28%	14g	22%	21g	33%	14g	21%	20g	30%
Saturated Fat	12g	62%	10g	50%	10g	52%	10g	50%	8g	41%	9g	34%	8g	41%	10g	50%
Trans Fatty Acids	0g		0g		0g		0g		0g		0g		0g		0g	
Cholesterol	55mg	18%	55mg	19%	75mg	24%	95mg	29%	45mg	15%	50mg	17%	35mg	11%	55mg	18%
Sodium	250mg	11%	200mg	8%	210mg	9%	200mg	8%	190mg	8%	170mg	7%	230mg	10%	320mg	13%
Total Carbohydrate	79g	26%	46g	15%	46g	15%	42g	13%	50g	17%	45g	15%	50g	17%	46g	15%
Dietary Fiber	1g	5%	2g	6%	2g	9%	2g	8%	1g	6%	1g	6%	2g	7%	1g	5%
Sugars	61g		28g		36g		32g		35g		32g		21g		32g	
Protein	5g		4g		5g		5g		4g		g		4g		5g	
Vitamin A		8%		8%		10%		10%		6%		8%		10%		8%
Calcium		6%		4%		4%		2%		4%		4%		*		4%
Vitamin C		*		*		*		*		*		*		*		*
Iron		8%		6%		6%		4%		8%		6%		4%		8%
*Percent Daily Values are based on a 2,000-calorie diet. Your Daily values may be higher or lower depending on Your calorie needs.																
*Not a significant source of this nutrient.																

These products are produced in a plant which handles peanuts, tree nuts, eggs, milk, soy, chocolate and wheat.

Nutrition Facts Serving Size Servings per container (varied)	Zebra Bar		Apricot Almond Bar		Caramel Fudge Brownie Bar		Buttercream Frosted Classic Vanilla Brownie Bar		Buttercream Frosted Hot Fudge Brownie Bar		Buttercream Frosted Peanut Butter Brownie Bar		Buttercream Frosted Fudge Mint Brownie Bar		Frosted Cinnamon Pecan Blondie Bar	
	1 slice 3.2oz(90g)		1 slice 3oz (85g)		1 slice 3.35oz (95g)		1 slice 3oz (85g)		1 slice 3oz (85g)		1 slice 3oz (85g)		1 slice = 3oz (85g)		1 slice = 3oz (85g)	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	380		340		390		330		340		350		350		380	
Calories from Fat	180		140		170		110		130		130		130		170	
Total Fat	20g	31%	15g	24%	18g	28%	13g	19%	15g	23%	15g	23%	14g	22%	18g	28%
Saturated Fat	12g	59%	7g	37%	11g	56%	7g	361%	8g	42%	8g	42%	8g	41%	9g	47%
Trans Fatty Acids	0g		0g		0g		0g		0g		0g		0g		0g	
Cholesterol	75mg	24%	30mg	10%	65mg	22%	35mg	12%	45mg	14%	40mg	13%	40mg	13%	45mg	15%
Sodium	260mg	11%	310mg	13%	250mg	10%	260mg	11%	190mg	8%	200mg	8%	160mg	7%	200	8%
Total Carbohydrate	51g	17%	48g	16%	58g	19%	56g	19%	51g	17%	52g	17%	58g	19%	50g	17%
Dietary Fiber	2g	7%	2g	10%	2g	9%	Less than 1g	4%	2g	6%	Less than 1g	4%	1g	5%	Less than 1g	4%
Sugars	39g		20g		50g		45g		39g		41g		47g		41g	
Protein	5g		4g		5g		3g		4g		4		3g		3g	
Vitamin A		10%		8%		8%		6%		8%		6%		6%		8%
Calcium		2%		4%		6%		4%		4%		2%		4%		4%
Vitamin C		*		6%		*		*		*		*		*		*
Iron		6%		6%		6%		6%		6%		4%		6%		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.		*Not a significant source of this nutrient.														

