

GIRL SCOUT COOKIE NUTRITION FACTS

2009 - 2010 Cookie Season

Lemon Chalet Cremes™

Nutrition Facts

Serving Size 3 Cookies (36g)
Servings Per Container about 6
Amount Per Serving

Calories 170	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber less than 1g	2%
Sugars 13g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, soybean and palm oil, dextrose, contains two percent or less of invert sugar, molasses, salt, natural and artificial ginger flavor, cornstarch, citric acid, soy lecithin, baking soda, cinnamon, natural lemon flavor with other natural flavors, whey, natural flavor, annatto color.

**CONTAINS WHEAT, SOY AND MILK INGREDIENTS.
MAY CONTAIN PEANUTS.**

Diet Exchange: 2 Carbohydrates, 1 Fat

Trefoils

Nutrition Facts

Serving Size 5 Cookies (33g)
Servings Per Container about 7
Amount Per Serving

Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber less than 1g	2%
Sugars 7g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), soybean and palm oil, sugar, contains two percent or less of brown sugar, sweetened condensed milk (condensed milk, sugar), dried buttermilk, salt, natural and artificial flavor, baking soda, soy lecithin.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.
MAY CONTAIN TREE NUTS.**

Diet Exchange: 1 ½ Carbohydrates, 1 ½ Fats

Do-si-dos®

Nutrition Facts

Serving Size 2 Cookies (24g)
Servings Per Container about 9
Amount Per Serving

Calories 110	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber less than 1g	4%
Sugars 7g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, whole grain oats, soybean and palm oil, peanut butter (roasted peanuts, hydrogenated rapeseed, cottonseed and/or soybean oil), dextrose, invert sugar, contains two percent or less of whey, salt, leavening (baking soda, monocalcium phosphate), cornstarch, natural flavor, soy lecithin.

CONTAINS WHEAT, PEANUT, MILK AND SOY INGREDIENTS.

Diet Exchange: 1 Carbohydrate, 1 Fat

Samoas®

Nutrition Facts

Serving Size 2 Cookies (29g)
Servings Per Container about 7
Amount Per Serving

Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber less than 1g	3%
Sugars 11g	
Protein less than 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

INGREDIENTS: Sugar, vegetable oil (soybean and palm oil, partially hydrogenated palm kernel and/or cottonseed oil), enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), corn syrup, coconut, sweetened condensed milk (condensed milk, sugar), contains two percent or less of sorbitol, glycerin, cocoa, invert sugar, cocoa processed with alkali, cornstarch, salt, caramelized sugar, soy lecithin, dextrose, natural and artificial flavor, carrageenan, leavening (baking soda, monocalcium phosphate).

CONTAINS WHEAT, MILK AND SOY INGREDIENTS

Diet Exchange: 1 Carbohydrate, 1 ½ Fats

Dulce de Leche

Nutrition Facts

Serving Size 4 Cookies (30g)
Servings Per Container about 5
Amount Per Serving

Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber less than 1g	2%
Sugars 9g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), soybean and palm oil, dulce de leche flavored drops (sugar, palm kernel and palm oil, anhydrous dextrose, nonfat dry milk solids, reduced mineral whey powder, cocoa butter, yellow #5 lake, yellow #6 lake, blue #2 lake, soy lecithin, natural and artificial flavor, salt), sugar, brown sugar, contains two percent or less of high fructose corn syrup, natural and artificial caramel flavor, salt, natural and artificial flavor, cinnamon, baking soda, whey protein concentrate.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.
MAY CONTAIN PEANUTS AND TREE NUTS.**

Diet Exchange: 1 Carbohydrate, 1 ½ Fats

Thank U Berry Munch™

Nutrition Facts

Serving Size 2 Cookies (25g)
Servings Per Container about 7
Amount Per Serving

Calories 120	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber less than 1g	2%
Sugars 7g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, vegetable oil (soybean, palm, and palm kernel oil), sweetened dried cranberries (cranberries, sugar, sunflower oil), crisp rice (rice flour, sugar, malt extract, salt, mixed tocopherols), contains two percent or less of invert sugar, leavening (baking soda, monocalcium phosphate), soy flour, salt, whey, natural and artificial cranberry flavor, nonfat dry milk, dextrose, soy lecithin, wheat gluten, natural and artificial flavor, corn syrup solids, sodium alginate.

**CONTAINS WHEAT, SOY AND MILK INGREDIENTS.
MAY CONTAIN TREE NUTS.**

Diet Exchange: 1 Carbohydrate, 1 Fat

Tagalongs®

Nutrition Facts

Serving Size 2 Cookies (25g)
Servings Per Container about 7
Amount Per Serving

Calories 140	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber less than 1g	4%
Sugars 8g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

INGREDIENTS: Peanuts, sugar, vegetable oil (partially hydrogenated palm, palm kernel and/or cottonseed oil, soybean and palm oil), hydrogenated palm, soybean and cottonseed oil, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), dextrose, cocoa powder, contains two percent or less of invert sugar, salt, cornstarch, soy lecithin, leavening (baking soda, monocalcium phosphate), natural and artificial flavor, whey.

CONTAINS PEANUT, WHEAT, SOY AND MILK INGREDIENTS.

Diet Exchange: 1 Carbohydrate, 2 Fats

Thin Mints

Nutrition Facts

Serving Size 4 Cookies (32g)
Servings Per Container about 7
Amount Per Serving

Calories 160	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber less than 1g	3%
Sugars 10g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, vegetable oil (partially hydrogenated palm kernel and/or cottonseed oil, soybean and palm oil), cocoa, caramel color, contains two percent or less of cocoa processed with alkali, invert sugar, whey, leavening (baking soda, monocalcium phosphate), cornstarch, salt, soy lecithin, natural and artificial flavor, oil of peppermint.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Diet Exchange: 1 ½ Carbohydrates, 1 ½ Fats