



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

Oatmeal Raisin 1.5 oz. (55683)

Ingredients: Sugar, Whole Wheat Flour, Enriched Flour (Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Oats, Raisins, Eggs, Soybean Oil, Margarine (Palm Oil, Butter, Water, Salt, Mono- and Diglycerides, Natural Flavor, Vitamin A Palmitate, Beta Carotene), Invert Sugar, Water, Molasses, Mono- and Diglycerides, Maltodextrin, Baking Soda, Natural and Artificial Flavors, Salt, DATEM, Cinnamon, Lecithin, Sodium Aluminum Phosphate.

Contains: Wheat, Eggs, Milk and Soybeans

Nutrition Facts	
Serving Size 1.5 oz. (43g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 140mg	6%
Potassium 85mg	2%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 2g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 6%
Thiamin 6%	• Riboflavin 4%
Niacin 4%	• Folate 2%
Phosphorus 8%	• Magnesium 4%
Zinc 2%	
*Percent Daily Values are based on a 2,000 calorie diet.	