Brownie Rounds

Nutrition Facts Serving Size Servings per container (varied)	Caramel & Pecan Brownie Round		Chocolate Chip Brownie Round		Fudge & Chocolate Brownie Round		Peanut Butter Brownie Round		Fudge Brownie Round with Fudge Frosting		Blondie Walnut Brownie Round/ Buttercream Frosting		Birthday Party Brownie Round		Mint Brownie Round	
	About 8 Servings 1 srvg = 2.3 oz		About 8 Servings 1srvg = 2.3 oz		About 8 Servings 1srvg = 2.3 oz		About 8 Servings 1srvg = 2.3 oz		About 8 servings 1 srvg=2.8oz		About 8 serv. 1 srvg=2.8oz		About 8 Servings 1 srvg = 2.3 oz		About 8 Servings 1 srvg = 2.3oz (65g)	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	250		260		260		270		320		370		270		250	
Calories from Fat	90		90		100		100		120		190		100		90	
Total Fat	10g	16%	10g	16%	12g	18%	12g	18%	14g	21%	21g	33%	12g	18%	10g	15%
Saturated Fat	6g	28%	6g	32%	7g	35%	6g	31%	8g	42%	9g	48%	6g	31%	6g	28%
Trans Fatty Acids	0g		0g		0g		0g		0g		0g		0g		0g	
Cholesterol	25mg	9%	30mg	10%	30mg	11%	30mg	9%	40mg	14%	50mg	17%	30mg	9%	30mg	10%
Sodium	190mg	8%	135mg	6%	160mg	7%	160mg	7%	200mg	8%	170mg	7%	160mg	7%	125mg	5%
Total Carbohydrate	40g	13%	42g	14%	40g	13%	39g	13%	48g	16%	45g	15%	39g	13%	42g	14%
Dietary Fiber	Less than 1g	3%	Less than 1g		1g	4%	Less than 1g	3%	1g	4%	1g	8%	Less than 1g	3%	Less than 1g	3%
Sugars	26g		34g		31g		31g		37g		32g		31g		33g	
Protein	2g		2g		2g		3g		3g		5g		3g		2g	
Vitamin A		4%		4%		6%		4%		6%		8%		4%		4%
Calcium		2%		2%		2%		2%		2%		4%		2%		2%
Vitamin C		*		*		*		*		*		*		*		*
Iron		4%		4%		4%		4%		4%		6%		4%		4%
*Percent Daily Values are based on a 2,000-calorie diet. Your Daily values may be higher or lower depending on Your calorie needs.		*Not a significant source of this nutrient.														

These products are produced in a plant which handles peanuts, tree nuts, eggs, milk, soy, chocolate and wheat.

Cake Slices

Nutrition Facts	Macadamia Pineapple Cake Slice 1 Slice = 2.8oz(79g)		Lemon Cake Slice 1 Slice = 2.8oz(79g)		Chocolate Cake Slice 1 Slice = 2.4oz (68g)		Pumpkin Pecan Cake Slice 1 Slice = 2.5oz(71g)		Banana Chip Cake Slice 1 Slice = 2.8oz(79g)		Cinnamon Pecan Pound Cake 1 Slice = 2.5oz (71g)		Vanilla Pound Cake Slice 1 slice = 2.5oz (71g)			
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	260		240		220		250		260		250		240			
Calories from Fat	120		80		80		120		100		110		90			
Total Fat	13g	20%	9g	14%	9g	13%	13g	21%	11g	17%	12g	18%	10g	16%		
Saturated Fat	5g	24%	1.5g	7%	1g	6%	4g	19%	5g	25%	3.5g	19%	3.5g	16%		
Trans Fatty Acids	0g		0g		0g		0g		0g		0g		0g			
Cholesterol	40mg	13%	40mg	13%	20mg	6%	30mg	10%	35mg	12%	45mg	14%	45mg	15%		
Sodium	220mg	9%	390mg	16%	220mg	9%	310mg	13%	330mg	14%	280mg	12%	290mg	12%		
Total Carbohydrate	33g	11%	35g	12%	36g	12%	32g	11%	37g	12%	33g	11%	33g	11%		
Dietary Fiber	1g	5%	0g	0%	2g	9%	1g	6%	1g	5%	Less than 1g	4%	0g	0%		
Sugars	21g		17g		24g		21g		25g		19g		20g			
Protein	3g		4g		4g		3g		3g		3g		3g			
Vitamin A		4%		2%		*		35%		6%		4%		4%		
Calcium		2%		4%		2%		2%		2%		4%		2%		
Vitamin C		4%		2%		*		2%		4%		*		*		
Iron		2%		4%		4%		4%		4%		6%		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.		*Not a significant source of this nutrient.														

