

Sugar Cookie

Nutrition Facts

Serving Size 43g
 Servings Per Cont. 1

Calories 190 Calories from Fat 90

% Daily Value*

Total Fat 10g **16%**

Saturated Fat 4g **18%**

Cholesterol 20mg **7%**

Sodium 180mg **7%**

Total Carbohydrate 23g **8%**

Fiber 0g **0%**

 Sugars 11g

Protein 2g

Vitamin A 10% ? Vitamin C 0%

Calcium 0% ? Iron 2%

*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:

		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