

# Nutritional Information for COOKIE OREO PC PKG 120-2CT NAB

<b>Product Number:</b>	<b>843237</b>
<b>Description:</b>	<b>AP Cookie, Oreo, 2ct, Nabisco</b>

Nutritional Information			
Serving Size 1 Pkg (22 g)			
<b>Amount Per Serving</b>			
<b>Calories 100</b>		<b>Calories from Fat 41</b>	
% Daily Value			
<b>Total Fat</b>	<b>5 g</b>	<b>7%</b>	
Saturated Fat	1 g	5%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
<b>Cholesterol</b>	<b>0 mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>115 mg</b>	<b>5%</b>	
<b>Potassium</b>	<b>35 mg</b>	<b>1%</b>	
<b>Total Carbs</b>	<b>16 g</b>	<b>5%</b>	
Dietary Fiber	1 g	4%	
Sugars	9 g	n/a	
<b>Protein</b>	<b>1 g</b>	<b>2%</b>	
Vitamin A -	0%	Vitamin C -	0%
Calcium -	0%	Iron -	6%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
	Fat 9	Carbohydrates 4	Protein 4

School Equivalents		Fat Soluble Vitamins	
<b>1 package</b>		Vitamin D	n/a
Meat/Meat Alternative	0.00 oz	Vitamin D	n/a
Fruit/Vegetables	0.00 cup	Vitamin E	n/a
Grain/Bread	0.50 srv	Vitamin K	n/a
Child Nutrition Label	No	Vitamin A	0 IU
		Vitamin A	n/a

Water Soluble Vitamins		Minerals	
Thiamin B1	0 mg	Phosphorus	n/a
Riboflavin B2	0 mg	Zinc	n/a
Niacin B3	0 mg	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	0 mg
Vitamin C	0 mg	Iron	1 mg
Folic Acid	n/a	Manganese	n/a
		Iodine	n/a