Cakes

Candy& Snacks

Nutrition Facts	Caramel Chocolate Pecan 1 Slice Loaf=10 slices Bundt=13 slices		Cinnamon Streusel 1 Slice Loaf=8 slices Bundt=12 slices		Lemon Streusel 1 Slice Loaf=8 slices Bundt=11 slices				Birch Pretzel Rods Serving size= 2 (37g) Servings per container=8		Yogurt Pretzels 1 serving = 40g		Chocolate Pretzels 1 serving = 40g		Drizzled Pretzels Serving Size 1oz (28g)	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	Amt. Per Serving	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	270		200		330				170		190		190		140	
Calories from Fat	130		25		170				50		80		80g		60	
Total Fat	15g	23%	3g	13%	19g	29%			5g	8%	8g	12%	9g	14%	7g	11%
Saturated Fat	5g	25%	.5g	11%	7g	33%			4.5g	23%	7g	35%	8g	40%	6g	30%
Trans Fatty Acids	0g		0g		0g				0g		0g		0g		0g	
Cholesterol	35mg	12%	0mg	0%	60mg	20%			0mg	0%	1mg	0%	0mg	0%	0mg	0%
Sodium	150mg	6%	330mg	11%	190mg	8%			270mg	11%	131mg	5%	85mg	4%	135mg	6%
Total Carbohydrate	37g	12%	39g	12%	38g	13%			28g	9%	27g	9%	26g	9%	19g	6%
Dietary Fiber	2g	9%	Less than 1g	5%	0g	0%			1g	4%	0g	0%	1g	4%	0g	0%
Sugars	26g		24g		26g				12g		18g		16g		12g	
Protein	4g		5g		5g				3g		1g		2g		1g	
Vitamin A		2%		*		6%				*		*		*		*
Calcium		4%		6%		2%				2%		*		*		*
Vitamin C		*		*		*				*		2%		4%		*
Iron		6%		6%		4%				4%		1%		1%		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.		*Not a significant source of this nutrient.														

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Candy& Snacks

Nutrition Facts Serving Size Servings per container (varied)	Lrg Chocolate Pretzel w/Cookie Gems 1 pretzel = 1.5oz (43g)		Lrg Chocolate Pretzel w/Toffee 1pretzel = 1.5oz (43g)		Lrg White Pretzel w/ Coconut 1 pretzel = 1.5oz (43g)		Milk Chocolate Covered Pretzel 1Pretzel = 1oz (28g) 1 Serving		White Confection Pretzel w/ Drizzle 1 pretzel = 1oz (28g) 1 Serving		Mesh Bag of Chocolate Serving Size = 1 bag = 28g					
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	Amt. Per Serving	% Daily Value	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	210		210		210		130		140		150					
Calories from Fat	90		110		100		60		60		80					
Total Fat	10g	15%	12g	18%	11g	17%	6g	9%	7g	11%	9g	14%				
Saturated Fat	6g	30%	7g	35%	7g	35%	3.5g	18%	6g	30%	5g	25%				
Trans Fatty Acids	0g		0g		0g		0g		0g		0g					
Cholesterol	5mg	2%	10mg	3%	5mg	2%	0mg	1%	0mg	0%	5mg	2%				
Sodium	120mg	5%	100mg	4%	100mg	4%	85mg	3%	15mg	1%	20mg	1%				
Total Carbohydrate	28g	9%	27g	9%	28g	9%	19g	6%	19g	0%	17g	6%				
Dietary Fiber	1g	4%	7g	4%	2g	8%	1g	3%	0g	0%	1g	4%				
Sugars	17g		19g		16g		10g		12g		16g					
Protein	3g		2g		3g		2g		2g		2g					
Vitamin A		*		*		*		*		*		*				
Calcium		4%		4%		4%		*		2%		6%				
Vitamin C		*		*		*		2%		*		*				
Iron		6%		4%		6%		4%		*		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.	*Not a significant source of this nutrient															

