

Jonathan Lord

Nutrition Label

Black & White Cookie

Nutrition Facts	
Serving Size 113 g	
Amount Per Serving	
Calories 430	Calories from Fat 153
% Daily Value [*]	
Total Fat 17g	26%
Saturated Fat 3g	15%
Trans Fat Cholesterol	17%
50mg	
Sodium 210mg	9%
Total Carbohydrate 68g	23%
Dietary Fiber 2g	8%
Sugars 53g	
Protein 4g	
Vitamin A 2% • Vitamin C • 0%	
Calcium 2%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Enriched wheat flour, (ferrous sulfate niacin, thiamine, mononitrate, riboflavin, folic acid, soybean oil, non-fat milk, modified food starch, baking soda, wheat gluten, mono & diglycerides, salt), sugar, eggs, natural and artificial flavors, potassium, sorbate.

Icing: sugar, shortening, soy oil, contains 2% or less of: soy lecithin, corn syrup, water, cocoa, (processed with alkali) salt, chocolate liquor, artificial flavor.

CONTAINS: Eggs, milk, soy & wheat