



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

Chocolate Brownie 1.5 oz. (55689)

Ingredients: Sugar, Whole Wheat Flour, Enriched Flour (Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Invert Sugar, Margarine (Palm Oil, Water, Soybean Oil, Salt, Mono- and Diglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene), Water, Eggs, Cocoa processed with alkali, Soybean Oil, Molasses, Maltodextrin, Soy Flour, Baking Soda, Natural and Artificial Flavors, Fruit Powder (Pear, Apple, Plum), Salt, DATEM, Sodium Aluminum Phosphate.

Contains: Wheat, Milk, Eggs and Soybeans

Nutrition Facts	
Serving Size 1.5 oz. (43g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 150mg	6%
Potassium 110mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 2g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 6%
Thiamin 6%	• Riboflavin 4%
Niacin 4%	• Folate 4%
Phosphorus 6%	• Magnesium 4%
Zinc 0%	
*Percent Daily Values are based on a 2,000 calorie diet.	