



CAROLINA COOKIE COMPANY

The Only Way, Fresh Every Day

Since 1987

1.5 oz Sugar Free* Oatmeal Cookie

** not a reduced calorie food*

INGREDIENTS: BLEACHED WHEAT FLOUR, SHORTENING (SOYBEAN OIL, HYDROGENATED SOYBEAN OIL), MALTITOL, ROLLED OATS, MALTITOL SYRUP, WHOLE EGGS, CONTAINS LESS THAN 2% OF BAKING SODA, MALTODEXTRIN, NATURAL FLAVOR, SALT, SKIM MILK, SOY LECITHIN, SPICE.

CONTAINS: EGG, MILK, SOY, AND WHEAT. MANUFACTURED IN A FACILITY THAT PROCESSES WHEAT, SOY, MILK, EGGS, TREE NUTS, AND PEANUTS.

NET WEIGHT: 1.5 oz (43g)

Nutrition Facts	
Serving size	1 cookie(43g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 41mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	