

Cougar Mountain Baking Company

NUTRITION FACTS & INGREDIENTS LISTS

Small Gourmet Cookies (1.0 OZ)

Item # 11001

Original Chocolate Chunk

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90 mg	4%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	2%
Sugars 11g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%

*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 # 11003

Oatmeal Raisin Cinnamon

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 115 mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	3%
Sugars 10g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%

*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 # 11010

Chewy Molasses-Ginger

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 115 mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%

*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 # 11011

Lemon Snickerdoodle

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 140 mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 4%

*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, lemon extract, salt. **Produced on shared equipment that processes peanuts & tree nuts.**

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NUTRITION FACTS & INGREDIENTS LISTS

Small Gourmet Cookies (1.0 OZ)

Item # 11012 Snickerdoodle

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 140 mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 4%

*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 # 11013 Oatmeal Butterscotch

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 130 mg	5%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	2%
Sugars 10g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%

*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, butterscotch chips (sugar, cocoa butter, milk powder, soy lecithin, vanilla, natural flavor, artificial color), oats, sugar, butter (cream, salt), canola oil, skim milk, eggs, baking soda, salt, vanilla. **Produced on shared equipment that processes peanuts & tree nuts.**

Item # 11018 Toffee Macadamia

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 140 mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%

*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), toffee (sugar, palm oil, butter (cream, salt), almonds, soy lecithin), canola oil, skim milk, macadamia nuts, eggs, baking soda, salt, vanilla. **Produced on shared equipment that processes peanuts.**

Item # 11019 Blueberry Macadamia

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 4g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 120 mg	5%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%

*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), blueberries, canola oil, macadamia nuts, eggs, baking soda, skim milk powder, salt, lemon extract, vanilla. **Produced on shared equipment that processes peanuts.**

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NUTRITION FACTS & INGREDIENTS LISTS

Small Gourmet Cookies (1.0 OZ)

Item # 11020 Kona Hazelnut

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 125 mg	5%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 9g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%

*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), hazelnuts, canola oil, skim milk, eggs, kona coffee, baking soda, salt, vanilla.

Produced on shared equipment that processes peanuts.

Item # 11021 Blueberries & Oats

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 110 mg	5%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	3%
Sugars 8g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%

*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, butter (cream, salt), Oregon blueberries, canola oil, eggs, baking soda, skim milk powder, salt, lemon extract, vanilla.

Produced on shared equipment that processes peanuts & tree nuts.

Item # 11022 Bananas & Oats

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 110 mg	5%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	3%
Sugars 9g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%

*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, butter (cream, salt), bananas, canola oil, eggs, skim milk powder, baking soda, salt, vanilla.

Produced on shared equipment that processes peanuts & tree nuts.

Item # 11026 Apple Cranberry

Nutrition Facts	
Serving Size 1 oz (28g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
Calories 110	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 135 mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	2%
Sugars 10g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 2%	Iron 4%

*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), apples, canola oil, eggs, baking soda, skim milk powder, cinnamon, salt, lemon extract, vanilla.

Produced on shared equipment that processes peanuts & tree nuts.