

Checkers Oatmeal Cookies 12 oz.

Nutrition Facts	
Serving Size 4 cookies (32 g)	
Servings Per Container about 12	
Amount Per Serving	
Calories	140 Calories from Fat 60
% Daily Value*	
Total Fat 6 g	10%
Saturated Fat 1.5 g	8%
Trans Fat 1.5 g	
Cholesterol 0 mg	0%
Sodium 90 mg	4%
Total Carbohydrate 19 g	6%
Dietary Fiber less than 1 g	3%
Sugars 8 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 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 65 g 80 g
Sat. Fat	Less than 20 g 25 g
Cholesterol 0 mg	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g
Calories per gram:	
Fat 9. Carbohydrate 4. Protein 4	

Enriched, bleached and unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, partially hydrogenated soybean and cottonseed oil; with citric acid added as preservative, oatmeal, molasses, soy lecithin, brown sugar, cinnamon, salt, leavening (sodium bicarbonate, ammonium bicarbonate).

ALLERGY INFORMATION: THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT PROCESSES EGGS, MILK, PEANUTS, PECANS, ALMONDS AND MACADAMIAS.

