



Nutritional Information

Otis Spunkmeyer One Price Variety

Chocolate Chip Cookie Dough

Nutritional Facts

Serving Size 1 Cookie (31 g)
 Servings Per Container 36
 Calories 130
 Calories from Fat 60

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 6 g	7%	
Saturated Fat 3.5 g	17%	
Trans Fat 0 g		
Cholesterol 10 mg	3%	
Sodium 100 mg	4%	
Total Carbohydrate 19 g	6%	
Dietary Fiber 1 g	3%	
Sugars 12 g		
Protein 1 g		
Vitamin A	0%	
Vitamin C	0%	
Calcium	0%	
Iron	6%	
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN (AN EMULSIFIER), NATURAL VANILLA FLAVOR WITH OTHER NATURAL FLAVORS), MARGARINE

(PALM OIL, BUTTER, WATER, SALT, MONO- AND DIGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE), EGGS, CONTAINS 2% OR LESS OF: MOLASSES, WATER, BAKING SODA, SALT, NATURAL AND ARTIFICIAL FLAVOR.

Allergens

Contains: Wheat, Eggs, Soybeans and Milk





Nutritional Information

Otis Spunkmeyer One Price Variety

Butter Sugar Cookie Dough

Nutritional Facts

Serving Size 1 Cookie (31 g)
 Servings Per Container 36
 Calories 130
 Calories from Fat 50

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*
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Total Fat 6 g	9%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 10 mg	4%
Sodium 115 mg	5%
Total Carbohydrate 19 g	6%
Dietary Fiber 0 g	1%
Sugars 11 g	
Protein 1 g	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%

Calories	2,000	2,500
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Total Fat	<	65 g	80 g
Saturated Fat	<	20 g	25 g
Cholesterol	<	300 mg	300 mg
Sodium	<	2,400 mg	2,400 mg
Potassium		300 mg	375 mg
Dietary Fiber		25 g	30 g

Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, MARGARINE

(PALM OIL, WATER, SALT, MONO- AND DIGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE), EGGS, BUTTER, INVERT SUGAR, CONTAINS 2% OR LESS OF: SALT, BAKING SODA.

Allergens

Contains: Wheat, Eggs and Milk





Nutritional Information

Otis Spunkmeyer One Price Variety

Butter Toffee Crunch Cookie Dough

Nutritional Facts

Serving Size 1 Cookie (31 g)
 Servings Per Container 36
 Calories 140
 Calories from Fat 60

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 6 g	10%	
Saturated Fat 3 g	16%	
Trans Fat 0 g		
Cholesterol 5 mg	2%	
Sodium 110 mg	5%	
Total Carbohydrate 19 g	6%	
Dietary Fiber 0 g	2%	
Sugars 12 g		
Protein 1 g		
Vitamin A	4%	
Vitamin C	0%	
Calcium	2%	
Iron	4%	
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: SUGAR, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARELY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MARGARINE (PALM OIL, WATER, CONTAINS 2% OR LESS OF: SALT, MONO- AND DIGLYCERIDES, NATURAL FLAVOR [INCLUDES MILK], CITRIC ACID, VITAMIN A PALMITATE ADDED, BETA CAROTENE [COLOR]), MILK CHOCOLATE CHIPS (SUGAR, COCOA BUTTER, WHOLE MILK, UNSWEETENED CHOCOLATE, SOY LECITHIN, VANILLIN [ARTIFICIAL FLAVOR], SALT), TOFFEE (SUGAR, CORN SYRUP, PALM OIL, BUTTER [CREAM (MILK)], ALMONDS, SALT, CARAMEL COLOR, ANNATTO [COLOR], NATURAL AND ARTIFICIAL FLAVORS, SOY LECITHIN), EGGS, INVERT SUGAR, CONTAINS 2% OR LESS OF: WHEY (MILK), WATER, SALT, BAKING SODA, ARTIFICIAL FLAVOR.

Allergens

EGG, MILK, SOY, TREE NUTS (COCONUTS, MACADAMIA, PECAN, WALNUT). MAY CONTAIN: PEANUTS, TREE NUTS.





Nutritional Information

Otis Spunkmeyer One Price Variety

Oatmeal Raisin Cookie Dough

Nutritional Facts

Serving Size 1 Cookie (31 g)
 Servings Per Container 36
 Calories 130
 Calories from Fat 40

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 4.5 g	7%	
Saturated Fat 3 g	15%	
Trans Fat 0 g		
Cholesterol 10 mg	3%	
Sodium 110 mg	5%	
Total Carbohydrate 18 g	6%	
Dietary Fiber 1 g	4%	
Sugars 10 g		
Protein 2 g		
Vitamin A	0%	
Vitamin C	0%	
Calcium	0%	
Iron	4%	
Calories	2,000	2,500
Total Fat <	65 g	80 g
Saturated Fat <	20 g	25 g
Cholesterol <	300 mg	300 mg
Sodium <	2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: SUGAR, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MARGARINE

(PALM OIL, BUTTER, WATER, SALT, MONO- AND DIGLYCERIDES, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE), ROLLED OATS, RAISINS, COCONUT, EGGS, INVERT SUGAR, CONTAINS 2% OR LESS OF: WHOLE MILK (MILK, VITAMIN A PALMITATE, VITAMIN D3), MOLASSES, BAKING SODA, SALT, ARTIFICIAL FLAVOR.

