

## Oreo Cookies & Cream

# Nutrition Facts

**Serving Size** 100 grams  
**Servings Per Container** 1

**Amount per Serving**

**Calories** 220 **Calories from Fat** 125

% Daily Value\*

|                           |       |            |
|---------------------------|-------|------------|
| <b>Total Fat</b>          | 14 g  | <b>22%</b> |
| Saturated fat             | 9 g   | 46%        |
| Trans Fats                | 0 g   |            |
| <b>Cholesterol</b>        | 55 mg | <b>19%</b> |
| <b>Sodium</b>             | 50mg  | <b>2%</b>  |
| <b>Total Carbohydrate</b> | 20 g  | <b>7%</b>  |
| Dietary fiber             | 0 g   | <b>0%</b>  |
| Sugars                    | 20 g  |            |
| <b>Protein</b>            | 3 g   |            |

|                  |            |   |                  |           |
|------------------|------------|---|------------------|-----------|
| <b>Vitamin A</b> | <b>10%</b> | • | <b>Vitamin C</b> | <b>0%</b> |
| <b>Calcium</b>   | <b>8%</b>  | • | <b>Iron</b>      | <b>4%</b> |

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

**Skim milk, sugar, corn syrup, cream, buttermilk solids, cocoa(processed with alkali), mono and diglycerides, cellulose gum, guar gum, polysorbate 80 and carrageenan**