



NUTRITION OUTPUT FORM

ITEM NUMBER: 04911

ITEM DESCRIPTION: 1.0OZ CHOCOLATE CHIP BENEFIT REDUCED FAT COOKIES WITH 51% WHOLE GRAIN - 384 CT

Nutrition Facts	
1 serving per container	
Serving size	1 cookie (28g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 95mg	4%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.8mg	4%
Potassium 50mg	2%
*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.	

100g NUTRITIONAL	
Basic Components	
Calories (kcal)	365.824
Calories from SatFat (kcal)	34.419
Protein (g)	5.850
Carbohydrates (g)	65.270
Dietary Fiber (2016) (g)	6.632
Total Sugars (g)	31.765
Added Sugar (g)	30.487
Fat (g)	11.102
Saturated Fat (g)	3.824
Mono Fat (g)	4.266
Poly Fat (g)	1.872
Trans Fatty Acid (g)	0.102
Cholesterol (mg)	36.159
Water (g)	15.612
Ash (g)	1.235
Vitamins	
Vitamin A - RAE (mcg)	0
Vitamin C (mg)	0.034
Vitamin D - IU (IU)	6.510
Vitamin D - mcg (mcg)	0.164
Minerals	
Calcium (mg)	43.050
Iron (mg)	2.924
Potassium (mg)	169.962
Sodium (mg)	330.061

INGREDIENTS: WHEAT FLOUR BLEND (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE WHEAT FLOUR), SUGAR, EGGS, VEGETABLE SHORTENING (CANOLA OIL, PALM OIL, MONO AND DIGLYCERIDES), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, SALT, VANILLIN [ARTIFICIAL FLAVOR]), OATS, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), WHEAT STARCH-MODIFIED, CONTAINS 2% OR LESS OF THE FOLLOWING: INULIN, DAIRY BLEND (WHEY, SODIUM CASEINATE, NONFAT DRY MILK, SOY LECITHIN, CALCIUM PHOSPHATE, CALCIUM OXIDE), WATER, NATURAL FLAVOR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, CALCIUM CARBONATE), SALT, SOY LECITHIN.

CONTAINS EGG, MILK, SOY, WHEAT.

CONTAINS A BIOENGINEERED FOOD INGREDIENT.

Child Nutrition Statement:

The listed serving size contains 10.99 creditable grains of which 5.61 are whole grains. This provides .50 servings of breads/grains under the Child Nutrition Program using the 16g calculator.

Storage/ Handling:

Keep Frozen (0° F or below). Shelf life up to one year when stored properly.

Preparation Instruction:

Baking / Handling Instructions: [1] Separate cookies while in frozen state. [2] Place (4 x 6) on standard lined sheet (bun) pan. [3] Bake immediately in preheated oven approx. 9-12 min: Convection oven: 310°F (155°C) Rack oven: 360°F (180°C) Reel oven: 380°F (195°C) Deck oven: 330°F (165°C) [4] Cool at room temperature.

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MODIFIED BY: Jenna Berghof

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