

Nutrition and Ingredients
Avi's Oatmeal Raisin Cookies

Avi's Oatmeal Raisin Cookies: Flour, Sugar, Butter, Rolled Oats, Sugar, Raisins, Eggs, Baking Soda, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), **Natural Flavors.**

Nutrition Facts	
Serving Size 42 g	
Servings per Container 1	
Amount per Serving	
Calories 170	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9 %
Saturated Fat 3.5g	17 %
<i>Trans</i> Fat 0g	
Cholesterol 30mg	9 %
Sodium 70mg	3 %
Total Carbohydrate 27g	9 %
Dietary Fiber 1g	4 %
Sugars 16g	
Protein 2g	
Vitamin A 4 %	• Vitamin C 0 %
Calcium 2 %	• Iron 2 %
* 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
Sat 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
Calories per gram	
Fat 9 • Carbohydrates 4 • Protein 4	