

Knott's Blueberry Shortbread Cookies 1 oz.

9/28/2011

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 0 g		
Cholesterol 10 mg		4%
Sodium 120 mg		5%
Total Carbohydrate 32 g		11%
Dietary Fiber 3 g		13%
Sugars 13 g		
Protein 3 g		
Vitamin A 10%	.	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 flour (wheat flour, niacin, reduced iron, thiamine mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), margarine (palm oil, soybean oil, water, salt, vegetable mono & diglycerides, soy lecithin, sodium benzoate (a preservative), citric acid, natural and artificial flavor, vitamin A palmitate added, beta carotene (color), whey), sugar, blueberry topping (high fructose corn syrup, blueberries, blueberry juice concentrate, apple powder, natural and artificial flavor, 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 SOY, WHEAT, MILK, PEANUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, AND MACADAMIA NUTS.