

Cougar Mountain Baking Company

NUTRITION FACTS & INGREDIENTS LISTS

Small Wrapped/Labeled 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), expeller-pressed canola oil, skim milk, eggs, baking soda, sea salt, vanilla. **Produced equipment that also 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), expeller-pressed canola oil, skim milk, eggs, cinnamon, baking soda, sea salt, vanilla. **Produced equipment that also 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), expeller-pressed canola oil, skim milk, eggs, spices, baking soda, sea salt, vanilla. **Produced equipment that also 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), expeller-pressed canola oil, cream of tartar, baking soda, lemon extract, sea salt. **Produced equipment that also processes peanuts & tree nuts.**