



Nutritional Information

Perfectly Pre-Portioned

Chunky Chocolate Chip

Nutritional Facts

Serving Size 1 Cookie (31 g)

Servings Per Container 40

Calories 140

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

Amount Per Serving	% DV*
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Total Fat 7 g	9%
Saturated Fat 3.5 g	18%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 115 mg	5%
Total Carbohydrate 19 g	7%
Dietary Fiber 0 g	0%
Sugars 12 g	
Includes 8 g Added Sugars	16%
Protein 1 g	2%

Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	0%

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, BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), PALM OIL, SEMI-SWEET CHOCOLATE CHUNK/DROPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN (ADDED AS EMULSIFIER), AND VANILLIN (AN ARTIFICIAL FLAVORING)), UNBLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WATER, , WHEY PROTEIN CONCENTRATE, INVERT SUGAR, SALT, SODIUM BICARBONATE, ARTIFICIAL FLAVOR.

CONTAINS: MILK, SOY, WHEAT





Nutritional Information

Perfectly Pre-Portioned

Peanut Butter

Nutritional Facts

Serving Size 1 Cookie (31 g)

Servings Per Container 40

Calories 130

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

Amount Per Serving	% DV*
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Total Fat 6 g	8%
Saturated Fat 2.5 g	13%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 135 mg	6%
Total Carbohydrate 18 g	7%
Dietary Fiber 0 g	0%
Sugars 11 g	
Includes 10 g Added Sugars	20%
Protein 2 g	4%

Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	0%

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, BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), PALM OIL, CREAMY PEANUT BUTTER (DRY ROASTED PEANUTS, DEXTROSE, HYDROGENATED COTTONSEED AND RAPESEED OIL, AND SALT), UNBLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WATER, WHEY PROTEIN CONCENTRATE, INVERT SUGAR, SALT, SODIUM BICARBONATE, ARTIFICIAL FLAVOR.

CONTAINS: MILK, PEANUT, SOY, WHEAT





Nutritional Information

Perfectly Pre-Portioned

Oatmeal Raisin

Nutritional Facts

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

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

Amount Per Serving	% DV*
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Total Fat 6 g	8%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 115 mg	5%
Total Carbohydrate 19 g	7%
Dietary Fiber 0 g	0%
Sugars 11 g	
Includes 8 g Added Sugars	16%
Protein 2 g	4%

Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	0%

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, BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), PALM OIL, UNBLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), SEEDLESS RAISINS, WATER, WHOLE GRAIN OAT, WHEY PROTEIN CONCENTRATE, INVERT SUGAR, GROUND CINNAMON, SALT, SODIUM BICARBONATE, NATURAL AND ARTIFICIAL FLAVORING.

CONTAINS: MILK, WHEAT





Nutritional Information

Perfectly Pre-Portioned

Sugar

Nutritional Facts

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

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

Amount Per Serving	% DV*
Total Fat 7 g	9%
Saturated Fat 3.5 g	18%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 135 mg	6%
Total Carbohydrate 19 g	7%
Dietary Fiber 0 g	0%
Sugars 11 g	
Includes 10 g Added Sugars	20%
Protein 1 g	2%
Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	0%

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, BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), PALM OIL, UNBLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WATER, WHEY PROTEIN CONCENTRATE, INVERT SUGAR, SALT, SODIUM BICARBONATE, ARTIFICIAL FLAVOR.

CONTAINS: MILK, WHEAT





Nutritional Information

Perfectly Pre-Portioned

M&M's® Candies

Nutritional Facts

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

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

Amount Per Serving	% DV*
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Total Fat 7 g	9%
Saturated Fat 3.5 g	18%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 135 mg	6%
Total Carbohydrate 19 g	7%
Dietary Fiber 0 g	0%
Sugars 11 g	
Includes 10 g Added Sugars	20%
Protein 1 g	2%

Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	0%

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, BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), PALM OIL, UNBLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), M&M'S CANDIES (MILK CHOCOLATE (SUGAR, CHOCOLATE, SKIM MILK, COCOA BUTTER, LACTOSE, MILKFAT, SOY LECITHIN, SALT, ARTIFICIAL FLAVORS), SUGAR, CORN STARCH, CORN SYRUP, COLORING (INCLUDES RED 40 LAKE, BLUE 2 LAKE, YELLOW 5, YELLOW 6, BLUE 1 LAKE, RED 40, BLUE 1) DEXTRIN, GUM ACACIA), WATER, WHEY PROTEIN CONCENTRATE, INVERT SUGAR, SALT, SODIUM BICARBONATE, ARTIFICIAL FLAVOR.

