

La Bonbonniere Double Choc Chip Cookie

Nutritional Label

Regular Vs. Skinny

Nutrition Facts

Serving Size 2 1/5 oz (62 g/2.2 oz)
Servings Per Container 1

Amount Per Serving

Calories 340 Calories from Fat 160
Calories from Saturated Fat 50

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 18g | 27% |
| Saturated Fat 6g | 30% |
| <i>Trans</i> Fat 0g | |
| Polyunsaturated Fat 1.5g | |
| Monounsaturated Fat 6g | |
| Cholesterol 35mg | 11% |
| Sodium 190mg | 8% |
| Total Carbohydrate 42g | 14% |
| Dietary Fiber 1g | 3% |
| Sugars 28g | |

Protein 4g

| | | |
|--------------|---|--------------|
| Vitamin A 0% | ▪ | Vitamin C 0% |
| Calcium 2% | ▪ | Iron 15% |
| Vitamin D 0% | ▪ | Vitamin E 0% |
| Vitamin K 0% | | |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

| | | Calories | 2,000 | 2,500 |
|--------------------|-----------|----------|---------|-------|
| Total Fat | Less than | 65g | 80g | |
| Sat Fat | Less than | 20g | 25g | |
| Cholesterol | Less than | 300mg | 300mg | |
| Sodium | Less than | 2,400mg | 2,400mg | |
| Total Carbohydrate | | 300g | 375g | |
| Dietary Fiber | | 25g | 30g | |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHEAT FLOUR, WHITE, CAKE, ENRICHED, SHORTENING, ALL PURPOSE, ALL VEGETABLE, BUNGE FOODS, BAKING CHOCOLATE, MASTERFOODS USA, M&M'S MILK CHOCOLATE MINI BAKING BITS, SUGARS, GRANULATED, SUGARS, BROWN, EGG, WHOLE, RAW, FROZEN, COCOA, POWDER, PROCESSED W/WALKALI, 10/12%, HAMESTER, ALL GOLD IMPORTS, VANILLA EXTRACT, SALT, TABLE, LEAVENING AGENTS, BAKING SODA, SPICES, CINNAMON, GROUND
CONTAINS: EGGS, MILK, WHEAT

Nutrition Facts

Serving Size 2 1/5 oz (62 g/2.2 oz)
Servings Per Container 1

Amount Per Serving

Calories 250 Calories from Fat 70
Calories from Saturated Fat 30

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 7g | 11% |
| Saturated Fat 3.5g | 17% |
| <i>Trans</i> Fat 0g | |
| Polyunsaturated Fat 1.5g | |
| Monounsaturated Fat 1g | |
| Cholesterol 30mg | 11% |
| Sodium 190mg | 8% |
| Total Carbohydrate 43g | 14% |
| Dietary Fiber 1g | 5% |
| Sugars 28g | |

Protein 7g

| | | |
|--------------|---|--------------|
| Vitamin A 0% | ▪ | Vitamin C 0% |
| Calcium 2% | ▪ | Iron 15% |
| Vitamin D 0% | ▪ | Vitamin E 0% |
| Vitamin K 6% | | |

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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| Dietary Fiber | | 25g | 30g | |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHEAT FLOUR, WHITE, CAKE, ENRICHED, BAKELEAN (OLESTRA, SOYBEAN OIL, FULLY HYDROGENATED COTTONSEED OIL, ALPHA-TOCOPHERYL ACETATE (VIT E*), VIT A*, VIT K*, VIT D*)
DIETARILY INSIGNIFICANT, BAKING CHOCOLATE, MASTERFOODS USA, M&M'S MILK CHOCOLATE MINI BAKING BITS, SUGARS, GRANULATED, SUGARS, BROWN, EGG, WHOLE, RAW, FROZEN, COCOA, POWDER, PROCESSED W/WALKALI, 10/12%, HAMESTER, ALL GOLD IMPORTS, VANILLA EXTRACT, SALT, TABLE, LEAVENING AGENTS, BAKING SODA, SPICES, CINNAMON, GROUND
CONTAINS: EGGS, MILK, SOY, WHEAT