

Checkers Chocolate Chip 12 oz. (340 g)

7/21/2005

Nutrition Facts	
Serving Size 4 cookies (32 g)	
Servings Per Container about 12	
Amount Per Serving	
Calories	140 Calories from Fat 50
% Daily Value*	
Total Fat 6.0 g	9%
Saturated Fat 1.5 g	7%
Trans Fat 1.5 g	
Cholesterol 0 mg	0%
Sodium 65 mg	3%
Total Carbohydrate 20 g	7%
Dietary Fiber 0 g	0%
Sugars 10 g	
Protein 1 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 and bleached flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, partially hydrogenated soybean and cottonseed oils with citric acid added as preservative, cocoa chips (sugar, partially hydrogenated vegetable oil [palm oil, palm kernel oil, coconut oil], cocoa processed with alkali, soy lecithin {emulsifier}, salt, artificial flavor), molasses, natural and artificial flavors, leavening (sodium bicarbonate, sodium acid pyrophosphate, corn starch, monocalcium phosphate), salt.

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