Allergens

Contains: Wheat, Eggs, Milk and Coconut





Nutritional Information

Otis Spunkmeyer One Price Variety

Chocolate Reese's Pieces® Cookie Dough

Nutritional Facts

Serving Size 1 Cookie (26 g)
 Servings Per Container 48
 Calories 120
 Calories from Fat 50

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*
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Total Fat 6 g	9%
Saturated Fat 2 g	10%
Trans Fat 0.5 g	
Cholesterol 5 mg	2%
Sodium 100 mg	4%
Total Carbohydrate 17 g	6%
Dietary Fiber 0 g	0%
Sugars 9 g	
Protein 1 g	

Vitamin A	4%
Vitamin C	0%
Calcium	0%
Iron	4%

Calories	2,000	2,500
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Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g

Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: SUGAR, ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARELY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CANDY PIECES (SUGAR, PARTIALLY DEFATTED PEANUTS, HYDROGENATED VEGETABLE OIL [PALM KERNEL AND SOYBEAN OIL], CORN SYRUP, DEXTROSE, CONTAINS 2% OR LESS OF: PALM KERNEL OIL, ARTIFICIAL COLOR [YELLOW 5 LAKE, YELLOW 6 LAKE, RED 40 LAKE, BLUE 1 LAKE], SALT, RESINOUS GLAZE, SOY LECITHIN, MODIFIED CORNSTARCH, VANILLIN [ARTIFICIAL FLAVOR], CARNAUBA WAX, MILK), MARGARINE (PALM OIL, WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF: SALT, MONO- AND DIGLYCERIDES, NATURAL FLAVORS [MILK], CITRIC ACID, VITAMIN A PALMITATE ADDED, BETA CAROTENE [COLOR]), EGGS, COCOA (PROCESSED WITH ALKALI), CONTAINS 2% OR LESS OF: MOLASSES, BAKING SODA, SALT, NATURAL AND ARTIFICIAL FLAVOR.

Allergens

EGG, MILK, PEANUTS, SOY AND WHEAT MAY CONTAIN PEANUTS AND TREE NUTS (ALMONDS, COCONUT, MACADAMIA NUTS, PECANS, WALNUTS).





Nutritional Information

Otis Spunkmeyer One Price Variety

Peanut Butter Cookie Dough

Nutritional Facts

Serving Size 1 Cookie (31 g)
 Servings Per Container 36
 Calories 140
 Calories from Fat 70

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 8 g	12%	
Saturated Fat 3 g	15%	
Trans Fat 0 g		
Cholesterol 10 mg	3%	
Sodium 140 mg	3%	
Total Carbohydrate 17 g	6%	
Dietary Fiber 1 g	3%	
Sugars 10 g		
Protein 3 g		
Vitamin A	0%	
Vitamin C	0%	
Calcium	0%	
Iron	4%	
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, PEANUT BUTTER (PEANUTS, SUGAR, PALM OIL, SALT), MARGARINE (PALM OIL, BUTTER [CREAM, SALT], WATER, CONTAINS LESS THAN 2% OF SALT, VEGETABLE MONO & DIGLYCERIDES, NATURAL FLAVOR, CITRIC ACID, VITAMIN A PALMITATE ADDED, BETA CAROTENE [COLOR]), MOLASSES, EGGS, INVERT SUGAR, CONTAINS 2% OR LESS OF: LEAVENING (BAKING SODA), SALT, NATURAL AND ARTIFICIAL FLAVOR.

Allergens

Contains: Wheat, Eggs, Milk and Peanuts





Nutritional Information

Otis Spunkmeyer One Price Variety

Snickerdoodle Cookie Dough

Nutritional Facts

Serving Size 1 Cookie (29 g)
 Servings Per Container 36
 Calories 130
 Calories from Fat 50

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*
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Total Fat 6 g	9%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 10 mg	3%
Sodium 125 mg	5%
Total Carbohydrate 18 g	6%
Dietary Fiber 0 g	0%
Sugars 10 g	
Protein 1 g	

Vitamin A	0%
Vitamin C	0%
Calcium	15%
Iron	2%

Calories	2,000	2,500
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Total Fat	<	65 g	80 g
Saturated Fat	<	20 g	25 g
Cholesterol	<	300 mg	300 mg
Sodium	<	2,400 mg	2,400 mg
Potassium		300 mg	375 mg
Dietary Fiber		25 g	30 g

Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, MARGARINE (PALM OIL, BUTTER [CREAM, SALT], WATER, CONTAINS 2% OR LESS OF SALT, MONO- AND DIGLYCERIDES, NATURAL FLAVOR, CITRIC ACID, VITAMIN A PALMITATE ADDED, BETA CAROTENE [COLOR]), EGGS, INVERT SUGAR, CONTAINS 2% OR LESS OF: CINNAMON, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, NATURAL FLAVOR.

