

Cheddar Garlic Cookies

Ingredients: cheddar cheese(Pasteurized milk, salt, enzymes, potato starch), whole wheat flour, Butter(pasteurized cream and salt), milk , Garlic

Nutritional Facts:

Serving size: 1 (21.9g)



The following items or measurements are not included below:

carob chips or yogurt coating or egg whites for coating. (for cookies with coating)

Calories 89.5

Calories from Fat 63

Amount Per Serving

%DV

Total Fat 6.3g

9%

Saturated Fat 3.9g

19%

Monounsaturated Fat 1.6g

Polyunsaturated Fat .27g

Trans Fat 0.0g

Cholesterol 17.8mg

5%

Sodium 72.5mg

3%

Potassium 42.5mg

.9%

Total Carbohydrate 5.6g

1%

Dietary Fiber .9g

2 %

Sugars .20g

Protein 2.9g

5%
