

Green Plate Foods®
Chocolate Chip Single Pack Cookie

Nutrition Facts

Serving Size 1 cookie (31g/1.1oz)

Servings Per Container 1

Amount Per Serving

Calories 140

Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 30mg **1%**

Total Carbohydrate 17g **6%**

Dietary Fiber <1g **3%**

Sugars 8g

Protein 1g **2%**

Vitamin A 4% • Vitamin C 0%

Calcium 0% • 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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g