

# NUTRITIONAL FACTS

## 6-pk Coconut Macaroons



### Plain Coconut Macaroon

Nutrition Facts	
Serving Size 1 cookie (32g)	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 60
<b>%Daily Value*</b>	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 16g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 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:

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 Carb	300g	375g
Dietary Fiber	25g	30g



### Choc Coconut Macaroon

Nutrition Facts	
Serving Size 1 cookie (37g)	
Amount Per Serving	
<b>Calories</b> 150	Calories from Fat 70
<b>%Daily Value*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 17g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	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:

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 Carb	300g	375g
Dietary Fiber	25g	30g

**INGREDIENTS:** COCONUT, SUGAR, GLUCOSE SYRUP, EGG WHITE, POTATO STARCH, DEXTROSE.

**CONTAINS:** COCONUT AND EGGS MAY CONTAIN MILK, SOY AND TRACES OF OTHER TREE NUTS.

**INGREDIENTS:** SUGAR, COCONUT, GLUCOSE SYRUP, EGG WHITE, DEXTROSE, POTATO STARCH, VEGETABLE OILS AND FATS (PALM, PALM KERNEL, COCONUT), DEFATTED COCOA POWDER, STABILIZER (SORBITAN TRISTEARATE), EMULSIFIER (SOY LECITHIN).

**CONTAINS:** COCONUT, EGGS AND SOY MAY CONTAIN MILK AND TRACES OF OTHER TREE NUTS.



## 6 BELGIAN DOUBLE CHOC MACAROONS GLUTEN FREE

**INGREDIENTS:** coconut (27%), sugar\*, egg white, vegetable oils and fats (palm, palm kernel, rapeseed, coconut), chocolate (8%) (sugar, cocoa mass, cocoa butter, dextrose, emulsifier: soy lecithin), glucose syrup\*, dextrose, potato starch\*, defatted cocoa powder (3%), stabilizers (glycerol, sorbitan tristearate), emulsifier (soy lecithin).

**CONTAINS SOYA, COCONUT AND EGGS. MAY CONTAIN MILK AND NUTS.**

**STORE IN A COOL AND DRY PLACE.**

\*NO BIOENGINEERED INGREDIENTS.

For best before date: see packaging.

PRODUCT OF BELGIUM. MADE BY POPPIES INT. NV.  
IMPORTED BY POPPIES INC. - 6410 CORPORATION PARKWAY, BATTLEBORO, NC 27809  
IF YOU HAVE ANY QUESTIONS OR COMMENTS ABOUT THIS PRODUCT, PLEASE CALL 252-442-4016  
WWW.POPPIES.COM - WWW.POPPIES.US

NET WT 220 g - 7.8 oz



Nutrition Facts	
6 servings per container	
Serving size 1 macaroon (37g)	
Amount Per Serving	
<b>Calories</b>	<b>180</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 16g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0.8mg	4%
Potassium 90mg	2%

\*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.

# NUTRITIONAL FACTS

*Poppies Macaroons*