

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

### 3 lb. Cookie Dough Tubs

#### Item # 51301

#### Original Chocolate Chunk

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings per Container 48	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	<b>7%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 95 mg	<b>4%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 1g	<b>2%</b>
Sugars 11g	
<b>Protein</b> 1g	
Vitamin A <b>2%</b>	Vitamin C <b>0%</b>
Calcium <b>2%</b>	Iron <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 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, pasteurized eggs, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts & tree nuts.**

#### Item # 51304

#### Double Chocolate Hazelnut

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings per Container 48	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 140 mg	<b>6%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 1g	<b>3%</b>
Sugars 10g	
<b>Protein</b> 2g	
Vitamin A <b>2%</b>	Vitamin C <b>0%</b>
Calcium <b>2%</b>	Iron <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 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), Oregon hazelnuts, expeller-pressed canola oil, skim milk, pasteurized eggs, cocoa, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts.**

#### Item # 51303

#### Oatmeal Raisin Cinnamon

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings per Container 48	
Amount Per Serving	
<b>Calories</b> 110	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1.5g	<b>7%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 135 mg	<b>6%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 1g	<b>3%</b>
Sugars 10g	
<b>Protein</b> 2g	
Vitamin A <b>2%</b>	Vitamin C <b>0%</b>
Calcium <b>2%</b>	Iron <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 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, pasteurized eggs, cinnamon, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts & tree nuts.**

#### Item # 51305

#### Classic Peanut Butter

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings per Container 48	
Amount Per Serving	
<b>Calories</b> 120	Calories from Fat 50
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>9%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 160 mg	<b>7%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>2%</b>
Sugars 9g	
<b>Protein</b> 2g	
Vitamin A <b>2%</b>	Vitamin C <b>0%</b>
Calcium <b>2%</b>	Iron <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 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, pasteurized 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

### 3 lb. Cookie Dough Tubs

#### Item # 51306 Chewy Molasses-Ginger

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings per Container 48	
Amount Per Serving	
<b>Calories</b>	110 Calories from Fat 30
% Daily Value*	
<b>Total Fat</b>	3.5g 5%
Saturated Fat	1.5g 7%
Trans Fat	0g
<b>Cholesterol</b>	10mg 3%
<b>Sodium</b>	135 mg 6%
<b>Total Carbohydrate</b>	19g 6%
Dietary Fiber	0g 0%
Sugars	9g
<b>Protein</b>	1g
Vitamin A	2% Vitamin C 0%
Calcium	2% 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.	

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, pasteurized eggs, spices, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts & tree nuts.**

#### Item # 51397 All-Butter, Rolled Sugar

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings per Container 48	
Amount Per Serving	
<b>Calories</b>	120 Calories from Fat 45
% Daily Value*	
<b>Total Fat</b>	5g 8%
Saturated Fat	3g 15%
Trans Fat	0g
<b>Cholesterol</b>	25mg 9%
<b>Sodium</b>	90 mg 4%
<b>Total Carbohydrate</b>	16g 5%
Dietary Fiber	0g 0%
Sugars	7g
<b>Protein</b>	2g
Vitamin A	4% Vitamin C 0%
Calcium	2% 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.	

Unbleached wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, butter (cream (milk), salt), pasteurized eggs, baking powder, sea salt, vanilla. **Produced equipment that also processes peanuts & tree nuts.**

#### Item # 51307 Lemon Cheesecake w/ White Chocolate

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings per Container 48	
Amount Per Serving	
<b>Calories</b>	110 Calories from Fat 30
% Daily Value*	
<b>Total Fat</b>	3.5g 5%
Saturated Fat	1.5g 7%
Trans Fat	0g
<b>Cholesterol</b>	10mg 3%
<b>Sodium</b>	135 mg 6%
<b>Total Carbohydrate</b>	19g 6%
Dietary Fiber	0g 0%
Sugars	9g
<b>Protein</b>	1g
Vitamin A	2% Vitamin C 0%
Calcium	2% 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.	

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

#### Item # 51398 Seasonal: Ballpark

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings per Container 48	
Amount Per Serving	
<b>Calories</b>	120 Calories from Fat 45
% Daily Value*	
<b>Total Fat</b>	5g 8%
Saturated Fat	2g 10%
Trans Fat	0g
<b>Cholesterol</b>	10mg 3%
<b>Sodium</b>	150 mg 6%
<b>Total Carbohydrate</b>	18g 6%
Dietary Fiber	1g 2%
Sugars	10g
<b>Protein</b>	2g
Vitamin A	2% Vitamin C 0%
Calcium	2% 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.	

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, pasteurized eggs, expeller-pressed canola oil, peanuts, baking soda, sea salt, vanilla.

# Cougar Mountain Baking Company

## NUTRITION FACTS & INGREDIENTS LISTS

### 3 lb. Cookie Dough Tubs

Item # 51199

Seasonal: Pumpkin

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings per Container 48	
Amount Per Serving	
<b>Calories</b>	110
Calories from Fat	35
% Daily Value*	
<b>Total Fat</b>	4g 6%
Saturated Fat	1.5g 7%
Trans Fat	0g
<b>Cholesterol</b>	10mg 3%
<b>Sodium</b>	140 mg 6%
<b>Total Carbohydrate</b>	17g 6%
Dietary Fiber	0g 0%
Sugars	8g
<b>Protein</b>	1g
Vitamin A	10%
Vitamin C	0%
Calcium	2%
Iron	4%
<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, pumpkin, butter (cream, salt), expeller-pressed canola oil, pasteurized eggs, skim milk, spices, baking soda, sea salt, vanilla. **Produced on equipment that also processes peanuts & tree nuts.**