

Nutrition Facts for Otis Spunkmeyer Cookies

Flavor	Calories	Calories from Fat	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Potassium	Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron	Folic Acid	Magnesium	Niacin	Phosphorus	Riboflavin	Thiamin	Zinc	Bread Servings
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VALUE ZONE™: Cost Effective, Tray-Feeding Venue Cookies

Preportioned Frozen Cookie Dough - 0.67 oz. Size

Serving Size = 1 cookie (0.67 oz./19 g.)

Chocolate Chip	90	35	4 g	2 g	0 g	5 mg	65 mg	25 mg	12 g	0 g	7 g	1 g	0	0	0	2	2	2	2	2	2	2	2	4	0	0.25
% Daily Value	(Product code: 58009)		6	10		2	3	1	4	0																
Oatmeal Raisin	80	30	3.5 g	1.5 g	0 g	5 mg	85 mg	45 mg	12 g	<1 g	6 g	1 g	2	0	0	2	2	0	2	2	2	2	2	2	0	0.5
% Daily Value	(Product code: 58003)		5	8		2	4	1	4	4																
Peanut Butter	80	35	4 g	1.5 g	0 g	5 mg	95 mg	35 mg	11 g	0 g	7 g	1 g	2	0	0	2	2	2	2	2	2	2	2	2	0	0.25
% Daily Value	(Product code: 58005)		6	8		2	4	1	4	0																
Sugar	80	30	3.5 g	1.5 g	0 g	5 mg	75 mg	10 mg	12 g	0 g	7 g	1 g	4	0	0	2	2	2	2	2	2	2	2	2	0	0.5
% Daily Value	(Product code: 58004)		5	8		2	3	0	4	0																

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Preportioned Frozen Cookie Dough - 1 oz. Size

Serving Size = 1 cookie (1.0 oz./28 g.)

Carnival	120	45	5 g	2.5 g	0 g	5 mg	110 mg	30 mg	18 g	0 g	11 g	1 g	4	0	0	2	4	2	2	2	2	2	4	4	0	0.5
% Daily Value	(Product code: 58108)		8	13		2	5	1	6	0																
Chocolate Chip	130	50	6 g	3 g	0 g	5 mg	95 mg	35 mg	17 g	<1 g	10 g	1 g	2	0	0	4	4	2	2	2	2	2	4	4	0	0.5
% Daily Value	(Product code: 58109)		9	15		2	4	1	6	4																
Double Chocolate Chip	120	50	6 g	2.5 g	0 g	5 mg	115 mg	65 mg	18 g	0 g	11 g	1 g	4	0	0	2	2	2	2	2	2	2	4	4	0	0.5
% Daily Value	(Product code: 58101)		9	13		2	5	2	6	0																
Oatmeal Raisin	120	45	5 g	2.5 g	0 g	5 mg	125 mg	65 mg	18 g	1 g	9 g	2 g	4	0	0	4	2	2	2	2	2	4	2	4	0	0.5
% Daily Value	(Product code: 58103)		8	13		2	5	2	6	4																
Peanut Butter	120	50	6 g	2 g	0 g	5 mg	150 mg	50 mg	17 g	<1 g	11 g	2 g	4	0	0	2	4	2	2	2	6	2	4	4	2	0.5
% Daily Value	(Product code: 58105)		9	10		2	6	1	6	4																
Ranger	120	50	6 g	3.5 g	0 g	5 mg	110 mg	45 mg	16 g	<1 g	8 g	2 g	4	0	0	4	4	2	2	4	4	4	4	4	2	0.5
% Daily Value	(Product code: 58113)		9	16		2	5	1	5	4																
Sugar	120	45	5 g	2.5 g	0 g	5 mg	115 mg	15 mg	18 g	0 g	10 g	1 g	4	0	0	2	4	0	4	2	4	4	4	6	2	0.5
% Daily Value	(Product code: 58104)		8	13		2	5	0	6	0																

Analytical: RCD:



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VALUE ZONE™: Cost Effective, Tray-Feeding Venue Cookies

Preportioned Frozen Cookie Dough - 2.0 oz. Size

Serving Size = 1 cookie (2.0 oz./57 g.)

Chocolate Chip	250	110	12 g	6 g	0 g	10 mg	190 mg	70 mg	35 g	1 g	20 g	3 g													1
% Daily Value	(Product code: 59100)		18	30		3	8	2	12	4			2	0	0	6	6	4	6	4	6	10	2		
Peanut Butter	250	100	11 g	4 g	0 g	10 mg	290 mg	105 mg	34 g	1 g	21 g	4 g													1
% Daily Value	(Product code: 59103)		17	20		3	12	3	11	4			6	0	2	6	8	6	10	4	6	8	2		
Sugar	250	100	11 g	4.5 g	0 g	15 mg	230 mg	25 mg	35 g	<1 g	19 g	3 g													1
% Daily Value	(Product code: 59104)		17	23		5	10	1	12	4			10	0	0	6	8	2	6	2	8	10	0		

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Preportioned Frozen Cookie Dough - 2.5 oz. Size

Serving Size = 1 cookie (2.5 oz./71 g.)

Chocolate Chip	310	140	15	7 g	0 g	15 mg	290 mg	90 mg	43 g	1 g	25 g	3 g													1.5
% Daily Value	(Product code: 59200)		23	35		5	12	3	14	4			10	0	2	8	8	6	6	4	8	10	2		
Carnival	310	130	14 g	6 g	0 g	15 mg	280 mg	80 mg	45 g	1 g	27 g	3 g													1.5
% Daily Value	(Product code: 59208)		22	30		5	12	2	15	4			10	0	2	8	8	4	6	4	8	10	2		
Double Chocolate Chip	310	130	14 g	6 g	0 g	15 mg	280 mg	170 mg	44 g	1 g	28 g	3 g													1.25
% Daily Value	(Product code: 59201)		22	30		5	12	5	15	4			10	0	2	6	8	6	6	6	8	10	2		
Sugar	310	120	13 g	6 g	0 g	20 mg	290 mg	35 mg	44 g	<1 g	24 g	3 g													1.75
% Daily Value	(Product code: 59204)		20	30		7	12	1	15	4			10	0	0	8	10	2	8	4	10	15	2		

Authorization, R/C: 

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Preportioned Frozen Cookie Dough - 3.0 oz. Size

Serving Size = 1 cookie (3.0 oz./85 g.)

Carnival	370	140	16 g	8 g	0 g	20 mg	330 mg	95 mg	53 g	1 g	33 g	4 g												1.75
% Daily Value			25	40		7	14	3	18	4			15	0	2	8	10	6	8	6	10	15	2	
Chocolate Chip	380	170	19 g	9 g	0 g	20 mg	290 mg	105 mg	52 g	2 g	31 g	4 g												1.75
% Daily Value			29	45		7	12	3	17	8			4	0	2	10	10	6	8	6	10	15	2	
Peanut Butter	370	150	17 g	6 g	0 g	20 mg	440 mg	160 mg	51 g	2 g	32 g	6 g												1.5
% Daily Value			26	30		7	18	5	17	8			10	0	2	8	10	8	15	8	10	15	4	
Sugar	370	140	16 g	7 g	0 g	20 mg	350 mg	40 mg	53 g	<1 g	29 g	4 g												2
% Daily Value			25	35		7	15	1	18	4			15	0	0	8	10	2	10	4	10	15	2	

Authorization, RVD:

