

<b>Nutrition Facts</b>	
Serving Size 1 container (28g)	
Amount Per Serving	
<b>Calories 110</b> <b>Calories from Fat 30</b>	
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>4%</b>
<b>Sodium 30mg</b>	<b>1%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 9g	
<b>Protein 1g</b>	
<b>Vitamin A 2%</b> • <b>Vitamin C 0%</b>	
<b>Calcium 2%</b> • <b>Iron 4%</b>	
*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 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

Gingerbread Cookie with Icing  
 2 Cookie House Package  
 Mug Buddy Cookies, Inc  
 December 2, 2015

# Nutrition Facts

Serving Size 1 container (28g)

Amount Per Serving

**Calories 110** Calories from Fat 30

% Daily Value\*

**Total Fat 3.5g** 5%

Saturated Fat 2g 11%

Trans Fat 0g

**Cholesterol 10mg** 4%

**Sodium 45mg** 2%

**Total Carbohydrate 18g** 6%

Dietary Fiber 1g 4%

Sugars 8g

**Protein 2g**

Vitamin A 2% • Vitamin C 0%

Calcium 4% • 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 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Dark Chocolate Cookie with Icing  
2 Cookie House Package  
Mug Buddy Cookies, Inc.  
December 2, 2015