Allergens

Contains: Wheat, Milk, Eggs





Nutritional Information

Otis Spunkmeyer One Price Variety

Triple Chocolate Chunk Cookie Dough

Nutritional Facts

Serving Size 1 Cookie (31 g)
 Servings Per Container 36
 Calories 140
 Calories from Fat 60

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 6 g	10%	
Saturated Fat 3 g	16%	
Trans Fat 0 g		
Cholesterol 5 mg	2%	
Sodium 90 mg	4%	
Total Carbohydrate 19 g	6%	
Dietary Fiber 1 g	2%	
Sugars 12 g		
Protein 1 g		
Vitamin A	0%	
Vitamin C	0%	
Calcium	2%	
Iron	4%	
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, MARGARINE (PALM OIL, WATER, SOYBEAN OIL, CONTAINS 2% OR LESS OF SALT, VEGETABLE MONO & DIGLYCERIDES, NATURAL FLAVORS, CITRIC ACID, VITAMIN A PALMITATE ADDED, BETA CAROTENE [COLOR]), MILK CHOCOLATE CHIPS (SUGAR, COCOA BUTTER, WHOLE MILK POWDER, UNSWEETENED CHOCOLATE, SOY LECITHIN [EMULSIFIER], VANILLIN [ARTIFICIAL FLAVOR], SALT), CHOCOLATE CHUNKS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLIN AND/OR VANILLA), WHITE CHOCOLATE CHIPS (SUGAR, WHOLE MILK POWDER, COCOA BUTTER, SOY LECITHIN [EMULSIFIER], VANILLIN [ARTIFICIAL FLAVOR]), EGGS, CONTAINS 2% OR LESS OF: HIGH FRUCTOSE CORN SYRUP, WATER, MOLASSES, BAKING SODA, SALT, NATURAL AND ARTIFICIAL FLAVOR.

Allergens

Contains: Wheat, Eggs, Soybeans and Milk





Nutritional Information

Otis Spunkmeyer One Price Variety

White Chocolate Macadamia Nut Cookie Dough

Nutritional Facts

Serving Size 1 Cookie (31 g)
 Servings Per Container 36
 Calories 140
 Calories from Fat 60

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 7 g	11%	
Saturated Fat 3.5 g	17%	
Trans Fat 0 g		
Cholesterol 10 mg	3%	
Sodium 105 mg	4%	
Total Carbohydrate 18 g	6%	
Dietary Fiber 0 g	1%	
Sugars 12 g		
Protein 2 g		
Vitamin A	0%	
Vitamin C	0%	
Calcium	2%	
Iron	2%	
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHITE CHOCOLATE CHIPS (SUGAR, WHOLE MILK POWDER, COCOA BUTTER, SOY LECITHIN [EMULSIFIER], VANILLIN [ARTIFICIAL FLAVOR]), MARGARINE (PALM OIL, BUTTER [CREAM, SALT], WATER, CONTAINS 2% OR LESS OF SALT, VEGETABLE MONO & DIGLYCERIDES, NATURAL FLAVOR, CITRIC ACID, VITAMIN A PALMITATE ADDED, BETA CAROTENE [COLOR]), EGGS, MACADAMIA NUTS, CONTAINS 2% OR LESS OF: MOLASSES, WATER, BAKING SODA, SALT, NATURAL AND ARTIFICIAL FLAVOR.

Allergens

Contains: Wheat, Eggs, Soy, Milk and Tree Nuts (Macadamia Nuts)





Nutritional Information

Otis Spunkmeyer One Price Variety

Cranberry Oatmeal Cookie Dough

Nutritional Facts

Serving Size 1 Cookie (31 g)
 Servings Per Container 36
 Calories 130
 Calories from Fat 45

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 5 g	8%	
Saturated Fat 2 g	11%	
Trans Fat 0 g		
Cholesterol 10 mg	3%	
Sodium 75 mg	3%	
Total Carbohydrate 20 g	7%	
Dietary Fiber 1 g	5%	
Sugars 12 g		
Protein 1 g		
Vitamin A	0%	
Vitamin C	0%	
Calcium	0%	
Iron	2%	
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: SUGAR, MARGARINE (PALM OIL, WATER, BUTTER [CREAM, SALT], SOYBEAN OIL, CONTAINS 2% OR LESS OF SALT, VEGETABLE MONO & DIGLYCERIDES, NATURAL FLAVORS, CITRIC ACID, VITAMIN A PALMITATE ADDED, BETA CAROTENE [COLOR]), ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), ROLLED OATS, CRANBERRIES, EGGS, CONTAINS 2% OR LESS OF: MOLASSES, BAKING SODA, CINNAMON, SUNFLOWER OIL, NATURAL AND ARTIFICIAL FLAVOR.
 Allergens
 Contains: Wheat, Eggs, Soybeans and Milk.





