

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

Large Premium Cookies (3.5 OZ / 4.0 OZ)

### Item # 22001

#### Original Chocolate Chunk

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 410 Calories from Fat 140	
% Daily Value*	
<b>Total Fat</b> 16g	<b>24%</b>
Saturated Fat 7g	<b>37%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 65g	<b>22%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 37g	
<b>Protein</b> 5g	
Vitamin A <b>4%</b>	Vitamin C <b>0%</b>
Calcium <b>4%</b>	Iron <b>15%</b>

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

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), sugar, butter (cream, salt), expeller-pressed canola oil, skim milk, eggs, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts & tree nuts.**

### Item # 22002

#### White Chocolate Macadamia

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 430 Calories from Fat 150	
% Daily Value*	
<b>Total Fat</b> 17g	<b>27%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 480mg	<b>20%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 35g	
<b>Protein</b> 5g	
Vitamin A <b>4%</b>	Vitamin C <b>0%</b>
Calcium <b>6%</b>	Iron <b>10%</b>

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

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, white chocolate (sugar, cocoa butter, milk powder, soy lecithin, vanilla), butter (cream, salt), macadamia nuts, expeller-pressed canola oil, skim milk, eggs, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts.**

### Item # 22003

#### Oatmeal Raisin Cinnamon

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 390 Calories from Fat 110	
% Daily Value*	
<b>Total Fat</b> 12g	<b>19%</b>
Saturated Fat 5g	<b>24%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 66g	<b>22%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 35g	
<b>Protein</b> 6g	
Vitamin A <b>4%</b>	Vitamin C <b>0%</b>
Calcium <b>6%</b>	Iron <b>10%</b>

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

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, oats, sugar, raisins, butter (cream, salt), expeller-pressed canola oil, skim milk, eggs, cinnamon, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts & tree nuts.**

### Item # 22004

#### Double Chocolate Hazelnut

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 420 Calories from Fat 150	
% Daily Value*	
<b>Total Fat</b> 17g	<b>27%</b>
Saturated Fat 7g	<b>34%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>11%</b>
<b>Sodium</b> 490mg	<b>20%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 35g	
<b>Protein</b> 6g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>4%</b>	Iron <b>15%</b>

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

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), butter (cream, salt), hazelnuts, expeller-pressed canola oil, skim milk, eggs, cocoa, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts.**

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

Large Premium Cookies (3.5 OZ / 4.0 OZ)

### Item # 22005 Classic Peanut Butter

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 430 Calories from Fat 170	
% Daily Value*	
<b>Total Fat</b> 20g	<b>30%</b>
Saturated Fat 6g	<b>31%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 520mg	<b>22%</b>
<b>Total Carbohydrate</b> 58g	<b>19%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 32g	
<b>Protein</b> 8g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>4%</b>	Iron <b>10%</b>

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

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, peanut butter (peanuts, salt), sugar, butter (cream, salt), peanuts, skim milk, eggs, expeller-pressed canola oil, baking soda, sea salt, vanilla. **Produced on equipment that also processes tree nuts.**

### Item # 22006 Chewy Molasses-Ginger

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 390 Calories from Fat 100	
% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 5g	<b>24%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> 67g	<b>22%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 34g	
<b>Protein</b> 5g	
Vitamin A <b>4%</b>	Vitamin C <b>0%</b>
Calcium <b>6%</b>	Iron <b>15%</b>

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

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, molasses, butter (cream, salt), expeller-pressed canola oil, skim milk, eggs, spices, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts & tree nuts.**

### Item # 22007 Old-Fashioned Snickerdoodle

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 410 Calories from Fat 140	
% Daily Value*	
<b>Total Fat</b> 16g	<b>25%</b>
Saturated Fat 6g	<b>29%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>21%</b>
<b>Sodium</b> 500mg	<b>21%</b>
<b>Total Carbohydrate</b> 61g	<b>20%</b>
Dietary Fiber 1g	<b>5%</b>
Sugars 28g	
<b>Protein</b> 6g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>2%</b>	Iron <b>10%</b>

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

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, eggs, butter (cream (milk), salt), expeller-pressed canola oil, cream of tartar, baking soda, cinnamon, sea salt. **Produced on equipment that also processes peanuts & tree nuts.**

