

NUTRITIONAL FACTS

Lambertz

3.77lb Gingerbread Assortment in Large Tin

HAEBERLEIN-METZGER Nürnberger Truhe, 1710 g/ 3,77 lbs

Composition (European cookies) 1000 g
Biscuit assortment

Ingredients: Unbleached Wheat Flour, Sugar, Vegetable Shortening (Palm And Coconut Fat, Rapeseed And Sunflower Oil), Chocolate Liquor, Cocoa Butter, Invert Sugar Syrup, Dried Whey (From Milk), Wheat Starch, Non Fat Dry Milk, Dry Milk, Butterfat (From Milk), Almonds, Low Fat Cocoa Powder (Processed With Alkali), Rasped Coconut, Liquid Egg Whites, Food Starch - Modified (From Wheat), Lactose, Dried Eggs, Dextrose, Leavening (Ammonium Bicarbonate, Sodium Bicarbonate, Sodium Acid Pyrophosphate), Soy Lecithins, Orange Peel, Salt, Flavour, Glucose Fructose Syrup, Dried Egg Whites, Mono- And Diglycerides Of Fatty Acids, Sunflower Lecithins, Rapeseed Lecithins, Vanilla Extract, Acidifier (Citric Acid), Color (Beta Carotene). **Contains Wheat, Milk, Lactose, Egg, Tree Nuts (Almonds, Coconuts, Hazelnuts) And Soy. Processed In A Facility That Also Processes Other Tree Nuts (Cashews, Walnuts, Pistachios) And Peanuts.**

Der Große (Gingerbread) 125 g
Soft Gingerbread Cookies, glazed

Ingredients : Nuts And Kernels (Almonds, Hazelnuts, Walnuts), Sugar, Candied Orange Peel (Orange Peel, Glucose Fructose Syrup, Sugar), Unbleached Wheat Flour, Marzipan (Almonds, Sugar, Invert Sugar Syrup), Figs, Candied Lemon Peel (Lemon Peel, Glucose Fructose Syrup, Sugar), Thin Wafers (Unbleached Wheat Flour, Potato Starch), Glucose Fructose Syrup, Spices (Cinnamon, Cloves, Coriander, Aniseed, Allspices, Ginger, Nutmeg), Honey, Apricots, Glucose Syrup, Liquid Eggs, Milk Protein, Leavening (Sodium Bicarbonate), Potato Starch, Humectant (Sorbitol), Dried Egg Whites, Salt, Wheat Starch, Citric Acid (Acidifier), Gum Arabic. **Contains Egg, Tree Nuts (Hazelnuts, Walnuts, Almonds), Wheat and Milk. Processed in a facility that also processes Other Tree Nuts (Pistachios, Cashew Kernels, Coconut), Peanuts and Soy.**

Nutrition Facts	
Serving Size 30g (4 cookies)	
Servings Per Container 33	
Amount Per Serving	
Calories 170	Calories from Fat 90
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol <5mg	0%
Sodium 30mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 2g	
Vitamin 0%	Vitamin C 0%
Calcium 2%	Iron 6%
*Percent Daily Values are based on a diet of 2,000 calories a day. 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 Fibre	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Nutrition Facts	
servings per container	about 2
Serving size	1/2 cookies (55g)
Amount per serving	
Calories	208
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	2%
Trans Fat 0.01g	
Cholesterol 5mg	1%
Sodium 140mg	3%
Total Carbohydrate 14g	3%
Dietary Fiber 3g	6%
Total Sugars 10g	
Includes Added Sugars 10g	20%
Protein 5g	10%
Vitamin D 11 mcg	22%
Calcium 2mg	4%
Iron 1mg	2%
Potassium 129mg	3%
*The Daily Value (DV) tells you how much a nutrient in a serving of food contributes to daily diet. 2,000 calories a day is used for general nutrition advice.	

NUTRITIONAL FACTS

Lambertz

3.77lb Gingerbread Assortment in Large Tin

Elisen Nr. 5 glasiert (Gingerbread) 175 g

Soft Gingerbread Cookies On Wafers, glazed

Ingredients: Nuts And Kernels (Hazelnuts, Walnuts, Almonds), Sugar, Candied Orange Peel (Orange Peel, Glucose Fructose Syrup, Sugar), Unbleached Wheat Flour, Marzipan (Almonds, Sugar, Invert Sugar Syrup), Figs, Thin Wafers (Unbleached Wheat Flour, Potato Starch), Candied Lemon Peel (Lemon Peel, Glucose Fructose Syrup, Sugar), Honey, Spices (Cinnamon, Cloves, Coriander, Aniseed, Allspices, Ginger, Nutmeg), Apricots, Glucose Fructose Syrup, Liquid Eggs, Wheat Starch, Potato Starch, Milk Protein, Leavening (Sodium Bicarbonate), Humectant (Sorbitol), Sunflower Lecithins, Salt, Dried Egg Whites, Citric Acid (Acidifier), Gum Arabic. **Contains Egg, Tree Nuts (Hazelnuts, Walnuts, Almonds), Wheat and Milk. Processed in a facility that also processes Other Tree Nuts (Pistachios, Cashew Kernels, Coconut), Peanuts and Soy.**

