

NUTRITIONAL FACTS

Captains Chocolate Chip

Nutrition Facts	Per Serving		Per Container		Per Serving		Per Container			
		% DV*		% DV*		% DV*		% DV*		
2 servings per container	Total Fat	13g	17%	26g	33%	Total Carb.	37g	13%	75g	27%
Serving size 2 oz (57g)	Saturated Fat	2.5g	13%	5g	25%	Dietary Fiber	<1g	3%	2g	7%
Calories 280 550 per serving per container	<i>Trans Fat</i>	0g		0g		Total Sugars	27g		53g	
	Cholesterol	40mg	13%	80mg	27%	Incl. Added Sugars	26g	52%	52g	104%
	Sodium	260mg	11%	520mg	23%	Protein	3g		7g	
	Vitamin D	0.3mcg	2%	0.6mcg	2%	Potassium	980mg	20%	1950mg	40%
	Calcium	110mg	8%	210mg	15%	Vitamin A	20mcg	2%	40mcg	4%
	Iron	0.3mg	2%	0.6mg	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.

Ingredients: Base (Sugar, enriched wheat flour (flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), food starch-modified, soybean oil, contains 2% or less of: eggs, leavening (baking soda, sodium acid pyrophosphate), mono and diglycerides, natural flavor, nonfat milk, salt, soy lecithin, vital wheat gluten.), Water, Eggs, Canola Oil, Powdered Sugar, Chocolate Chips (sugar, chocolate, milk fat, cocoa butter, soy lecithin, natural flavors), Natural Preservative (fermented oregano, flaxseed, and plums), Natural Vanilla Flavoring

Contains: Milk, Egg, Wheat, Soy

Manufactured in a facility that also processes: Peanuts, Almond, Walnut, Pecan, Coconut