

COOKIES DATA

Marylou's News, Inc.

Chocolate Chip Cookie*	
Unbleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin) Chocolate Chips (sugar, chocolate liquor, cocoa butter, dextrose, lecithin) Vegetable Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, artificially flavored, colored with beta carotene, vitamin A palmitate added) Brown Sugar, White Sugar, Butter, Eggs, Vanilla, Baking Soda	
Nutrition Facts	
Serving Size: 4oz (1 cookie)	
Amount Per Serving:	
Calories per Serving	360
Calories from Fat	200
Total Fat	22g
Saturated Fat	5.5g
Cholesterol	0mg
Sodium	260mg
Total Carbohydrate	69g
Dietary Fiber	2g
Sugars	40g
Protein	6g
This product should not be consumed by those individuals with allergies to Chocolate, Chocolate Derivatives, Dairy, Eggs, Soy, Sulfites, Tree Nuts or Peanuts.	

Brownie Chip Cookie*	
Unbleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin) Chocolate Chips (sugar, chocolate liquor, cocoa butter, dextrose, lecithin) Vegetable Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, artificially flavored, colored with beta carotene, vitamin A palmitate added), Dutch Cocoa, Brown Sugar, White Sugar, Butter, Eggs, Vanilla, Baking Soda	
Nutrition Facts	
Serving Size: 4oz (1 cookie)	
Amount Per Serving:	
Calories per Serving	390
Calories from Fat	210
Total Fat	24g
Saturated Fat	6g
Cholesterol	0mg
Sodium	380mg
Total Carbohydrate	66g
Dietary Fiber	4g
Sugars	41g
Protein	6g
This product should not be consumed by those individuals with allergies to Gluten, Chocolate, Chocolate Derivatives, Soy, Dairy, Eggs, Sulfites, Tree Nuts, Peanuts.	

Peanut Butter Cookie*	
Unbleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin), Peanut Butter (ground peanuts, salt), Vegetable Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, artificially flavored, colored with beta carotene, vitamin A palmitate added), Brown Sugar, White Sugar, Butter, Eggs, Baking Soda.	
Nutrition Facts	
Serving Size: 4oz (1 cookie)	
Amount Per Serving:	
Calories per Serving	310
Calories from Fat	230
Total Fat	27g
Saturated Fat	5g
Cholesterol	0mg
Sodium	340mg
Total Carbohydrate	61g
Dietary Fiber	2g
Sugars	32g
Protein	9g
This product should not be consumed by those individuals with allergies to Gluten, Tree Nuts, Peanuts, Soy, Sulfites, Eggs, or Dairy.	

Butter Sugar Cookie*	
Unbleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin) Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, artificially flavored, colored with beta carotene, vitamin A palmitate added), Brown Sugar, White Sugar, Butter, Eggs, Baking Soda, Vanilla, Cinnamon	
Nutrition Facts	
Serving Size: 4oz (1 cookie)	
Amount Per Serving:	
Calories per Serving	300
Calories from Fat	170
Total Fat	20g
Saturated Fat	1.5g
Cholesterol	0mg
Sodium	420mg
Total Carbohydrate	68g
Dietary Fiber	1g
Sugars	33g
Protein	6g
This product should not be consumed by those individuals with allergies to Gluten, Soy, Tree Nuts, Peanuts, Eggs, Dairy, or Sulfites.	

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Molasses Chew Cookie*	
Bleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin), Brown Sugar, Vegetable Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, artificially flavored, colored with beta carotene, vitamin A palmitate added), Molasses, Baking Soda, Eggs, Cinnamon, Cloves, Ginger, White Sugar (top sprinkling only)	
Nutrition Facts	
Serving Size: 4oz (1 cookie)	
Amount Per Serving:	
Calories per Serving	460
Calories from Fat	160
Total Fat	19g
Saturated Fat	3.5g
Cholesterol	0mg
Sodium	510mg
Total Carbohydrate	67g
Dietary Fiber	2g
Sugars	29g
Protein	7g
This product should not be consumed by those individuals with allergies to Gluten, Sulfites, Soy, Eggs, Tree Nuts or Peanuts.	

