

# NUTRITIONAL FACTS

With delicious pre-baked, shelf stable and individually wrapped cookies from Darlington Snacks, you get snacks that taste as good as they look.



Flavor	Darlington Number	Suggested Serving Size	Calories	Total Fat (%)	Saturated Fat (%)	Trans Fat	Cholesterol (%)	Sodium (%)	Total Carbohydrate (%)	Dietary Fiber (%)	Total Sugars	Added Sugars (%)	Protein (%)						
<b>Darlington® 0.75 oz / 1.4 oz Soft Baked Cookies</b>																			
Chocolate Chip	23110	0.75 oz	90	4.5g 6%	2g 10%	0g	5mg 2%	70mg 6%	14g 5%	0g 0%	10g	10g 20%	0g						
Oatmeal	23210	0.75 oz	90	3.5g 4%	1.5g 8%	0g	5mg 2%	105mg 5%	13g 5%	0g 0%	8g	8g 16%	1g						
Sugar	23410	0.75 oz	90	4.5g 6%	2g 10%	0g	5mg 2%	140mg 6%	13g 5%	0g 0%	10g	10g 20%	0g						
Chocolate Chip	23810	1.4 oz	170	6g 8%	3g 15%	0g	5mg 2%	150mg 7%	28g 10%	1g 4%	14g	13g 26%	2g						
<b>Darlington 0.75 oz Sugar Free Soft Baked Cookies</b>																			
Chocolate Chip	27510	0.75 oz	70	2g 3%	1g 5%	0g	0mg 0%	75mg 3%	15g 5%	0g 0%	0g	0g 0%	1g						
Lemon	27530	0.75 oz	70	2g 3%	1g 5%	0g	0mg 0%	70mg 3%	15g 5%	0g 0%	0g	0g 0%	1g						
<b>Darlington WG 1.5 oz Breakfast Squares</b>														<i>1 Grain Equivalent</i>					
Iced Apple	24100	1.5 oz	160	4.5g 6%	1.5g 8%	0g	5mg 2%	110mg 5%	30g 11%	2g 7%	11g	11g 22%	2g						
Iced Cinnamon	24200	1.5 oz	160	4.5g 6%	1.5g 8%	0g	5mg 2%	110mg 5%	30g 11%	2g 7%	11g	11g 22%	2g						
<b>Darlington 1.2 oz Snack-N-Square</b>																			
Iced Lemon	26020	1.2 oz	130	4g 5%	2g 10%	0g	0mg 0%	115mg 5%	22g 8%	0g 0%	8g	8g 16%	2g						
<b>Darlington 1.0 oz Shortbread Biscuit Bites</b>																			
Shortbread	29000	1.0 oz	100	5g 6%	2.5g 13%	0g	0mg 0%	60mg 3%	20g 7%	0g 0%	7g	7g 14%	1g						
<b>Darlington WG 0.95 oz Holiday Themed Sugar Cookies</b>														<i>1 Grain Equivalent</i>					
WG Sugar Cookie	-	0.95 oz	120	4g 5%	1g 5%	0g	0mg 0%	45mg 2%	21g 8%	0g 0%	8g	8g 16%	1g						
<b>Crave-N-Rave® Spikerz 0.9 oz Bite Sized Crackers</b>														<i>1 Grain Equivalent</i>					
El Nacho Cheese	51110	0.9 oz	100	3g 4%	0g 0%	0g	0mg 0%	170mg 7%	15g 5%	2g 7%	1g	0g 0%	2g						
Heavenly Ranch	51210	0.9 oz	100	3g 4%	0g 0%	0g	0mg 0%	160mg 7%	16g 6%	2g 7%	1g	0g 0%	2g						
<b>Appleways® WG 1.4 oz Soft Baked Cookies</b>														<i>1 Grain Equivalent</i>					
Oatmeal Raisin	73000	1.4 oz	160	5g 6%	1.5g 8%	0g	0mg 0%	90mg 4%	27g 10%	2g 7%	12g	9g 18%	2g						
Chocolate Chip	73300	1.4 oz	160	4.5g 6%	1g 5%	0g	0mg 0%	90mg 4%	28g 10%	2g 7%	12g	10g 20%	2g						



