

# Oatmeal Raisin Cookie

wheat flour (unbleached, unbromated, enriched, malted barley flour niacin, iron, thiamine mononitrate, riboflavin and folic acid), raisins, brown sugar, oatmeal, butter, margarine (partially hydrogenated soy oil, water, salt, skim milk, soy lecithin, mono and diglycerides, sodium benzoate as a preservative), granulated sugar, whole eggs, molasses, salt, cinnamon, baking soda, vanilla

<b>Nutrition Facts</b>	
Serving Size 43g	
Servings Per Cont. 1	
<b>Calories 180</b> Calories from Fat 70	
<b>% Daily Value*</b>	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<b>Cholesterol 20mg</b>	<b>7%</b>
<b>Sodium 135mg</b>	<b>6%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Fiber 1g	<b>5%</b>
Sugars 9g	
<b>Protein 2g</b>	
Vitamin A 8%      ?      Vitamin C 0%	
Calcium 2%      ?      Iron 6%	
*Percent Daily Values (DV) 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	