



THE ONLY WAY...
Fresh Every Day!

CRANBERRY APPLE OATMEAL

INGREDIENTS:

ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BUTTER (CREAM (FROM MILK)), OATS, SUGAR, BROWN SUGAR, DRIED APPLES (APPLES, TO PRESERVE FRESHNESS (SULFITING AGENTS)), SWEETENED DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), EGGS, NATURAL FLAVOR, LEAVENING (BAKING SODA), SALT.

ALLERGENS:

CONTAINS: EGGS, MILK, WHEAT

*THESE COOKIES DO NOT CONTAIN NUTS IN THE RECIPE; HOWEVER, THEY MAY BE BAKED IN THE SAME KITCHENS AND ON SHARED EQUIPMENT WITH NUT-CONTAINING COOKIES.

Nutrition Facts

1 Servings Per Container

Serving Size 1 COOKIE (37 g)

Amount Per Serving

Calories 170

% Daily Value*

Total Fat 7g 9%

Saturated Fat 4g **19%**

Trans Fat 0g

Cholesterol 30mg 10%

Sodium 160mg 7%

Total Carbohydrate 25g 9%

Dietary Fiber 1g **4%**

Total Sugars 14g

Includes 12g Added Sugars **24%**

Protein 2g 4%

Vitamin D 0.1mcg 0%

Calcium 10mg 0%

Iron 0.7mg 4%

Potassium 60mg 2%

Thiamin 6%

Riboflavin 0%

Niacin 0%

Folate 2%

* The % Daily Value (dv) 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.