

Sun Maid Oatmeal Raisin - 3 oz.

5/13/08

Nutrition Facts		
Serving Size (43 g) - 1 cookie		
Servings Per Container 2		
Amount Per Serving		
Calories	160	Calories from Fat 40
% Daily Value*		
Total Fat 4.5 g		7%
Saturated Fat 0 g		0%
Trans Fat 0 g		
Cholesterol 0 mg		0%
Sodium 135 mg		6%
Total Carbohydrate 27 g		9%
Dietary Fiber 1 g		5%
Sugars 16 g		
Protein 2 g		
Vitamin A 0 %	.	Vitamin C 0%
Calcium 2%	.	Iron 4%
*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 unbleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), raisins, granulated sugar, interesterified soybean oil, oats, water, corn syrup, raisin paste, light brown sugar, powdered milk, natural oatmeal flavor, powdered eggs, baking soda, salt, cinnamon, and allspice.

ALLERGY INFORMATION: THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT PROCESSES MILK, PEANUTS, PECANS, ALMONDS, WALNUTS, CASHEWS, MACADAMIA NUTS AND OTHER TREE NUTS.