*M&M'S® is a registered trademark of Mars, Inc. — Mars, Inc. has no affiliation with the producer or distributor of this product and has no participation in the production or distribution of this product.

CONTAINS: MILK, SOY, WHEAT





Nutritional Information

Perfectly Pre-Portioned

White Chocolate Macadamia

Nutritional Facts

Serving Size 1 Cookie (31 g)
 Servings Per Container 40
 Calories 140

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

Amount Per Serving	% DV*
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Total Fat 7 g	9%
Saturated Fat 3.5 g	18%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 120 mg	5%
Total Carbohydrate 19 g	7%
Dietary Fiber 0 g	0%
Sugars 11 g	
Includes 9 g Added Sugars	18%
Protein 2 g	4%

Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	0%

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, BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), PALM OIL, UNBLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WHITE CONFECTIONER'S CHIPS (SUGAR, NONFAT MILK POWDER, HYDROGENATED PALM KERNEL OIL, SOY LECITHIN (ADDED AS EMULSIFIER), MONOGLYCERIDES, ARTIFICIAL COLOR AND ARTIFICIAL FLAVOR)), WATER, MACADAMIA NUTS, WHEY PROTEIN CONCENTRATE, INVERT SUGAR, SALT, SODIUM BICARBONATE, ARTIFICIAL FLAVOR.

CONTAINS: MILK, TREE NUTS (MACADAMIA NUTS), SOY, WHEAT





Nutritional Information

Perfectly Pre-Portioned

Triple Chocolate

Nutritional Facts

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

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

Amount Per Serving	% DV*	
Total Fat 7 g	9%	
Saturated Fat 3.5 g	18%	
Trans Fat 0 g		
Cholesterol 0 mg	0%	
Sodium 125 mg	5%	
Total Carbohydrate 19 g	7%	
Dietary Fiber 0 g	0%	
Sugars 12 g		
Includes 9 g Added Sugars	18%	
Protein 2 g	4%	
Vitamin D	0%	
Calcium	0%	
Iron	6%	
Potassium	0%	
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, PALM OIL, BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), UNBLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WATER, SEMI-SWEET CHOCOLATE DROPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN (ADDED AS EMULSIFIER), AND VANILLIN (AN ARTIFICIAL FLAVORING)), WHITE CONFECTIONER'S CHIPS (SUGAR, NONFAT MILK POWDER, HYDROGENATED PALM KERNEL OIL, SOY LECITHIN (ADDED AS EMULSIFIER), MONOGLYCERIDES, ARTIFICIAL COLOR AND ARTIFICIAL FLAVOR)), COCOA POWDER, WHEY PROTEIN CONCENTRATE, INVERT SUGAR, SALT, SODIUM BICARBONATE, ARTIFICIAL FLAVOR.

CONTAINS: MILK, SOY, WHEAT





Nutritional Information

Perfectly Pre-Portioned

Snickerdoodle

Nutritional Facts

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

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

Amount Per Serving	% DV*
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Total Fat 7 g	9%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 130 mg	6%
Total Carbohydrate 19 g	7%
Dietary Fiber 0 g	0%
Sugars 11 g	
Includes 10 g Added Sugars	20%
Protein 1 g	2%

Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	0%

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, BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), PALM OIL, UNBLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WATER, WHEY PROTEIN CONCENTRATE, INVERT SUGAR, SALT, SODIUM BICARBONATE, GROUND CINNAMON, ARTIFICIAL FLAVOR.

CONTAINS: MILK, WHEAT





Nutritional Information

Perfectly Pre-Portioned

White Chocolate Oatmeal Cranberry

Nutritional Facts

Serving Size 1 Cookie (31 g)

Servings Per Container 40

Calories 130

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

Amount Per Serving	% DV*
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Total Fat 6 g	8%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 115 mg	5%
Total Carbohydrate 19 g	7%
Dietary Fiber 0 g	0%
Sugars 11 g	
Includes 8 g Added Sugars	16%
Protein 2 g	4%

Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	0%

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, bleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), palm oil, unbleached enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, and folic acid), water, white confectioner's chips (sugar, nonfat milk powder, hydrogenated palm kernel oil, soy lecithin (added as emulsifier), monoglycerides, artificial color and artificial flavor), rolled oats, sweetened dried cranberries (cranberries, sugar, citric acid, sunflower oil, elderberry juice concentrate (color)), whey protein concentrate, invert sugar, salt, sodium bicarbonate, natural and artificial flavors.

