

Appleways

Soft Baked Oatmeal Raisin Cookie, 1.4 oz

# Nutrition Facts

1 servings per container

**Serving size**

**1.4 oz (40g)**

**Amount Per Serving**

**Calories**

**160**

**% Daily Value\***

**Total Fat** 5g **6%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 90mg **4%**

**Total Carbohydrate** 27g **10%**

Dietary Fiber 2g **7%**

Total Sugars 12g

Includes 9g Added Sugars **18%**

**Protein** 2g **4%**

Vitamin D 0mcg **0%**

Calcium 12mg **0%**

Iron 1mg **6%**

Potassium 84mg **2%**

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.