Candy& Snacks

Nutrition Facts Serving Size Servings per container	Milk Chocolate Pretzel Cluster Serving Size = 3pc (36g)		White Pretzel Cluster Serving Size = 3pc (36g)				Buckeyes 3 pieces = 1.43oz(40.5g)		Foil Wrapped Milk Chocolate approx – 5 pieces 1.4oz(40g)		Crispie Pop Serving Size 1 pc. (43g)		Popcorn Ball Serving Size 1 Ball=31g		Sugar Free Milk Choc Caramel 2 pcs = 35g 2 Servings	
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	Amt. Per Serving	% Daily Value	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	180		190				210		210		200		130		110	
Calories from Fat	90		90				120		110				20		60	
Total Fat	10g	15%	10g	15%			14g	22%	12g	19%	8g	12%	2g	3%	6g	9%
Saturated Fat	8g	30%	9g	44%			6g	30%	8g	38%			.5g	3%	4g	20%
Trans Fatty Acids	0g		0g						0g		1g		0g		0g	
Cholesterol	5mg	1%	0mg	0%			5mg	2%	5mg	2%			0mg	0%	5mg	2%
Sodium	50mg	2%	85mg	3%			70mg	3%	20mg	1%	115mg	5%	135mg	6%	5mg	0%
Total Carbohydrate	23g	8%	24g	8%			18g	6%	24g	8%	31g	10%	27g	9%	19g	6%
Dietary Fiber	1g	4%	0g	1%			1g	4%	<1g	3%			1g	4%	0g	0%
Hydrogenated Starch																
Sugar Alcohol															18g	
Sugars	17g		19g				15g		23g		20g		18g		*	
Protein	2g		2g				5g		2g		2g		1g		1g	
Vitamin A		*		*				*		2%				*		*
Calcium		4%		4%				*		6%				*		*
Vitamin C		*		*				4%		2%				*		*
Iron		4%		*				2%		4%				*		*
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Snacks

Nutrition Facts Serving Size Servings per container	Deluxe Mixed Nuts 1 serving = 30g		Cinnamon Pecans Serving=1oz Varied		Buckeye Crunch Serving=1oz 7 Servings		Chocolate Caramel Pecan Clusters 1pc=.8oz (23g)		Honey Mustard Pretzel Nibs 1 serving = 30g			
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	190		160		160		120		120			
Calories from Fat	150		120		80		70		10			
Total Fat	18g	28%	13g	20%	8g	12%	3g	16%	2g	2%		
Saturated Fat	3g	15%	1g	5%	6g	30%	7g	12%	0g	0%		
Trans Fatty Acids	0g		0g		.1g		0g		0g			
Cholesterol	0mg	0%	0mg	0%	5mg	2%	5mg	1%	0mg	0%		
Sodium	75mg	3%	95mg	4%	60mg	2%	25mg	1%	490mg	20%		
Total Carbohydrate	7g	2%	10g	3%	20g	7%	12g	4%	24g	8%		
Dietary Fiber	2g	8%	2g	8%	0g	0%	Less than 1g	3%	1g	4%		
Sugars	1g		8g		16g		10g		2g			
Protein	5g		2g		1g		1g		2g			
Vitamin A		*		*		4%		*		*		
Calcium		*		*		2%		*		*		
Vitamin C		3%		*		<2%		4%		1%		
Iron		8%		2%		<2%		2%		7%		
*Percent Daily Values are based on a 2,000-calorie diet. Your Daily values may be higher or lower depending on Your calorie needs.												

Mrs. Beasley's Teacakes

Mrs. Beasley's Cookies

Nutrition Facts Serving Size Servings per container about 15	Pumpkin Walnut Teacake 1 serving = 1.01oz (30g)		Lemon Teacake 1 serving = 1.01oz (30g)		Carrot Teacake 1 serving = 1.01oz (30g)		Chocolate Teacake 1 serving = 1.01oz (30g)						Truffle Cookie 1 serving = 1.6oz (45g) 4 servings			
	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	Amt. Per Serving	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Calories	110		110		130		110							170		
Calories from Fat	40		50		70		60							60		
Total Fat	4.5g	7%	6g	9%	8g	13%	7g	10%						7g	11%	
Saturated Fat	.5g	3%	1.5g	8%	1g	6%	2g	10%						3.5g	17%	
Trans Fatty Acids	0		0		0		0							0		
Cholesterol	10mg	4%	25mg	8%	15mg	5%	25mg	8%						30mg	10%	
Sodium	85mg	4%	180mg	7%	180mg	7%	150mg	6%						150mg	6%	
Total Carbohydrate	18g	6%	13g	4%	14g	5%	13g	4%						27g	9%	
Dietary Fiber	1g	2%	0g	0%	0g	0	0g	0%						1g	5%	
Sugars	10g		0g		9g		3g							16g		
Protein	1g		1g		1g		2g							3g		
Vitamin A		30%		2%		10%		2%							4%	
Calcium		*		2%		*		4%							2%	
Vitamin C		*		*		*		*							*	
Iron		4%		2%		2%		4%							4%	
*Percent Daily Values are based on a 2,000-calorie diet. Your Daily values may be higher or lower depending on Your calorie needs.													*Not a significant source of this nutrient.			

