

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

Large Gourmet Cookies (3.5 OZ / 4.0 OZ)

### Item #s 20001 / 22001 Original Chocolate Chunk

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 410 Calories from Fat 140	
% Daily Value*	
<b>Total Fat</b> 16g	<b>24%</b>
Saturated Fat 7g	<b>37%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 65g	<b>22%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 37g	
<b>Protein</b> 5g	
Vitamin A <b>4%</b>	Vitamin C <b>0%</b>
Calcium <b>4%</b>	Iron <b>15%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), sugar, butter (cream, salt), canola oil, skim milk, eggs, baking soda, salt, vanilla. **Produced on shared equipment that processes peanuts & tree nuts.**

### Item #s 20003 / 22003 Oatmeal Raisin Cinnamon

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 390 Calories from Fat 110	
% Daily Value*	
<b>Total Fat</b> 12g	<b>19%</b>
Saturated Fat 5g	<b>24%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 66g	<b>22%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 35g	
<b>Protein</b> 6g	
Vitamin A <b>4%</b>	Vitamin C <b>0%</b>
Calcium <b>6%</b>	Iron <b>10%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, oats, sugar, raisins, butter (cream, salt), canola oil, skim milk, eggs, cinnamon, baking soda, salt, vanilla. **Produced on shared equipment that processes peanuts & tree nuts.**

### Item #s 20002 / 22002 White Chocolate Macadamia

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 430 Calories from Fat 160	
% Daily Value*	
<b>Total Fat</b> 19g	<b>29%</b>
Saturated Fat 7g	<b>36%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> 62g	<b>21%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 35g	
<b>Protein</b> 5g	
Vitamin A <b>4%</b>	Vitamin C <b>0%</b>
Calcium <b>6%</b>	Iron <b>10%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, white chocolate (sugar, nonfat milk powder, cocoa butter, lecithin, monoglycerides), butter (cream, salt), macadamia nuts, canola oil, skim milk, eggs, baking soda, salt, vanilla. **Produced on shared equipment that processes peanuts.**

### Item #s 20004 / 22004 Triple Chocolate Walnut

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 420 Calories from Fat 160	
% Daily Value*	
<b>Total Fat</b> 18g	<b>27%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 62g	<b>21%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 35g	
<b>Protein</b> 6g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>6%</b>	Iron <b>15%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, butter (cream, salt), walnuts, chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), white chocolate (sugar, nonfat milk powder, cocoa butter, lecithin, monoglycerides), canola oil, skim milk, eggs, cocoa, baking soda, salt, vanilla. **Produced on shared equipment that processes peanuts.**

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

Large Gourmet Cookies (3.5 OZ / 4.0 OZ)

### Item #s 20005 / 22005 Classic Peanut Butter

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 430 <b>Calories from Fat</b> 170	
% Daily Value*	
<b>Total Fat</b> 20g	<b>30%</b>
Saturated Fat 6g	<b>31%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 520mg	<b>22%</b>
<b>Total Carbohydrate</b> 58g	<b>19%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 32g	
<b>Protein</b> 8g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>4%</b>	Iron <b>10%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, peanut butter (peanuts, salt), sugar, butter (cream, salt), peanuts, skim milk, eggs, canola oil, baking soda, salt, vanilla. **Produced on shared equipment that processes tree nuts.**

### Item #s 20006 / 22006 Chewy Molasses-Ginger

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 390 <b>Calories from Fat</b> 100	
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 5g	<b>24%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> 67g	<b>22%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 34g	
<b>Protein</b> 5g	
Vitamin A <b>4%</b>	Vitamin C <b>0%</b>
Calcium <b>6%</b>	Iron <b>15%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, molasses, butter (cream, salt), canola oil, skim milk, eggs, spices, baking soda, salt, vanilla. **Produced on shared equipment that processes peanuts & tree nuts.**

