

Mama Resch's, Inc.
 Nutrition Label
 Oatmeal Cookie Mix

5:52 PM 8/17/2020
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Nutrition Facts		
16 (about 2 Tbsp. or one cookie) servings per container		
Serving size	29 g	
	Mix	Prepared
Calories	110	170
	% DV*	% DV*
Total Fat	1g 1%	7g 9%
Saturated Fat	0g 0%	3.5g 17%
<i>Trans</i> Fat	0g	0g
Cholesterol	0mg 0%	0mg 0%
Sodium	70mg 3%	70mg 3%
Total Carbohydrate	24g 9%	24g 9%
Dietary Fiber	1g 5%	1g 5%
Total Sugars	9g	9g
Incl. Added Sugars	9g 18%	9g 18%
Protein	2g	2g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	10mg 2%	10mg 2%
Iron	0.6mg 4%	0.6mg 4%
Potassium	70mg 2%	70mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Organic Oats, Organic Sugar, Sorghum Flour, Tapioca Flour, Arrowroot Flour, Xanthan Gum., Baking Powder (monocalcium phosphate, potato starch, potassium bicarbonate), Baking Soda (sodium bicarbonate), Sea Salt

Manufactured in a dedicated facility. No Gluten, No Wheat, No Corn, No Soy, No Casein, No Dairy, No Peanuts, No Tree Nuts, No Preservatives, No Eggs, No Artificial Colors or Flavors.