CONTAINS: Milk, Soy, Wheat.

Manufactured in the same equipment that manufactures almond, peanut, walnut, pecan, macadamia nut, coconut, milk, soy, wheat and egg products.





Nutritional Information

Perfectly Pre-Portioned

Caramel Pecan Chocolate Chip

Nutritional Facts

Serving Size 1 Cookie (31 g)
Servings Per Container 40
Calories 140

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

Amount Per Serving	% DV*
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Total Fat 7 g	9%
Saturated Fat 3.5 g	18%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 120 mg	5%
Total Carbohydrate 19 g	7%
Dietary Fiber 0 g	0%
Sugars 11 g	
Includes 9 g Added Sugars	18%
Protein 1 g	2%

Vitamin D	0%
Calcium	0%
Iron	6%
Potassium	0%

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, BLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), PALM OIL, UNBLEACHED WHEAT FLOUR (ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, AND FOLIC ACID), WATER, SEMI-SWEET CHOCOLATE DROPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, DEXTROSE, SOY LECITHIN (ADDED AS EMULSIFIER), AND VANILLIN (AN ARTIFICIAL FLAVORING)), CARAMEL BITS (SUGAR, CORN SYRUP, LIQUID SUGAR, SKIM MILK, PALM OIL, BUTTER, SALT, MONO-AND DIGLYCERIDES, SOY LECITHIN), PECANS, WHEY PROTEIN CONCENTRATE, INVERT SUGAR, SALT, SODIUM BICARBONATE, ARTIFICIAL FLAVOR.

CONTAINS: MILK, SOY, PECAN, WHEAT





Nutritional Information

Perfectly Pre-Portioned

Semi-Sweet Chocolate Chip

Nutritional Facts

Serving Size 1 Cookie (28 g)
 Servings Per Container 40
 Calories 130

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

Amount Per Serving	% DV*	
Total Fat 6 g	8%	
Saturated Fat 3.5 g	18%	
Trans Fat 0 g		
Cholesterol 0 mg	0%	
Sodium 105 mg	5%	
Total Carbohydrate 17 g	6%	
Dietary Fiber 0 g	0%	
Sugars 11 g		
Includes 7 g Added Sugars	14%	
Protein 1 g		
Vitamin D	0%	
Calcium	0%	
Iron	0%	
Potassium	0%	
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, Bleached Enriched Wheat Flour (wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Palm Oil, Nestlé® Toll House Semi-sweet Morsels (sugar, chocolate, milkfat, cocoa butter, soy lecithin, natural flavors), Enriched Wheat Flour (wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Water, Whey Protein Concentrate, Invert Sugar, Salt, Sodium Bicarbonate, natural and artificial flavors.

Contains Milk, Soy, Wheat.

Manufactured in the same equipment that manufactures almond, peanut, walnut, pecan, macadamia nuts, coconut, milk, soy, wheat and egg products.





Nutritional Information

Perfectly Pre-Portioned

Oatmeal Chocolate Chip

Nutritional Facts

Serving Size 1 Cookie (28 g)

Servings Per Container 40

Calories 130

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

Amount Per Serving	% DV*
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Total Fat 6 g	8%
Saturated Fat 3 g	15%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 100 mg	4%
Total Carbohydrate 18 g	7%
Dietary Fiber 0 g	0%
Sugars 10 g	
Includes 7 g Added Sugars	14%
Protein 2 g	

Vitamin D	0%
Calcium	0%
Iron	0%
Potassium	0%

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, Bleached Enriched Wheat Flour (wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, and Folic Acid), Palm Oil, Nestlé® Toll House Semi-sweet Morsels (sugar, chocolate, milkfat, cocoa butter, soy lecithin, natural flavors), Rolled oats, Water, Enriched flour (wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), Whey Protein Concentrate, invert Sugar, salt, sodium bicarbonate, molasses, natural and artificial flavors.

Contains Milk, Soy, Wheat.

Manufactured in the same equipment that manufactures almond, peanut, walnut, pecan, macadamia nuts, coconut, milk, soy, wheat and egg products.

