

Knott's Blueberry Shortbread Cookies 2 oz.

11/10/2004

Nutrition Facts	
Serving Size 1 package (57 g)	
Servings Per Container 1	
Amount Per Serving	
Calories	240
Calories from Fat 100	
% Daily Value*	
Total Fat 11 g	17%
Saturated Fat 2.5 g	12%
Trans Fat 3 g	
Cholesterol 10 mg	3%
Sodium 120 mg	5%
Total Carbohydrate 33 g	11%
Dietary Fiber less than 1 gram	
Sugars 13 g	
Protein 2 g	
Vitamin A 10%	Vitamin C 0%
Calcium 0%	Iron 10%
*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 flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), margarine (partially hydrogenated soybean oil, liquid soybean oil, water, salt, soy lecithin, mono and diglycerides, sodium benzoate and citric acid as preservatives, artificial flavor, colored with beta-carotene, vitamin A palmitate), sugar, blueberry (high fructose corn syrup, blueberries, blueberry juice concentrate, apple powder, natural and artificial flavors), pectin, citric acid, sodium benzoate [preservative], calcium chloride, red #40, blue #2), eggs, natural and artificial flavors, salt.

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

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