



**INGREDIENTS AND NUTRITION FACTS –  
*Delicious Essential Reduced Fat 51% Whole Grain Cookies***

**Carnival 1.5 oz. (55688)**

**Ingredients:** Whole Wheat Flour, Sugar, Enriched Flour (Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Candy (Chocolate [Sugar, Unsweetened Chocolate, Cocoa Butter, Milk Fat, Soy Lecithin and Vanillin], Sugar, Gum Arabic, Corn Syrup, Artificial Coloring [Includes Yellow 5 Lake, Red 40 Lake, Yellow 6 Lake, Blue 2 Lake, Blue 1 Lake, Yellow 6, Blue 1, Yellow 5], Modified Coconut Oil, Confectioner's Glaze [Carnauba Wax, Beeswax, and Shellac]), Water, Eggs, Shortening (Canola Oil, Palm Oil, Palm Kernel Oil), Invert Sugar, Soybean Oil, Maltodextrin, Molasses, Baking Soda, Natural and Artificial Flavors, Lecithin, Salt, Sodium Stearoyl Lactylate, DATEM, Sodium Aluminum Phosphate.

**Contains: Wheat, Milk, Soybeans, Eggs, Yellow 5 and Yellow 6**

<b>Nutrition Facts</b>	
Serving Size 1.5 oz. (43g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 170</b>	<b>Calories from Fat 50</b>
	<b>% Daily Value*</b>
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 100mg</b>	<b>4%</b>
<b>Potassium 60mg</b>	<b>2%</b>
<b>Total Carbohydrate 28g</b>	<b>9%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 14g	
<b>Protein 2g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%
Thiamin 6%	• Riboflavin 4%
Niacin 4%	• Folate 4%
Phosphorus 6%	• Magnesium 2%
Zinc 0%	

\*Percent Daily Values are based on a 2,000 calorie diet.