

# NUTRITIONAL FACTS

Cheryl's Cookies

## Sugar Free & Gluten Free Cookies and Brownies

Winter/Spring 2018

### Sugar Free Chocolate Chip Cookie Net Wt. 1.2oz (34g)

#### INGREDIENTS:

**Wheat Flour, Sugar Free Chocolate Chips** (Maltitol, Chocolate Liquor Processed With Alkali, Cocoa Butter, Soya Lecithin [Emulsifier], Vanilla Extract), **Maltitol, Butter** (Milk), **Eggs, Water, Raisin Paste, Natural Flavors, Salt, Baking Soda, Sucralose.**

#### ALLERGEN STATEMENT

**Contains Wheat, Soy, Milk and Eggs**  
**Produced in a plant that handles Peanuts and Tree Nuts.**

*Cheryl's sugar free products are not a low calorie food.  
Excess consumption may have a laxative effect.*

<p><b>Nutrition Facts</b> Serving Size 1 cookie = 1.2oz (34g), Servings Per Container 1 Cookie, Amount Per Serving: <b>Calories</b> 140, Calories from Fat 70, <b>Total Fat</b> 7g (12% DV), Saturated Fat 4.5g (22% DV), Trans Fat 0g, <b>Cholesterol</b> 15mg (5% DV), <b>Sodium</b> 115mg (5% DV), <b>Total Carbohydrate</b> 21g (7% DV), Dietary Fiber 1g (5% DV), Sugars 0g, Sugar Alcohol 12g, <b>Protein</b> 2g, Vitamin A (2% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (6% DV). Percent Daily Values are based on a 2,000 calorie diet.</p>
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# NUTRITIONAL FACTS

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## Sugar Free & Gluten Free Cookies and Brownies

Winter/Spring 2018

### Sugar Free Lemon Cookie

Net Wt. 1.2oz (34g)

#### INGREDIENTS:

**Wheat Flour, Maltitol, Butter (Milk), Eggs, Sucralose, Natural Flavors (Vanilla, Lemon), Cream of Tartar (Calcium Sulfate, Monocalcium Phosphate, Adipic Acid, Corn Starch), Salt, Baking Soda.**

#### ALLERGEN STATEMENT

**Contains Wheat, Milk and Eggs,  
Produced in a plant that also handles Soy, Peanuts and Tree Nuts**

*Excess consumption may have a laxative effect. Not a low-calorie food.*

#### **Nutrition Facts:**

Serv. Size: 1 Cookie= 1.2oz (34g) Amount Per Serving: **Calories 120**, Calories from Fat 45, **Total Fat 5g** (8% DV), Saturated Fat 3g (15% DV) Trans Fat 0g, **Cholesterol 30g** (9% DV), **Sodium 70mg** (7% DV), **Total Carbohydrates 20g** (7% DV), Dietary Fiber 0g (0% DV), Sugars 0g, Sugar Alcohol 8g, **Protein 2g**, Vitamin A (4% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV).  
Percent Daily Values (DV) are based on a 2,000 calorie diet.

# NUTRITIONAL FACTS

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## Sugar Free & Gluten Free Cookies and Brownies

Winter/Spring 2018

### Sugar Free Snickerdoodle Cookie

Net Wt. 1.2oz (34g)

#### INGREDIENTS:

**Wheat Flour, Maltitol, Butter (Milk), Eggs, Sucralose, Natural Flavors (Pure Vanilla Extract), Cinnamon, Salt, Baking Soda.**

#### ALLERGEN STATEMENT

**Contains Wheat, Milk and Eggs.**

**Produced in a plant that handles Soy, Peanuts and Tree Nuts.**

*Cheryl's sugar free products are not a low calorie food.*

*Excess consumption may have a laxative effect.*

<p><b>Nutrition Facts</b> Serving Size 1.2oz (34g), Servings Per Container 1, Amount Per Serving: <b>Calories</b> 130, Calories from Fat 50, <b>Total Fat</b> 6g (9% DV), Saturated Fat 3.5g (18% DV), Trans Fat 0g, <b>Cholesterol</b> 25mg (8% DV), <b>Sodium</b> 45mg (2% DV), <b>Total Carbohydrate</b> 21g (7% DV), Dietary Fiber 1g (3% DV), Sugars 0g, Sugar Alcohol 10g, <b>Protein</b> 2g, Vitamin A (4% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values are based on a 2,000 calorie diet.</p>
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## Sugar Free & Gluten Free Cookies and Brownies

Winter/Spring 2018

### Sugar Free Lemon Cake Slice

Net Wt. 2.25oz (64g)

#### INGREDIENTS:

**Maltitol, Soybean Oil, Eggs, Wheat Flour, Wheat Flour, Butter (Milk), Sour Cream (Cultured Nonfat Milk, Cream, Whey, Modified Food Starch, Guar Gum, Sodium Citrate, Sodium Phosphate, Carrageenan, Locust Bean Gum, Potassium Sorbate And Sorbic Acid [Preservatives], Rennet), Potassium Sorbate (Preservative), Salt, Natural Flavor (Natural Lemon), Citric Acid, Sucralose.**

