

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

Small Wrapped & Labeled Gourmet Cookies

Traditional Cookie Varieties (1.0 oz. ea.)

### Item # 11001-150 Original Chocolate Chunk

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 2g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 90 mg	<b>4%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 1g	<b>2%</b>
Sugars 11g	
<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, chocolate chunks (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), sugar, butter (cream, salt), canola oil, skim milk, eggs, baking soda, salt, vanilla.

### Item # 11007-150 Oatmeal Chocolate Chunk

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>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 125 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, chocolate chunks (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), rolled oats, sugar, butter (cream, salt), canola oil, skim milk, eggs, baking soda, salt, vanilla.

### Item # 11003-150 Oatmeal Raisin Cinnamon

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 110 Calories from Fat 30	
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 115 mg	<b>5%</b>
<b>Total Carbohydrate</b> 19g	<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, rolled oats, sugar, raisins, butter (cream, salt), canola oil, skim milk, eggs, cinnamon, baking soda, salt, vanilla.

### Item # 11010-150 Chewy Molasses-Ginger

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 110 Calories from Fat 30	
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 115 mg	<b>5%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 0g	<b>0%</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, butter (cream, salt), molasses, canola oil, skim milk, eggs, spices, baking soda, salt, vanilla.

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

Small Wrapped & Labeled Gourmet Cookies

Traditional Cookie Varieties (1.0 oz. ea.)

### Item # 11011-150 Lemon Snickerdoodle

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>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>6%</b>
<b>Sodium</b> 140 mg	<b>6%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 8g	
<b>Protein</b> 2g	
Vitamin A <b>2%</b>	Vitamin C <b>0%</b>
Calcium <b>0%</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), sugar, eggs, butter (cream, salt), canola oil, cream of tartar, baking soda, lemon extract, salt.

### Item # 11024-150 Orange Cranberry

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>6%</b>
Saturated Fat 1g	<b>6%</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 0g	<b>0%</b>
Sugars 8g	
<b>Protein</b> 1g	
Vitamin A <b>2%</b>	Vitamin C <b>2%</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, butter (cream, salt), cranberries, canola oil, eggs, orange juice, skim milk, orange extract, baking soda, salt, vanilla.

### Item # 11012-150 Old-Fashioned Snickerdoodle

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>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>6%</b>
<b>Sodium</b> 140 mg	<b>6%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 8g	
<b>Protein</b> 2g	
Vitamin A <b>2%</b>	Vitamin C <b>0%</b>
Calcium <b>0%</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), sugar, eggs, butter (cream, salt), canola oil, cream of tartar, baking soda, cinnamon, salt.

### Item # 11025-150 Apple Walnut

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 35
% Daily Value*	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 1g	<b>6%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 110 mg	<b>5%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	<b>3%</b>
Sugars 8g	
<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, butter (cream, salt), apples, canola oil, walnuts, eggs, cinnamon, baking soda, skim milk powder, salt, lemon and vanilla extracts.