Nutritional Information

Otis Spunkmeyer One Price Variety

Double Chocolate Chip Brownies

Nutritional Facts

Serving Size 2.0 oz. (57 g)
 Servings Per Container 20
 Calories 250
 Calories from Fat 110

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 12 g	19%	
Saturated Fat 3.5 g	18%	
Trans Fat 0 g		
Cholesterol 20 mg	6%	
Sodium 135 mg	6%	
Total Carbohydrate 34 g	11%	
Dietary Fiber 1 g	5%	
Sugars 22 g		
Protein 3 g		
Vitamin A	0%	
Vitamin C	0%	
Calcium	0%	
Iron	6%	
Calories	2,000	2,500
Total Fat <	65 g	80 g
Saturated Fat <	20 g	25 g
Cholesterol <	300 mg	300 mg
Sodium <	2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: Enriched Flour (Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, High Fructose Corn Syrup, Chocolate Flavored Chips (Sugar, Partially Hydrogenated Palm Kernel Oil, Cocoa, Cocoa processed with alkali, Sorbitan Monosterate, Polysorbate 60, Soy Lecithin, Salt, Vanillin), Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose, Soy Lecithin, Vanilla), Eggs, Cocoa processed with alkali, Corn Syrup, Natural and Artificial Flavors, Salt, Mono- and Diglycerides, Baking Soda.

Allergens

Contains: Wheat, Eggs, Soybeans and Milk





Nutritional Information

Otis Spunkmeyer One Price Variety

Muffin Variety Pack

Nutritional Facts

Serving Size 1/2 Muffin (57 g)

Servings Per Container 6

Calories 200

Calories from Fat 70

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*
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Total Fat 8 g	12%
Saturated Fat 1.5 g	8%
Trans Fat 0 g	
Cholesterol 25 mg	8%
Sodium 240 mg	10%
Total Carbohydrate 28 g	9%
Dietary Fiber 1 g	4%
Sugars 16 g	
Protein 3 g	

Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%

Calories	2,000	2,500
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Total Fat	<	65 g	80 g
Saturated Fat	<	20 g	25 g
Cholesterol	<	300 mg	300 mg
Sodium	<	2,400 mg	2,400 mg
Potassium		300 mg	375 mg
Dietary Fiber		25 g	30 g

Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: WILD BLUEBERRY: SUGAR, ENRICHED BLEACHED FLOUR (BLEACHED FLOUR, MALTED BARELY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), BLUEBERRIES, SOYBEAN OIL, EGGS, WATER. CONTAINS 2% OR LESS OF THE FOLLOWING: FOOD STARCH- MODIFIED, SOY FLOUR, WHEAT PROTEIN ISOLATE, LEAVENING (SODIUM ALUMINUM PHOSPHATE), SALT, PROPYLENE GLYCOL MONOSTEARATE, MONO- AND DIGLYCERIDES, SODIUM STEAROYL LACTYKATE, POTASSIUM SORBATE AS A PRESERVATIVE, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CALCIUM SULFATE, LECITHIN.

Allergens
CONTAINS EGGS, SOY AND WHEAT.





Nutritional Information

Otis Spunkmeyer One Price Variety

Muffin Variety Pack

Nutritional Facts

Serving Size 1/2 Muffin (57 g)
 Servings Per Container 6
 Calories 220
 Calories from Fat 100

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 11 g	17%	
Saturated Fat 1.5 g	8%	
Trans Fat 0 g		
Cholesterol 25 mg	8%	
Sodium 210 mg	9%	
Total Carbohydrate 29 g	10%	
Dietary Fiber <1 g	3%	
Sugars 16 g		
Protein 3 g		
Vitamin A	0%	
Vitamin C	0%	
Calcium	4%	
Iron	6%	
Calories	2,000	2,500
Total Fat <	65 g	80 g
Saturated Fat <	20 g	25 g
Cholesterol <	300 mg	300 mg
Sodium <	2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: BANANA NUT: ENRICHED FLOUR (FLOUR, MALTED BARELY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, BANANA PUREE, EGGS, WALNUTS, WATER, CONTAINS 2% OR LESS OF THE FOLLOWING: FOOD STARCH- MODIFIED, LEAVENING (SODIUM ALUMINUM PHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), SALT, NATURAL AND ARTIFICIAL FLAVORS, WHEAT PROTEIN ISOLATE, POTASSIUM SORBATE AS A PRESERVATIVE, XANTHAN GUM, CARAMEL COLOR, CALCIUM SULFATE, LECITHIN.
 Allergens
 EGGS, WALNUTS AND WHEAT





Nutritional Information

Otis Spunkmeyer One Price Variety

Muffin Variety Pack

Nutritional Facts

Serving Size 1/2 Muffin (57 g)
 Servings Per Container 6
 Calories 220
 Calories from Fat 100

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 11 g	17%	
Saturated Fat 2.5 g	13%	
Trans Fat 0 g		
Cholesterol 30 mg	10%	
Sodium 190 mg	10%	
Total Carbohydrate 28 g	28%	
Dietary Fiber 1 g	4%	
Sugars 17 g		
Protein 3 g		
Vitamin A	0%	
Vitamin C	0%	
Calcium	2%	
Iron	6%	
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: CHOCOLATE CHOCOLATE CHIP: SUGAR, ENRICHED FLOUR (FLOUR, MALTED BARELY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SOYBEAN OIL, EGGS, WATER, CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, DEXTROSE, SOY LECITHIN, VANILLA), COCOA PROCESSED WITH ALKALI, CONTAINS LESS THAN 2% OR LESS OF THE FOLLOWING: FOOD STARCH- MODIFIED SOY FLOUR, PALM KERNEL AND PALM OIL, LEAVENING (SODIUM PHOSPHATE), CARAMEL COLOR, SALT, WHEAT PROTEIN ISOLATE, POTASSIUM SORBATE AS A PRESERVATIVE, PROPYLENE GLYCOL MONOSTEARATE, MONO- AND DIGLYCERIDES, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, CALCIUM SULFATE LECITHIN.

