Lactation Cookies

Nutrition Facts

Serving Size: (44g)
Servings Per Container: 12

Amount Per Serving

Calories 210	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18**%
Saturated Fat 3g	**15**%
Trans Fat 0.5g	
Cholesterol 15mg	**5**%
Sodium 120mg	**5**%
Total Carbohydrate 23g	**8**%
Dietary Fiber 3g	**12**%
Sugars 13g	
Protein 5g	

Vitamin A 2%	•	Vitamin C 0%
Calcium 2%	•	Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g