

Shortbread Cookies

Nutrition Facts

Serving Size 35 g

Amount Per Serving

Calories 180 Calories from Fat 100

Calories from Saturated Fat 20

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 2g **11%**

Trans Fat 0g

Polyunsaturated Fat 2.5g

Monounsaturated Fat 6g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 17g **6%**

Dietary Fiber 0g **0%**

Soluble Fiber 0g

Insoluble Fiber 0g

Sugars 5g

Protein 1g

Vitamin A 10% • Vitamin C 0%

Calcium 0% • Iron 4%

* 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 |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4