

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

Small Wrapped & Labeled Gourmet Cookies

Hawaiian Cookie Varieties (1.0 oz. ea.)

### Item # 11015-150 Double Chocolate Macadamia

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 120 Calories from Fat 45	
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 120 mg	<b>5%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	<b>3%</b>
Sugars 10g	
<b>Protein</b> 2g	
Vitamin A <b>2%</b>	Vitamin C <b>0%</b>
Calcium <b>2%</b>	Iron <b>4%</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>	

#### OUR ALL-NATURAL INGREDIENTS

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

### Item # 11017-150 Chocolate Chip Macadamia

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 120 Calories from Fat 45	
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 115 mg	<b>5%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	<b>2%</b>
Sugars 10g	
<b>Protein</b> 1g	
Vitamin A <b>2%</b>	Vitamin C <b>0%</b>
Calcium <b>2%</b>	Iron <b>4%</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>	

#### OUR ALL-NATURAL INGREDIENTS

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

### Item # 11016-150 Kona Mocha Chocolate Chip

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 120 Calories from Fat 40	
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 120 mg	<b>5%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 1g	<b>2%</b>
Sugars 10g	
<b>Protein</b> 2g	
Vitamin A <b>2%</b>	Vitamin C <b>0%</b>
Calcium <b>2%</b>	Iron <b>4%</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>	

#### OUR ALL-NATURAL INGREDIENTS

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