Allergens
 EGGS, SOY AND WHEAT





Nutritional Information

Otis Spunkmeyer One Price Variety

Cinnabon® Goopy Bites™

Nutritional Facts

Serving Size 5.6 oz. (156 g)
 Servings Per Container About 3
 Calories 520
 Calories from Fat 150
 Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 17 g	26%	
Saturated Fat 6 g	30%	
Trans Fat 0 g		
Cholesterol 18 mg	6%	
Sodium 90 mg	4%	
Total Carbohydrate 83 g	28%	
Dietary Fiber 2 g	10%	
Sugars 45 g		
Protein 9 g		
Vitamin A	5%	
Vitamin C	1%	
Calcium	10%	
Iron	7%	
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Total Carbohydrates	300 mg	375 mg
Dietary Fiber	25 g	30 g

Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: WHEAT FLOUR (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid. [May contain Vitamin C {ascorbic acid added as a dough conditioner}, enzyme {added for improving baking}, malted barley flour]), WATER, SUGAR, CARAMEL TOPPING (corn syrup, high fructose corn syrup, sugar, butter, cream, nonfat dry milk, modified food starch, salt, soy lecithin, mono and diglycerides, sodium bicarbonate, natural and artificial flavor), CREAM CHEESE FROSTING (sugar, cream cheese [pasteurized milk and cream, cultures, salt, xanthan gum and/or guar gum and/or locust bean gum], margarine [palm oil, water, soybean oil, salt, mono and diglycerides, whey solids {a milk derivative}, soy lecithin, sodium benzoate {to preserve freshness}, natural flavor, Vitamin A palmitate added], corn syrup solids, water, contains less than 2% of the following: soybean oil, artificial flavor, potassium sorbate {to preserve freshness}, guar gum, xanthan gum, lactic acid, cellulose gum, artificial color {yellow 5}, beta carotene {color}), VEGETABLE LIQUID MARGARINE (liquid and hydrogenated soybean oil, water, salt, vegetable mono & diglycerides, soy lecithin, sodium benzoate [preservative], citric acid, natural & artificial flavor, calcium disodium EDTA, beta carotene [color], Vitamin A palmitate), UNSALTED BUTTER (pasteurized cream, lactic acid, starter distillate), BROWN SUGAR, NONFAT DRY MILK, DOUGH CONDITIONER (wheat flour, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), corn syrup solids, oat fiber, sodium stearoyl lactylate [SSL], monoglycerides, guar gum, sodium alginate, yeast, wheat flour, xanthan gum, enzymes, calcium sulfate, salt, malted barley flour, ascorbic acid, soybean oil), CINNAMON, YEAST, SALT, POTASSIUM SORBATE.
 Contains: Wheat, Milk & Soy.



Nutritional Information

Otis Spunkmeyer One Price Variety

Pumpkin Roll

Nutritional Facts

Serving Size 1 Slice (89 g)

Servings Per Container 7

Calories 320

Calories from Fat 140

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*
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Total Fat 16 g	25%
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Saturated Fat 7 g	35%
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Trans Fat 0 g	
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Cholesterol 70 mg	23%
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Sodium 230 mg	10%
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Total Carbohydrate 40 g	13%
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Dietary Fiber 1 g	4%
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Sugars 29 g	
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Protein 4 g	
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Vitamin A	10%
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Vitamin C	2%
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Calcium	4%
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Iron	2%
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Calories	2,000	2,500
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Total Fat	< 65 g	80 g
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Saturated Fat	< 20 g	25 g
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Cholesterol	< 300 mg	300 mg
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Sodium	< 2,400 mg	2,400 mg
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Potassium	300 mg	375 mg
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Dietary Fiber	25 g	30 g
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Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: Sugar, cream cheese [cultured cream and milk, salt, xanthan, carob bean and guar gums], eggs, wheat flour (bleached), margarine [palm oil, water, soybean oil, salt, natural flavor (milk), soy lecithin, beta carotene (color), vitamin A palmitate] soybean oil, invert sugar, natural and artificial flavors, dehydrated pumpkin [pumpkin, maltodextrin, corn flour, lecithin], milk [vitamin D3], canola oil, fruit juice (grape, apple, pear), natural grain dextrin, corn starch, eggs (dried), glycerin, cream [cream, carrageenan, mono & diglycerides, polysorbate 80], spices [cinnamon, ginger, clove], powdered sugar [dextrose, corn starch, vegetable shortening (palm oil), titanium dioxide, natural and artificial flavor], guar & xanthan gums, oat fiber, propylene glycol, salt, baking powder [sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate], locust bean gum, baking soda, caramel color, nonfat dry milk, artificial colors [water, glycerin, FD&C yellow 5 & 6, 3 & 40, sodium benzoate (preservative)], wheat gluten, soy protein isolate, sunflower/safflower oil, soy lecithin, gum acacia.