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Mrs. Beasley's Mini Teacakes

Nutrition Facts	Chocolate Mini Teacake		Carrot Mini Teacake		Lemon Mini Teacake		Pumpkin Walnut Mini Teacake	
	1 serving = 1.75oz (49.5g)		1 serving = 1.75oz (49.5g)		1 serving = 1.75oz (49.5g)		1 serving = 1.01oz (30g)	
Serving Size	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	Amt. Per Serving	% Daily Value	% Daily Value
Servings per container 2								
Calories	170		210		190		110	
Calories from Fat	80		110		90		40	
Total Fat	9g		13g	20%	10g	15%	4.5g	7%
Saturated Fat	4g	19%	2g	9%	3g	15%	.5g	3%
Trans Fatty Acids	0g		0g		0g		0	
Cholesterol	30mg	10%	0mg	0%	40mg	14%	10mg	4%
Sodium	140mg	6%	200mg	8%	230mg	10%	85mg	4%
Total Carbohydrate	22g	7%	23g	8%	22g	7%	18g	6%
Dietary Fiber	1g	5%	1g	4%	0g	0%	1g	2%
Sugars	14g		14g		14g		10g	
Protein	2g		2g		3g		1g	
Vitamin A		2%		20%		2%		30%
Calcium		2%		2%		2%		*
Vitamin C		*		2%		*		*
Iron		8%		2%		2%		4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily values may be higher or lower depending on Your calorie needs.								

Miss Grace Gracelets

Miss Grace Bundt Cakes

Nutrition Facts	Orange Gracelet		Lemon Gracelet		Chocolate Fudge Gracelet		Vanilla Pound Bundt		Lemon Bundt		Chocolate Bundt		Orange Bundt		Chocolate Fudge Bundt with Walnuts	
	1 serving = 3.18oz(90g)		1 serving = 2.65oz (75g)		1 serving = 2.65oz (75g)		1 serving = 2.4oz (68g)		1 serving = 2.3oz (65g)		1 serving = 2.4oz (68g)		1 serving = 2.25oz (64g)		1 serving = 2.4oz (68g)	
Serving Size	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	Amt. Per Serving	% Daily Value	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value	Amt. Per Serving	% Daily Value
Servings per container (varied)																
Calories	310		270		300		200		220		270		200		280	
Calories from Fat	100		70		150		50		50		140		70		150	
Total Fat	11g	17%	8g	12%	17g	26%	6g	9%	6g	9%	16g	24%	7g	11%	17g	26%
Saturated Fat	3.5g	18%	2g	9%	6g	29%	1g	5%	1.5g	7%	6g	28%	2g	10%	5g	27%
Trans Fatty Acids	1.5g		1g		0		0		1g		0		1g		0g	
Cholesterol	65mg	21%	50mg	17%	25mg	9%	50mg	17%	40mg	13%	25mg	8%	45mg	15%	25mg	8%
Sodium	220mg	9%	270mg	11%	340mg	14%	190mg	8%	220mg	9%	300mg	12%	160mg	7%	290mg	12%
Total Carbohydrate	51g	17%	48g	16%	37g	12%	33g	11%	40g	13%	34g	11%	32g	11%	32g	11%
Dietary Fiber	Less than 1g	3%	0		2g	8%	0g	0%	0g	0	2g	7%	0g	0	2g	7%
Sugars	40g		37g		26g		23g		32g		24g		24g		22g	
Protein	4g		3g		3g		3g		2g		3g		3g		3g	
Vitamin A		2%		8%		2%		2%		6%		2%		2%		2%
Calcium		4%		2%		2%		4%		2%		2%		2%		2%
Vitamin C		8%		10%		*		*		10%		*		4%		*
Iron		6%		4%		6%		4%		4%		6%		4%		6%
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