### Item #s 20007 / 22007 Old-Fashioned Snickerdoodle

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 410 <b>Calories from Fat</b> 140	
% Daily Value*	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 6g	<b>29%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>21%</b>
<b>Sodium</b> 500mg	<b>21%</b>
<b>Total Carbohydrate</b> 61g	<b>20%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 28g	
<b>Protein</b> 6g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>2%</b>	Iron <b>10%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, eggs, butter (cream (milk), salt), canola oil, cream of tartar, baking soda, cinnamon, salt. **Produced on shared equipment that processes peanuts & tree nuts.**

### Item #s 20099 / 22099 Seasonal: Orange Cranberry

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 400 <b>Calories from Fat</b> 100	
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 5g	<b>24%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> 68g	<b>23%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 37g	
<b>Protein</b> 5g	
Vitamin A <b>6%</b>	Vitamin C <b>6%</b>
Calcium <b>4%</b>	Iron <b>10%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, butter (cream, salt), dried cranberries (cranberries, sugar, sunflower oil), canola oil, eggs, orange juice, skim milk, orange extract, baking soda, salt, vanilla. **Produced on shared equipment that processes peanuts & tree nuts.**

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

Large Gourmet Cookies (3.5 OZ / 4.0 OZ)

### Item #s 20099 / 22099 Seasonal: Ballpark Cookies

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 420 Calories from Fat 150	
% Daily Value*	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 7g	<b>36%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 35g	
<b>Protein</b> 6g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>4%</b>	Iron <b>10%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, butter (cream, salt), peanut butter (peanuts, salt), chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), toffee (sugar, palm oil, butter (cream, salt), almonds, soy lecithin), skim milk, eggs, canola oil, peanuts, baking soda, salt, vanilla.

### Item #s 20099 / 22099 Seasonal: Pumpkin Cookies

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 370 Calories from Fat 120	
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>24%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>11%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 60g	<b>20%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 30g	
<b>Protein</b> 5g	
Vitamin A <b>35%</b>	Vitamin C <b>0%</b>
Calcium <b>4%</b>	Iron <b>10%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, pumpkin, butter (cream, salt), canola oil, eggs, skim milk, spices, baking soda, salt, vanilla. **Produced on shared equipment that processes peanuts & tree nuts.**

### Item #s 30001 / 32001 Dark-Dipped Chocolate Chunk

Nutrition Facts	
Serving Size 4 oz (113g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 490 Calories from Fat 180	
% Daily Value*	
<b>Total Fat</b> 20g	<b>31%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> 74g	<b>25%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 44g	
<b>Protein</b> 6g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>6%</b>	Iron <b>15%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), sugar, butter (cream, salt), canola oil, skim milk, eggs, baking soda, salt, vanilla. **Produced on shared equipment that processes peanuts & tree nuts.**

### Item #s 30002 / 32003 Dark-Dipped Peanut Butter

Nutrition Facts	
Serving Size 4 oz (113g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 510 Calories from Fat 210	
% Daily Value*	
<b>Total Fat</b> 24g	<b>37%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrate</b> 66g	<b>22%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 40g	
<b>Protein</b> 9g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>8%</b>	Iron <b>15%</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, peanut butter (peanuts, salt), chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), sugar, butter (cream, salt), peanuts, skim milk, eggs, canola oil, baking soda, salt, vanilla. **Produced on shared equipment that processes tree nuts.**

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

Large Gourmet Cookies (3.5 OZ / 4.0 OZ)

### Item #s 30003 / 32003 White-Dipped Triple Choc. Walnut

<b>Nutrition Facts</b>	
Serving Size 4 oz (113g) 1 cookie	
Servings per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 490 Calories from Fat 200	
<b>% Daily Value*</b>	
<b>Total Fat</b> 22g	<b>34%</b>
Saturated Fat 10g	<b>48%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 440mg	<b>18%</b>
<b>Total Carbohydrate</b> 71g	<b>24%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 44g	
<b>Protein</b> 7g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>8%</b>	Iron <b>15%</b>
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, butter (cream, salt), walnuts, chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), white chocolate (sugar, nonfat milk powder, cocoa butter, lecithin, monoglycerides), canola oil, skim milk, eggs, cocoa, baking soda, salt, vanilla. **Produced on shared equipment that processes peanuts.**