Allergens

Egg, Milk, Soy, Wheat





Nutritional Information

Otis Spunkmeyer One Price Variety

Pepperoni French Bread Pizza

Nutritional Facts

Serving Size 1 Pizza (160 g)
 Servings Per Container 6
 Calories 390
 Calories from Fat 140

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 15 g	23%	
Saturated Fat 6 g	30%	
Trans Fat 0 g		
Cholesterol 30 mg	10%	
Sodium 960 mg	40%	
Total Carbohydrate 45 g	15%	
Dietary Fiber 2 g	8%	
Sugars 4 g		
Protein 17 g		
Vitamin A	6%	
Vitamin C	15%	
Calcium	20%	
Iron	15%	
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: Sauce: Water, tomato paste, seasoning (salt, maltodextrin, paprika, dehydrated onion and garlic, spices, citric acid, carrageenan, beet powder), modified food starch, sugar, dehydrated parmesan cheese ([milk, cheese cultures, salt, enzymes], disodium phosphate, salt). Low moisture part skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes). Pepperoni: PORK AND BEEF, SALT, SPICES, DEXTROSE, LACTIC ACID STARTER CULTURE, OLEORESIN OF PAPRIKA, FLAVORING, SODIUM ASCORBATE, SODIUM NITRITE, BHA, BHT, CITRIC ACID.

French bread: Enriched unbleached wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, SOY BEAN OIL, Contains 2 percent or less of THE FOLLOWING: partially hydrogenated vegetable shortening (soybean and cottonseed oils), dough conditioners (corn starch, SWEET whey, hydrated monoglycerides, vegetable mono and diglycerides, ascorbic acid, enzymes, ammonium sulfate, L-cysteine, SOY PROTEIN, MODIFIED CELLULOSE, LECITHIN), Sugar, salt, yeast.
 Allergens
 CONTAINS: SOY, MILK, AND WHEAT



Nutritional Information

Otis Spunkmeyer One Price Variety

Five Cheese Garlic Bread

Nutritional Facts

Serving Size 1 Piece (126 g)
 Servings Per Container 6
 Calories 430
 Calories from Fat 200

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 23 g	35%	
Saturated Fat 8 g	40%	
Trans Fat 0 g		
Cholesterol 25 mg	8%	
Sodium 690 mg	29%	
Total Carbohydrate 41 g	14%	
Dietary Fiber 2 g	8%	
Sugars 2 g		
Protein 15 g		
Vitamin A	15%	
Vitamin C	8%	
Calcium	25%	
Iron	15%	
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: Cheeses: Low moisture part skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, enzymes), Provolone cheese (pasteurized milk, cultures, salt, enzymes), Cheddar cheese (pasteurized milk, culture, salt, enzymes), Cheddar cheese (pasteurized milk, culture, salt, enzymes, annatto [vegetable color]), Romano Cheese (part-skim cow's milk, cheese cultures, salt, enzymes).
 Sauce: Margarine (soybean oil, partially hydrogenated soybean oil, water, salt, vegetable mono and diglycerides, vegetable lecithin, natural flavors, beta carotene, vitamin A palmitate added), dehydrated garlic, soybean oil, water, salt. Parsley.

French bread: Enriched unbleached wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, SOY BEAN OIL, Contains 2 percent or less of THE FOL-LOWING: partially hydrogenated vegetable shortening (soybean and cottonseed oils), dough conditioners (corn starch, SWEET whey, hydrated monoglycerides, vegetable mono and diglycerides, ascorbic acid, enzymes, ammonium sulfate, L-cysteine, SOY PROTEIN, MODIFIED CELLULOSE, LECITHIN), Sugar, salt, yeast.

Allergens

CONTAINS: SOY, MILK, AND WHEAT



Nutritional Information

Otis Spunkmeyer One Price Variety

Supreme French Bread Pizza

Nutritional Facts

Serving Size 1 Pizza (176 g)
 Servings Per Container 6
 Calories 390
 Calories from Fat 130

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 15 g	23%	
Saturated Fat 6 g	30%	
Trans Fat 0 g		
Cholesterol 30 mg	10%	
Sodium 970 mg	40%	
Total Carbohydrate 47 g	16%	
Dietary Fiber 3 g	12%	
Sugars 4 g		
Protein 17 g		
Vitamin A	8%	
Vitamin C	20%	
Calcium	20%	
Iron	15%	
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g

Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: Sauce: Water, tomato paste, modified food starch, sugar, seasoning (salt, maltodextrin, paprika, spices, citric acid, granulated garlic, granulated onion, carrageenan, beet powder), dehydrated parmesan cheese ([milk, cheese cultures, salt, enzymes], disodium phosphate, salt). Low moisture part skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, and enzymes). Pizza topping mix: Sausage (pork, beef, water, spices, salt, sugar, garlic powder), water, textured vegetable protein (soy flour, salt). Pepperoni: Pork and Beef, Salt, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Flavoring, Sodium Ascorbate, Sodium Nitrite, BHA, BHT, Citric Acid. Red and green peppers, onions.

French bread: Enriched unbleached wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, SOY BEAN OIL, Contains 2 percent or less of THE FOL-LOWING: partially hydrogenated vegetable shortening (soybean and cottonseed oils), dough conditioners (corn starch, SWEET whey, hydrated monoglycerides, vegetable mono and diglycerides, ascorbic acid, enzymes, ammonium sulfate, L-cysteine, SOY PROTEIN, MODIFIED CELLULOSE, LECITHIN), Sugar, salt, yeast.

