

Nutritional Information Per 100 Grams
 ART #44-NS Artisan Oatmeal Cookie Flavor

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)
+ ART#44-NS	100	Gram	100.00	336.45	0	0	0	0
Total			100.00	336.45	0	0	0	0

Item Name	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	VitA-IU (IU)	Vit C (mg)	Vit D-mcg (mcg)
+ ART#44-NS	76.51	0	74.83	74.74	0	0	0	0
Total	76.51	0	74.83	74.74	0	0	0	0

Item Name	Calc (mg)	Iron (mg)	Pot (mg)	Sod (mg)	Ash (g)	Folate (mcg)	Fol_Acid (mcg)	Water (g)
+ ART#44-NS	10.50	0.01	1.97	9.92	0.06		0	22.34
Total	10.50	0.01	1.97	9.92	0.06		0	22.34

06/23/2020

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 77g	28%
Dietary Fiber 0g	0%
Total Sugars 75g	
Includes 75g Added Sugars	150%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 2mg	0%
*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	