

05/21/2013

Nutrition Facts			
Serving Size (37g)			
Servings Per Container			
Amount Per Serving			
Calories 140	Calories from Fat 15		
% Daily Value*			
Total Fat 1.5g			2%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 105mg			4%
Total Carbohydrate 30g			10%
Dietary Fiber 1g			4%
Sugars 18g			
Protein 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: 24

Net Weight 2 Lbs. (907 g)

Preheat oven to 375° F. Combine bag of the cookie MIX, 3/4 cup of VEGETABLE OIL, and one 15 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 cookies for 15 - 18 minutes.
 Makes 24 cookies.