

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 95mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber less than 1g	2%
Sugars 13g	
Protein 1g	
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, vegetable oil (soybean, palm, palm kernel, partially hydrogenated soybean and/or cottonseed oil with TBHQ for freshness), dextrose, contains two percent or less of invert sugar, salt, molasses, cornstarch, natural and artificial flavor, citric acid, baking soda, soy lecithin, cinnamon, dried whey, annatto color, turmeric 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 170	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 23g	8%
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), vegetable oil (palm oil, partially hydrogenated soybean and/or cottonseed oil with TBHQ for freshness), 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, SOY AND MILK INGREDIENTS. MAY CONTAIN TREE NUTS.

Diet Exchange: 1 1/2 Carbohydrates, 1 Fat

Do-si-dos®

Nutrition Facts

Serving Size 2 Cookies (24g)	
Servings Per Container about 9	
Amount Per Serving	
Calories 120	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	3%
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, vegetable oil (palm oil, partially hydrogenated soybean oil and cottonseed oil with TBHQ for freshness), peanut butter (roasted peanuts, partially hydrogenated palm oil), dextrose, invert sugar, contains two percent or less of whey, salt, leavening (baking soda, monocalcium phosphate), cornstarch, natural flavor, soy lecithin.

CONTAINS PEANUT, WHEAT, SOY AND MILK 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 50mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber less than 1g	3%
Sugars 10g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

INGREDIENTS: Sugar, vegetable oil (palm, partially hydrogenated palm kernel, soybean and/or cottonseed with TBHQ to preserve freshness), 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), sorbitol, contains two percent or less of cocoa, glycerin, invert sugar, cocoa processed with alkali, cornstarch, salt, caramelized sugar, dextrose, soy lecithin, natural and artificial flavor, carrageenan, leavening (baking soda, monocalcium phosphate).

CONTAINS WHEAT, SOY AND MILK INGREDIENTS

Diet Exchange: 1 Carbohydrate, 1 Fat

Dulce de Leche

Nutrition Facts

Serving Size 3 Cookies (35g)	
Servings Per Container about 5	
Amount Per Serving	
Calories 200	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber less than 1g	2%
Sugars 11g	
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), vegetable oil (palm oil, partially hydrogenated soybean, cottonseed, palm kernel and/or palm oil with TBHQ for freshness), sugar, dulce de leche flavored drops (sugar, partially hydrogenated palm kernel 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), brown sugar, invert sugar, contains two percent or less of natural and artificial flavor, nonfat dry milk, salt, dried whey, soy lecithin, baking soda, cinnamon, yellow #6 lake, yellow #5 lake, blue #2 lake.

CONTAINS WHEAT, SOY AND MILK INGREDIENTS.

Diet Exchange: 1 1/2 Carbohydrates, 2 Fats

SUGAR FREE Chocolate Chips

Nutrition Facts

Serving Size 3 Cookies (34g)	
Servings Per Container about 5	
Amount Per Serving	
Calories 160	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 0g	
Sugar Alcohol 7g	
Protein 1g	
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), vegetable oil (partially hydrogenated soybean oil, palm oil and partially hydrogenated cottonseed oil with TBHQ for freshness), sugar free chocolate chips (maltitol, chocolate processed with alkali, cocoa butter, soy lecithin, natural flavor), maltitol, lactitol, polydextrose, sorbitol*, maltodextrin, contains two percent or less of salt, natural and artificial flavor, (contains dairy), leavening (baking soda, sodium acid pyrophosphate), cornstarch, cellulose gum, guar gum, xanthan gum, soy lecithin, sodium stearyl lactylate, acesulfame potassium, caramel color, sucralose. *Excess consumption may have a laxative effect.

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

Diet Exchange: 1 1/2 Carbohydrates, 2 Fats

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	3%
Sugars 8g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

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

CONTAINS PEANUT, WHEAT, SOY AND MILK INGREDIENTS.

Diet Exchange: 1 Carbohydrate, 1 1/2 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 115mg	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 (palm, partially hydrogenated palm kernel, soybean and cottonseed with TBHQ for freshness), 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, SOY AND MILK INGREDIENTS.

Diet Exchange: 1 1/2 Carbohydrates, 1 Fat

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