



Nutritional Information Per 100 Grams
#197 Natural Creamy Cookies & Cream Cookie Spread

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	
197	1	Serving	100.00	584.29	44.94	18.69	0.07	0.07	
Total	1	Serving	100.00	584.29	44.94	18.69	0.07	0.07	
Item Name	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Ash (g)	Water (g)	Vit A-IU (IU)	
197	45.38	2.84	21.47	21.38	4.36	0.99	3.74	0	
Total	45.38	2.84	21.47	21.38	4.36	0.99	3.74	0	
Item Name	Vit C (mg)	Vit D-mcg (mcg)	Folate (mcg)	Fol-Acid (mcg)	Iron (mg)	Pot (mg)	Calc (mg)	Sod (mg)	
197	0.02	0	0	0	3.90	204.49	18.11	135.36	
Total	0.02	0	0	0	3.90	204.49	18.11	135.36	

10/10/2024

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	580
% Daily Value*	
Total Fat 45g	58%
Saturated Fat 19g	95%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 45g	16%
Dietary Fiber 3g	11%
Total Sugars 21g	
Includes 21g Added Sugars	42%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 3.9mg	20%
Potassium 200mg	4%
*The % Daily Value 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	