

# NUTRITIONAL FACTS

## THE BIG FAT COOKIE

### Oatmeal Raisin

#### Nutrition Facts

Serving Size: 1/2 (98g)

Servings Per Container: 2

##### Amount Per Serving

**Calories** 400      Calories from Fat 120

##### % Daily Value\*

**Total Fat** 14g      **22%**

Saturated Fat 8g      **40%**

Trans Fat 0g

**Cholesterol** 55mg      **18%**

**Sodium** 380mg      **16%**

**Total Carbohydrate** 63g      **21%**

Dietary Fiber 3g      **12%**

Sugars 32g

**Protein** 6g

Vitamin A 0%      •      Vitamin C 0%

Calcium 2%      •      Iron 10%

\* 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



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## THE BIG FAT COOKIE

### Chocolate Chip

#### Nutrition Facts

Serving Size: 1/2 (91g)

Servings Per Container: 2

#### Amount Per Serving

**Calories** 390      Calories from Fat 160

#### % Daily Value\*

**Total Fat** 18g      **28%**

Saturated Fat 11g      **55%**

*Trans* Fat 0g

**Cholesterol** 55mg      **18%**

**Sodium** 370mg      **15%**

**Total Carbohydrate** 55g      **18%**

Dietary Fiber 2g      **8%**

Sugars 28g

**Protein** 5g

Vitamin A 0%      •      Vitamin C 0%

Calcium 0%      •      Iron 15%

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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



# NUTRITIONAL FACTS

*THE BIG FAT COOKIE*