

GLUTEN-FREE PECAN

Nutrition Facts

Serving Size 5 cookies (30g)

Servings Per Container about 8

Amount Per Serving

Calories 140 Calories from Fat 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 150mg **6%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 10g

Protein 2g

Vitamin A 2% • Vitamin C 0%

Calcium 2% • Iron 4%

* 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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Gluten-free flour (corn flour, soy flour, potato flour, rice flour, corn starch, potato starch, xanthan gum), organic dehydrated cane juice, canola oil, pecans, butter (may contain annatto), unsulphured molasses, corn starch, baking soda, natural flavors, eggs, sea salt, soy lecithin (used as an emulsifier).

Contains egg, soy, milk, pecans.

Allergy Warning: Produced in a facility that also processes or handles wheat, peanuts and tree nuts. MI-DEL Gluten-Free products are routinely tested using the ELISA method to ensure gluten-free status as determined by the World Health Organization.