Cranberry Granola Crunch Cookie*	
Oats, Dried Sweetened Cranberries, White Sugar, Brown Sugar, Vegetable Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, artificially flavored, colored with beta carotene, vitamin A palmitate added), Eggs, Unbleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin), Cinnamon, Baking Soda.	
Nutrition Facts	
Serving Size: 4oz (1 cookie)	
Amount Per Serving:	
Calories per Serving	460
Calories from Fat	150
Total Fat	17g
Saturated Fat	3g
Cholesterol	0mg
Sodium	230mg
Total Carbohydrate	70g
Dietary Fiber	4g
Sugars	40g
Protein	8g
This product should not be consumed by those individuals with allergies to Sulfites, Gluten, Soy, Eggs, Tree Nuts, or Peanuts.	

Crunchy Candy Cookie with M&M's™*	
Unbleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin) M&M's™ (milk chocolate, sugar, chocolate, milk, cocoa butter, lactose, soy lecithin, salt, artificial color) sugar, cornstarch, less than 1% corn syrup, gum accia, coloring (includes, red 40, lake 2 blue, yellow 5, yellow 6, blue 1 lake, red 40, blue 1, dextrin), Vegetable Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, artificially flavored, colored with beta carotene, vitamin A palmitate added), Brown Sugar, White Sugar, Butter, Eggs, Vanilla, Baking Soda.	
Nutrition Facts	
Serving Size: 4oz (1 cookie)	
Amount Per Serving:	
Calories per Serving	330
Calories from Fat	180
Total Fat	21g
Saturated Fat	5g
Cholesterol	0
Sodium	320mg
Total Carbohydrate	69g
Dietary Fiber	1g
Sugars	30g
Protein	6g
This product should not be consumed by those individuals with allergies to Gluten, Dairy, Chocolate, Chocolate Derivatives, Soy, Tree Nuts, Peanuts, or Sulfites.	

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Spicy Hermit Cookie*	
White Sugar, Raisins, Unbleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin) Eggs, Vegetable Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, artificially flavored, colored with beta carotene, vitamin A palmitate added), Molasses, Baking Soda, Cinnamon, Cloves, Ginger.	
Nutrition Facts	
Serving Size: 4oz (1 cookie)	
Amount Per Serving:	
Calories per Serving	400
Calories from Fat	50
Total Fat	6g
Saturated Fat	1g
Cholesterol	15mg
Sodium	410mg
Total Carbohydrate	84g
Dietary Fiber	2g
Sugars	43g
Protein	7g
This product should not be consumed by those individuals with allergies to Gluten, Eggs, Tree Nuts, Peanuts, Soy, or Sulfites.	

Peanut Butter Chip Cookie*	
Unbleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin), Peanut Butter (ground peanuts, salt), Chocolate Chips (sugar, chocolate liquor, cocoa butter, dextrose, lecithin), Vegetable Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, artificially flavored, colored with beta carotene, vitamin A palmitate added), Brown Sugar, White Sugar, Butter, Eggs, Baking Soda.	
Nutrition Facts	
Serving Size: 4oz (1 cookie)	
Amount Per Serving:	
Calories per Serving	450
Calories from Fat	130
Total Fat	14g
Saturated Fat	2.5g
Cholesterol	0mg
Sodium	410mg
Total Carbohydrate	63g
Dietary Fiber	3g
Sugars	38g
Protein	8g
This product should not be consumed by those individuals with allergies to Gluten, Tree Nuts, Peanuts, Chocolate, Chocolate Derivatives, Soy, Sulfites, Eggs, or Dairy.	

Oatmeal Raisin Cookie*	
Oats, Raisins, White Sugar, Brown Sugar, Vegetable Margarine (liquid soybean oil, partially hydrogenated soybean oil, water, salt, soybean lecithin, artificially flavored, colored with beta carotene, vitamin A palmitate added), Eggs, Unbleached Flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine, mononitrate, riboflavin), Cinnamon, Baking Soda.	
Nutrition Facts	
Serving Size: 4oz (1 cookie)	
Amount Per Serving:	
Calories per Serving	430
Calories from Fat	120
Total Fat	13g
Saturated Fat	3g
Cholesterol	0mg
Sodium	250mg
Total Carbohydrate	72g
Dietary Fiber	4g
Sugars	45g
Protein	7g
This product should not be consumed by those individuals with allergies to Sulfites, Soy, Eggs, Tree Nuts, Peanuts, or Gluten.	