Allergens

CONTAINS: SOY, MILK, AND WHEAT



Nutritional Information

Otis Spunkmeyer One Price Variety

Cheese French Bread Pizza

Nutritional Facts

Serving Size 1 Pizza (148 g)
 Servings Per Container 6
 Calories 330
 Calories from Fat 90

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 10 g	15%	
Saturated Fat 4 g	20%	
Trans Fat 0 g		
Cholesterol 15 mg	5%	
Sodium 680 mg	28%	
Total Carbohydrate 45 g	15%	
Dietary Fiber 2 g	8%	
Sugars 4 g		
Protein 15 g		
Vitamin A	6%	
Vitamin C	15%	
Calcium	25%	
Iron	15%	
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g
Calories/gram: Fat 9, Carbohydrate 4, Protein 4		

Ingredients

INGREDIENTS: SAUCE: WATER, TOMATO PASTE, SEASONING (SALT, MALTO-DEXTRIN, PAPRIKA, DEHYDRATED ONION AND GARLIC, SPICES, CITRIC ACID, CARRAGEENAN, BEET POWDER), MODIFIED CORN STARCH, SUGAR, DEHYDRATED PARMESAN CHEESE ([PARK SKIM MILK, CHEESE CULTURES, SALT, ENZYMES], DI-SODIUM PHOSPHATE, SALT). LOW MOISTURE PART SKIM MOZZARELLA CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, ENZYMES).

FRENCH BREAD: ENRICHED UN-BLEACHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOY BEAN OIL, CONTAINS 2 PERCENT OR LESS OF THE FOLLOWING: PARTIALLY HYDROGENATED VEGETABLE SHORTENING (SOYBEAN AND COTTONSEED OILS), DOUGH CONDITIONERS (CORN STARCH, SWEET WHEY, HYDRATED MONOGLYCERIDES, VEGETABLE MONO AND DIGLYCERIDES, ASCORBIC ACID, ENZYMES, AMMONIUM SULFATE, L-CYSTEINE, SOY PROTEIN, MODIFIED CELLULOSE, LECITHIN), SUGAR, SALT, YEAST.

Allergens

CONTAINS: SOY, MILK, AND WHEAT



Nutritional Information

Otis Spunkmeyer One Price Variety

Three Meat French Bread Pizza

Nutritional Facts

Serving Size 1 Pizza (159 g)

Servings Per Container 6

Calories 390

Calories from Fat 130

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*
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Total Fat 15 g	23%
Saturated Fat 6 g	30%
Trans Fat 0 g	
Cholesterol 30 mg	10%
Sodium 930 mg	39%
Total Carbohydrate 45 g	15%
Dietary Fiber 2 g	7%
Sugars 4 g	
Protein 17 g	

Vitamin A	6%
Vitamin C	15%
Calcium	20%
Iron	15%

Calories	2,000	2,500
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Total Fat	<	65 g	80 g
Saturated Fat	<	20 g	25 g
Cholesterol	<	300 mg	300 mg
Sodium	<	2,400 mg	2,400 mg
Potassium		300 mg	375 mg
Dietary Fiber		25 g	30 g

Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: Sauce: Water, tomato paste, modified food starch, sugar, seasoning (salt, maltodextrin, paprika, spices, citric acid, granulated garlic, granulated onion, carrageenan, beet powder), dehydrated parmesan cheese ([milk, cheese cultures, salt, enzymes], disodium phosphate, salt). Low moisture part skim mozzarella cheese (pasteurized part skim milk, cheese cultures, salt, and enzymes). Pizza topping mix: Sausage (pork, beef, water, spices, salt, sugar, garlic powder), water, textured vegetable protein (soy flour, salt). Pepperoni: Pork and Beef, Salt, Spices, Dextrose, Lactic Acid Starter Culture, Oleoresin of Paprika, Flavoring, Sodium Ascorbate, Sodium Nitrite, BHA, BHT, Citric Acid. BACON: (Cured with Water, Salt, Sodium Phosphate, Sodium Nitrite, Smoke Flavoring. May contain Sugar, Sodium Erythorbate, Brown Sugar, Sodium Ascorbate, Potassium Chloride, Dextrose).

French bread: Enriched unbleached wheat flour (flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), water, SOY BEAN OIL, Contains 2 percent or less of THE FOLLOWING: partially hydrogenated vegetable shortening (soybean and cottonseed oils), dough conditioners (corn starch, SWEET whey, hydrated monoglycerides, vegetable mono and diglycerides, ascorbic acid, enzymes, ammonium sulfate, L-cysteine, SOY PROTEIN, MODIFIED CELLULOSE, LECITHIN), Sugar, salt, yeast.
Allergens
CONTAINS: SOY, MILK, AND WHEAT



Nutritional Information

Otis Spunkmeyer One Price Variety

Auntie Anne's® Soft Pretzels

Nutritional Facts

Serving Size 1 Soft Pretzel (118 g)
 Servings Per Container 6
 Calories 300
 Calories from Fat 20

