

ALF - PB Cookie Mix

Nutrition Facts

Serving Size 23g (dry mix)

Serving Per Container 15

Amount Per Serving

Calories 78 Calories from Fat 6

% Daily Value *

Total Fat 1g 2%

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 49mg **2%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **3%**

Sugars 9g

Protein 3g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.