### Item # 22099 Seasonal: Blueberries & Oats

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 400 Calories from Fat 120	
% Daily Value*	
<b>Total Fat</b> 14g	<b>21%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 390mg	<b>16%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 30g	
<b>Protein</b> 6g	
Vitamin A <b>4%</b>	Vitamin C <b>0%</b>
Calcium <b>4%</b>	Iron <b>15%</b>

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

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, oats, sugar, butter (cream, salt), Oregon blueberries, expeller-pressed canola oil, eggs, baking soda, skim milk powder, sea salt, lemon extract, vanilla. **Produced on equipment that also processes peanuts & tree nuts.**

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

Large Premium Cookies (3.5 OZ / 4.0 OZ)

### Item # 22099

#### Seasonal: Ballpark Cookies

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 420 Calories from Fat 150	
% Daily Value*	
<b>Total Fat</b> 17g	<b>26%</b>
Saturated Fat 7g	<b>36%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 430mg	<b>18%</b>
<b>Total Carbohydrate</b> 63g	<b>21%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 35g	
<b>Protein</b> 6g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>4%</b>	Iron <b>10%</b>

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

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, butter (cream, salt), peanut butter (peanuts, salt), chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), toffee (sugar, palm oil, butter (cream, salt), almonds, soy lecithin), skim milk, eggs, expeller-pressed canola oil, peanuts, baking soda, sea salt, vanilla.

### Item # 22099

#### Seasonal: Pumpkin Cookies

Nutrition Facts	
Serving Size 3½ oz (99g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 370 Calories from Fat 120	
% Daily Value*	
<b>Total Fat</b> 13g	<b>20%</b>
Saturated Fat 5g	<b>24%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>11%</b>
<b>Sodium</b> 380mg	<b>16%</b>
<b>Total Carbohydrate</b> 60g	<b>20%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 30g	
<b>Protein</b> 5g	
Vitamin A <b>35%</b>	Vitamin C <b>0%</b>
Calcium <b>4%</b>	Iron <b>10%</b>

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

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, pumpkin, butter (cream, salt), expeller-pressed canola oil, eggs, skim milk, spices, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts & tree nuts.**

### Item # 32001

#### Dark-Dipped Chocolate Chunk

Nutrition Facts	
Serving Size 4 oz (113g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 490 Calories from Fat 180	
% Daily Value*	
<b>Total Fat</b> 20g	<b>31%</b>
Saturated Fat 10g	<b>50%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>11%</b>
<b>Sodium</b> 410mg	<b>17%</b>
<b>Total Carbohydrate</b> 74g	<b>25%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 44g	
<b>Protein</b> 6g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>6%</b>	Iron <b>15%</b>

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

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), sugar, butter (cream, salt), expeller-pressed canola oil, skim milk, eggs, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts & tree nuts.**

### Item # 32002

#### Dark-Dipped Peanut Butter

Nutrition Facts	
Serving Size 4 oz (113g) 1 cookie	
Servings per Container 1	
Amount Per Serving	
<b>Calories</b> 510 Calories from Fat 210	
% Daily Value*	
<b>Total Fat</b> 24g	<b>37%</b>
Saturated Fat 9g	<b>45%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrate</b> 66g	<b>22%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 40g	
<b>Protein</b> 9g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>8%</b>	Iron <b>15%</b>

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

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, peanut butter (peanuts, salt), chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), sugar, butter (cream, salt), peanuts, skim milk, eggs, expeller-pressed canola oil, baking soda, sea salt, vanilla. **Produced on equipment that also processes tree nuts.**

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

Large Premium Cookies (3.5 OZ / 4.0 OZ)

Item # 32003

### White-Dipped Doub. Choc. Hazelnut

Nutrition Facts	
Serving Size 4 oz (113g) 1 cookie	
Servings per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 490 Calories from Fat 190	
% Daily Value*	
<b>Total Fat</b> 22g	<b>34%</b>
Saturated Fat 10g	<b>48%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 500mg	<b>21%</b>
<b>Total Carbohydrate</b> 71g	<b>24%</b>
Dietary Fiber 3g	<b>11%</b>
Sugars 43g	
<b>Protein</b> 7g	
Vitamin A <b>6%</b>	Vitamin C <b>0%</b>
Calcium <b>8%</b>	Iron <b>15%</b>
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>	

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), brown sugar, sugar, chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla), butter (cream, salt), white chocolate (sugar, cocoa butter, milk powder, soy lecithin, vanilla), hazelnuts, expeller-pressed canola oil, skim milk, eggs, cocoa, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts.**