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*
Total Fat 2.5 g	3%
Saturated Fat 1 g	5%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 230 mg	10%
Total Carbohydrate 60 g	20%
Dietary Fiber 3 g	12%
Sugars 10 g	
Protein 7 g	14%
Vitamin A	2%
Vitamin C	0%
Calcium	2%

Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Total Carbohydrates	300 mg	375 mg
Dietary Fiber	25 g	30 g

Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: PRETZEL: WHEAT FLOUR BLEND [WHEAT FLOUR, ENRICHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)], WATER, SUGAR, GUAR GUM, MONO & DIGLYCERIDES, YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID, MOLASSES, SALT, CALCIUM PROPIONATE. CINNAMON SUGAR: SUGAR, CINNAMON. SALT: SALT
 Contains wheat.



Nutritional Information

Otis Spunkmeyer One Price Variety

Dip Trio Mixes

Nutritional Facts

Serving Size 1

Servings Per Container

Calories 0

Calories from Fat 0

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*
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Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	85 mg
Total Carbohydrate	0 g
Sugars	0 g
Protein	0 g

Vitamin A
Vitamin C
Calcium
Iron

Calories	2,000	2,500
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Total Fat	<	65 g	80 g
Saturated Fat	<	20 g	25 g
Cholesterol	<	300 mg	300 mg
Sodium	<	2,400 mg	2,400 mg
Potassium		300 mg	375 mg
Dietary Fiber		25 g	30 g

Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: Minced onion, seasoned salt (salt, sugar, onion, paprika, corn starch, garlic, turmeric, oleoresin of paprika (for color), spices, spice extractive, and less than 2% soybean oil as a processing aid), parsley and dill.



Nutritional Information

Otis Spunkmeyer One Price Variety

Dip Trio Mixes

Nutritional Facts

Serving Size 1
 Servings Per Container
 Calories 5
 Calories from Fat 0
 Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*
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Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	15 mg
Total Carbohydrate	1 g
Sugars	0 g
Protein	0 g

Vitamin A
 Vitamin C
 Calcium
 Iron

Calories	2,000	2,500
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Total Fat	<	65 g	80 g
Saturated Fat	<	20 g	25 g
Cholesterol	<	300 mg	300 mg
Sodium	<	2,400 mg	2,400 mg
Potassium		300 mg	375 mg
Dietary Fiber		25 g	30 g

Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: Imitation bacon bits (textured soy flour, partially hydrogenated soybean oil, salt, natural and artificial flavor, dextrose, FD & C Red # 3 and 40 Food color), dried tomatoes, and parsley.

Allergens

Contain a soy ingredient



Nutritional Information

Otis Spunkmeyer One Price Variety

Dip Trio Mixes

Nutritional Facts

Serving Size 1

Servings Per Container

Calories 10

Calories from Fat 0

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*	
Total Fat 0 g		
Saturated Fat 0 g		
Trans Fat 0 g		
Cholesterol 0 mg		
Sodium 75 mg		
Total Carbohydrate 2 g		
Sugars 0 g		
Protein 0 g		
Vitamin A		
Vitamin C		
Calcium		
Iron		
Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Potassium	300 mg	375 mg
Dietary Fiber	25 g	30 g

Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: Jalapeno flavoring (modified cornstarch, maltodextrin, jalapeno pepper puree (jalapeno pepper, vinegar, and salt), and silicon dioxide), imitation bacon bits (textured soy flour, partially hydrogenated soybean oil, salt, natural and artificial flavor, dextrose, FD&C Red #3 and #40 food color), dried tomatoes, and parsley.

Allergens

Contain a soy ingredient



Nutritional Information

Otis Spunkmeyer One Price Variety

Auntie Anne's® Soft Pretzel Nuggets

Nutritional Facts

Serving Size 8 Pretzel Nuggets (113 g)
 Servings Per Container 4
 Calories 290
 Calories from Fat 20

Percent Daily Values (DV) are based on a 2,000 calorie diet*

Amount Per Serving	% DV*
Total Fat 2.5 g	3%
Saturated Fat 1 g	5%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 220 mg	9%
Total Carbohydrate 58 g	19%
Dietary Fiber 3 g	12%
Sugars 9 g	
Protein 7 g	14%
Vitamin A	2%
Vitamin C	0%
Calcium	4%

Calories	2,000	2,500
Total Fat	< 65 g	80 g
Saturated Fat	< 20 g	25 g
Cholesterol	< 300 mg	300 mg
Sodium	< 2,400 mg	2,400 mg
Total Carbohydrates	300 mg	375 mg
Dietary Fiber	25 g	30 g
Protein	50 g	65 g

Calories/gram: Fat 9, Carbohydrate 4, Protein 4

Ingredients

INGREDIENTS: PRETZEL NUGGETS: WHEAT FLOUR BLEND [WHEAT FLOUR, ENRICHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)], WATER, SUGAR, GUAR GUM, MONO & DIGLYCERIDES, YEAST, SORBITAN MONOSTEARATE, ASCORBIC ACID, MOLASSES, SALT, CALCIUM PROPIONATE.
CINNAMON SUGAR: SUGAR, CINNAMON.
SALT: SALT
 Contains wheat.