

# Cookie, Pumpkin Chocolate Chip, 17.5 oz

09/22/2013

<b>Nutrition Facts</b>	
Serving Size (37g) Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 30g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 18g	
<b>Protein</b> 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 6%
Thiamin 6%	• Riboflavin 2%
Niacin 4%	• Folate 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:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated 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: Bleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Brown Sugar, Chocolate Chips [Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin (Emulsifier), Vanillin (an artificial flavor)], Spices (Nutmeg, Cinnamon, Ginger, Cloves), Pumpkin Powder (Dried Pumpkin, Maltodextrin, Lecithin), Cinnamon, Sodium Bicarbonate, Baking Powder, Salt.

Contains Milk, Soy, Wheat.

Made on equipment that also makes products containing egg ingredients.

Serving Size: 3 Tbsp (37 g), One Cookie  
Servings per Container: 13

Net Weight 17.5 oz. (496 g)

Preheat oven to 375° F. Combine bag of the cookie MIX, 1/3 cup of VEGETABLE OIL, and one 8 oz. can of PUMPKIN in a bowl. Mix together with a spoon or with a hand mixer until smooth. Drop by spoonful onto a greased cookie sheet. Bake at 375 deg F for 15 - 18 minutes.  
Makes 13 cookies.