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<b>Appleways® WG 1.2 oz Oatmeal Bars</b>													<i>1 Grain Equivalent</i>							
Apple	70100	1.2 oz	140	4.5g	6%	0.5g	3%	0g	5mg	2%	90mg	4%	23g	8%	1g	4%	9g	8g	16%	2g
Chocolate Chip	70300	1.2 oz	140	4.5g	6%	1g	5%	0g	5mg	2%	75mg	3%	23g	8%	1g	4%	9g	8g	16%	2g
Strawberry	70400	1.2 oz	140	4.5g	6%	0.5g	3%	0g	5mg	2%	75mg	3%	23g	8%	1g	4%	9g	8g	16%	2g
Vanilla Celebration	70500	1.2 oz	140	4.5g	6%	1g	5%	0g	5mg	2%	75mg	3%	23g	8%	1g	4%	9g	8g	16%	2g
Blueberry	70600	1.2 oz	140	4.5g	6%	0.5g	3%	0g	5mg	2%	75mg	3%	23g	8%	1g	4%	9g	8g	16%	2g
<b>Appleways WG 2.4 oz Oatmeal Bars</b>													<i>2 Grain Equivalent</i>							
Apple	75100	2.4 oz	280	9g	12%	1.5g	8%	0g	5mg	2%	170mg	7%	46g	17%	3g	11%	19g	16g	32%	4g
Chocolate Chip	75300	2.4 oz	280	9g	12%	2g	10%	0g	5mg	2%	140mg	6%	46g	17%	3g	11%	19g	16g	32%	4g
Strawberry	75400	2.4 oz	280	9g	12%	1.5g	8%	0g	5mg	2%	150mg	7%	46g	17%	3g	11%	19g	16g	32%	4g
Vanilla Celebration	75500	2.4 oz	280	9g	12%	2g	10%	0g	5mg	2%	140mg	6%	46g	17%	3g	11%	19g	16g	32%	4g
Blueberry	75600	2.4 oz	280	9g	12%	1.5g	8%	0g	5mg	2%	150mg	7%	46g	17%	2g	7%	19g	16g	32%	4g
<b>Appleways WG 0.9 oz / 1.0 oz Sweet Crispy Snacks</b>													<i>1 Grain Equivalent</i>							
Cinnamon	71000	1.0 oz	120	4g	5%	0.5g	3%	0g	0mg	0%	75mg	3%	21g	8%	2g	7%	8g	7g	14%	2g
Cocoa	71300	1.0 oz	120	3.5g	4%	0.5g	3%	0g	0mg	0%	85mg	4%	21g	8%	2g	7%	8g	8g	16%	2g
Blueberry Lemon	71500	1.0 oz	120	3.5g	4%	0.5g	3%	0g	0mg	0%	60mg	3%	21g	8%	2g	7%	8g	7g	16%	2g
Granola	71600	1.0 oz	120	2g	3%	0g	0%	0g	0mg	0%	75mg	3%	22g	8%	2g	7%	6g	6g	12%	2g
Vanilla	72000	1.0 oz	120	4g	5%	0.5g	3%	0g	0mg	0%	50mg	2%	21g	8%	2g	7%	7g	7g	14%	2g
Mixed Berry	72400	0.9 oz	110	3.5g	4%	0.5g	3%	0g	0mg	0%	60mg	3%	18g	7%	2g	7%	6g	6g	12%	2g
<b>Appleways WG 0.9 oz / 1.0 oz Savory Crispy Crackers</b>													<i>1 Grain Equivalent</i>							
Cheddar Cheeses	76100	0.9 oz	110	3.5g	4%	1g	5%	0g	0mg	0%	180mg	8%	17g	6%	2g	7%	0g	0g	0%	3g
Veggie	76301	1.0 oz	110	3.5g	4%	0.5g	3%	0g	0mg	0%	140mg	6%	18g	7%	2g	7%	1g	0g	0%	2g
Sweet Potato	76400	1.0 oz	110	2g	3%	0g	0%	0g	0mg	0%	80mg	3%	22g	8%	2g	7%	6g	5g	10%	2g



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