

Cougar Mountain Baking Company

NUTRITION FACTS & INGREDIENTS LISTS

Large Gourmet Cookies (3.5 OZ / 4.0 OZ)

Item # 22001

Original Chocolate Chunk

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

*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 # 22002

White Chocolate Macadamia

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

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

Item # 22003

Oatmeal Raisin Cinnamon

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

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 # 22004

Double Chocolate Hazelnut

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 420 Calories from Fat 150	
% Daily Value*	
Total Fat 17g	27%
Saturated Fat 7g	34%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 490mg	20%
Total Carbohydrate 63g	21%
Dietary Fiber 3g	11%
Sugars 35g	
Protein 6g	
Vitamin A 6%	Vitamin C 0%
Calcium 4%	Iron 15%

*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, chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), butter (cream, salt), hazelnuts, 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 # 22005 Classic Peanut Butter

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

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 # 22007 Old-Fashioned Snickerdoodle

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

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 # 22006 Chewy Molasses-Ginger

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

*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 # 22099 Seasonal: Orange Cranberry

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

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.**

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NUTRITION FACTS & INGREDIENTS LISTS

Large Gourmet Cookies (3.5 OZ / 4.0 OZ)

Item # 22099

Seasonal: Ballpark Cookies

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

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 # 32001

Dark-Dipped Chocolate Chunk

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

*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 # 22099

Seasonal: Pumpkin Cookies

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

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 # 32002

Dark-Dipped Peanut Butter

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

*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 # 32003

White-Dipped Doub. Choc. Hazelnut

Nutrition Facts	
Serving Size 4 oz (113g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 490 Calories from Fat 190	
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 10g	48%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 500mg	21%
Total Carbohydrate 71g	24%
Dietary Fiber 3g	11%
Sugars 43g	
Protein 7g	
Vitamin A 6%	Vitamin C 0%
Calcium 8%	Iron 15%
<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, chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), butter (cream, salt), white chocolate (sugar, cocoa butter, milk powder, soy lecithin, vanilla, natural flavor), hazelnuts, canola oil, skim milk, eggs, cocoa, baking soda, salt, vanilla. **Produced on shared equipment that processes peanuts.**