Elisen Nr. 5 Zartbitter (Gingerbread) 175 g

Soft Gingerbread Cookies On Wafers With Chocolate (12%)

Ingredients: Nuts And Kernels (Almonds, Hazelnuts, Walnuts), Sugar, Candied Orange Peel (Orange Peel, Glucose Fructose Syrup, Sugar), Unbleached Wheat Flour, Marzipan (Almonds, Sugar, Invert Sugar Syrup), Chocolate Liquor, Figs, Thin Wafers (Unbleached Wheat Flour, Potato Starch), Candied Lemon Peel (Lemon Peel, Glucose Fructose Syrup, Sugar), Cocoa Butter, Honey, Spices (Cinnamon, Cloves, Coriander, Aniseed, Allspices, Ginger, Nutmeg), Apricots, Glucose Fructose Syrup, Liquid Eggs, Wheat Starch, Milk Protein, Leavening (Sodium Bicarbonate), Humectant (Sorbitol), Sunflower Lecithins, Salt, Dried Egg Whites, Citric Acid (Acidifier). **Contains Egg, Tree Nuts (Hazelnuts, Walnuts, Almonds), Wheat and Milk. Processed in a facility that also processes Other Tree Nuts (Pistachios, Cashew Kernels, Coconut), Peanuts and Soy.**

Petits Soleils (Gingerbread and Confectionery) 235 g

Assorted gingerbread and confectionery with 19% milk chocolate and 13% dark chocolate

Ingredients: Sugar, Unbleached Wheat Flour, Fruit Filling [Glucose Fructose Syrup, Apple Products (Apple Pasted, Apple Pulp, Apple Juice From Apple Juice Concentrate), Sugar, Gelling Agent (Pectin), Acidity Regulator (Sodium Citrate), Natural Flavoring, Acid (Citric Acid)], Chocolate Liquor, Cocoa Butter, Honey, Whole Milk, Hazelnuts, Dry Marzipan (Almonds, Sugar, Invert Sugar Syrup), Glucose Fructose Syrup, Pistachio Marzipan (Almonds, Sugar, Invert Sugar Syrup, Pistachios), Persipan (Apricot Kernels, Sugar, Invert Sugar Syrup), Almonds, Marzipan-Cream (Invert Sugar Syrup, Almonds, Sugar), Confectioners' Sugar, Candy Sugar, Candied Fruits [Orange Peel, Glucose Fructose Syrup, Lemon Peel, Sugar, Acid (Citric Acid)], Whey Powder (From Milk), Spices (Aniseed, Cinnamon, Coriander, Cloves, Allspice, Nutmeg, Ginger, Cardamom), Leavening (Sodium Carbonates, Potassium Carbonates, Ammonium Carbonates), Pure Butterfat, Walnuts, Non Fat Dry Milk, Emulsifier [(Lecithins (Contains Soy))], Baking Wafers (Wheat Flour, Potato Starch), Fructose, Humectants (Sorbitol, Invertase), Apricots, Figs, Invert Sugar Syrup, Whole Egg, Potato Starch, Wheat Starch, Lactose, Caramel Sugar Syrup, Milk Protein, Apple Extract, Salt, Dried Egg White, Acidity Regulator (Citric Acid), Natural Vanilla Flavour, Sunflower Oil, Thickener (Gum Arabic). **Contains Milk, Egg, Tree Nuts (Hazelnuts, Almonds, Pistachios, Walnuts), Wheat and Soy. Processed in a facility that also processes Other Tree Nuts (Coconuts, Cashew Kernels) and Peanuts.**

Nutrition Facts	
servings per container	about 3
Serving size	1.2 cookies (55g)
Amount per serving	
Calories	207
% Daily Value*	
Total Fat 7g	14%
Saturated Fat 3g	6%
Trans Fat 0.0g	
Cholesterol 7mg	14%
Sodium 145mg	6%
Total Carbohydrate 30g	12%
Dietary Fiber 4g	16%
Total Sugars 15g	
Includes Added Sugars 11g	22%
Protein 2g	4%
Vitamin D 1.1mcg	22%
Calcium 8mg	1%
Iron 1mg	2%
Potassium 120mg	3%

*The Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
servings per container	about 3
Serving size	1.2 cookies (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 11g	22%
Saturated Fat 3g	6%
Trans Fat 0.0g	
Cholesterol 7mg	14%
Sodium 114mg	5%
Total Carbohydrate 30g	12%
Dietary Fiber 4g	16%
Total Sugars 15g	
Includes Added Sugars 13g	26%
Protein 1g	2%
Vitamin D 1.1mcg	22%
Calcium 8mg	1%
Iron 2mg	4%
Potassium 142mg	3%

*The Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
7 Servings per container	
Serving Size 3 piece (35g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 7g	14%
Saturated Fat 3g	6%
Trans Fat 0g	
Cholesterol <5mg	10%
Sodium 55mg	2%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 15g	
Includes 15g Added Sugars	30%
Protein 2g	4%
Vitamin D 0.9mcg	18%
Calcium 28mg	4%
Iron 2mg	4%
Potassium 111mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.