



FIND YOUR FOOD FACTS

DESSERTS

Nutritional values listed below are to be used as guidelines only to help make better choices.

11/3/23/2011

COOKIES & BARS (3 oz - 4 oz portions)	CALORIES	FAT (G)	SAT FAT (G)	PROTEIN (G)	CARBS (G)	FIBER (G)	SOD (MG)
Serving size: 1 cookie/bar							
Fudgy Peanut Chip	270	16	9	6	27	1	150
Double Chocolate Chip	270	16	8	4	31	2	130
Chocolate Chip, No Nuts	260	12	6	3	36	1	100
Chocolate Chip	270	15	8	3	34	1	70
Chocolate Brownie	240	5	7	2	44	2	250
Snickerdoodle	250	11	2	3	34	1	120
Shortbread Shaped	300	19	11	3	29	1	20
Rainbow	250	12	7	3	35	1	105
Peanut Butter	250	11	5	5	32	1	140
Orange Pecan Softies	250	13	7	3	32	2	75
Oatmeal Raisin	210	5	2	4	38	2	160
Oatmeal Cranberry	220	9	4	4	30	2	135
Milk Chocolate Almond	280	16	6	4	32	2	95
Apple Pecan Square	480	24	14	5	57	3	105
Plain Crispy Rice Treat	310	7	2	2	64	0	270
White Chocolate Chip	270	14	8	4	34	0	135
German Chocolate Cream Cheese Brownie	490	32	19	8	49	4	120
Cream Cheese Brownie	640	36	20	12	69	2	320
Chocolate Chip Brownie	380	20	8	5	51	2	160
Raspberry Pecan Bar	480	27	12	5	56	3	105
Pumpkin Pistachio Bar	400	27	11	8	34	2	250
Orange Bar	320	11	6	5	51	2	40
Lemon Bar	350	12	7	5	58	1	45
Butterscotch Blondie	470	29	15	6	49	2	270
Apricot Coconut Bar	450	23	16	5	59	2	80
Walnut Brownie	390	25	10	6	41	2	160
Yo-Cream Frozen Yogurt, 1/2 cup	90	0	0	3	18	0	75
Yo-Cream Frozen Yogurt, No Sugar Added, 1/2 cup	80	0	0	4	19	0	70