#### ALLERGEN STATEMENT

**Contains Wheat, Soy, Milk and Eggs**

**Produced in a plant that handles Peanuts and Tree Nuts**

*Cheryl's sugar free products are not a low calorie food.*

*Excess consumption may have a laxative effect.*

<p><b>Nutrition Facts</b> Serving Size 2.25oz (64g) , Servings Per Container 1 Slice, Amount Per Serving: <b>Calories</b> 230, Calories from Fat 140, <b>Total Fat</b> 16g (25% DV), Saturated Fat 5g (25% DV), Trans Fat 0g, <b>Cholesterol</b> 55mg (18% DV), <b>Sodium</b> 180mg (7% DV), <b>Total Carbohydrate</b> 29g (10% DV), Dietary Fiber 0g (1% DV), Sugars 0g, Sugar Alcohol 19g, <b>Protein</b> 2g, Vitamin A (4% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
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# NUTRITIONAL FACTS

Cheryl's Cookies

## Sugar Free & Gluten Free Cookies and Brownies

Winter/Spring 2018

### Sugar Free Blondie Walnut Brownie Bar

Net Wt. 2.25oz (64g)

#### INGREDIENTS;

**Maltitol, Wheat Flour, Sugar Free Chocolate Chips** (Maltitol, Chocolate Liquor Processed With Alkali, Cocoa Butter, Soy Lecithin [Emulsifier], Vanilla Extract), **Butter** (Milk), **Walnuts, Eggs, Milk, Natural Flavor** (Vanilla Extract), **Salt, Sucralose.**

#### ALLERGEN STATEMENT

**Contains Walnuts, Wheat, Soy, Milk and Eggs**  
**Produced in a plant that handles Peanuts and Tree Nuts**

*Cheryl's sugar free products are not a low calorie food.  
Excess consumption may have a laxative effect.*

<p><b>Nutrition Facts</b> Serving Size 2.25oz.(64g) , Servings Per Container 1 Slice, Amount Per Serving: <b>Calories</b> 230, Calories from Fat 120, <b>Total Fat</b> 13g (21% DV), Saturated Fat 7g (36% DV), Trans Fat 0g, <b>Cholesterol</b> 45mg (14% DV), <b>Sodium</b> 180mg (8% DV), <b>Total Carbohydrate</b> 35g (12% DV), Dietary Fiber 1g (6% DV), Sugars 0g, Sugar Alcohol 24g, <b>Protein</b> 3g, Vitamin A (6% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
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# NUTRITIONAL FACTS

Cheryl's Cookies

## Sugar Free & Gluten Free Cookies and Brownies

Winter/Spring 2018

### Sugar Free Fudge Brownie Bar

Net Wt. 2.8oz (79g)

#### INGREDIENTS:

**Maltitol, Butter** (Milk), **Chocolate Chips** (Maltitol, Chocolate Liquor Processed With Alkali, Cocoa Butter, Soya Lecithin [Emulsifier], Vanilla Extract). **Eggs, Unsweetened Chocolate** (Chocolate Liquor), **Wheat Flour, Natural Flavors, Salt, Baking Powder** (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Calcium Phosphate), **Sucralose**.

#### ALLERGEN STATEMENT

**Contains Wheat, Soy, Milk and Eggs**

**Produced in a plant that handles Peanuts and Tree Nuts**

*Cheryl's sugar free products are not a low calorie food.*

*Excess consumption may have a laxative effect.*

<p><b>Nutrition Facts</b> Serving Size 2.8oz.(79g), Servings Per Container 1, Amount Per Serving: <b>Calories</b> 300, Calories from Fat 180, <b>Total Fat</b> 20g (30% DV), Saturated Fat 12g (58% DV), Trans Fat 0g, <b>Cholesterol</b> 70mg (23% DV), <b>Sodium</b> 110mg (5% DV), <b>Total Carbohydrate</b> 43g (14% DV), Dietary Fiber 1g (5% DV), Sugars 0g, Sugar Alcohol 32g, <b>Protein</b> 4g, Vitamin A (8% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (10% DV). Percent Daily Values are based on a 2,000 calorie diet.</p>
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# NUTRITIONAL FACTS

Cheryl's Cookies

## Sugar Free & Gluten Free Cookies and Brownies

Winter/Spring 2018

### Gluten Free Brownie Walnut Cookie

Net Wt 1oz (28g)

#### INGREDIENTS:

**Chocolate Chips** (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin [Emulsifier], Vanilla Bean Seeds), **Sugar, Eggs, Rice and Tapioca Flour, Butter** (Milk), **Walnuts, Chocolate Liquor, Cocoa** (Alkalized), **Cornstarch, Water, Natural Flavor, Baking Soda, Salt, Xanthan Gum.**

#### ALLERGEN STATEMENT

**Contains Walnuts, Eggs, Milk and Soy.**

**Produced on shared equipment with Walnuts, Eggs, Milk and Soy.**

**Produced in a dedicated gluten free facility.**

<p><b>Nutrition Facts</b> Serving Size 1oz (28g), Servings Per Container 1 Cookie, Amount Per Serving: <b>Calories</b> 110, Calories from Fat 60, <b>Total Fat</b> 6g (9% DV), <b>Saturated Fat</b> 3g (15% DV), <b>Trans Fat</b> 0g, <b>Cholesterol</b> 25mg (8% DV), <b>Sodium</b> 55mg (2% DV), <b>Total Carbohydrate</b> 15g (5% DV), <b>Dietary</b> <b>Fiber</b> 1g (4% DV), <b>Sugars</b> 11g, <b>Protein</b> 2g, <b>Vitamin A</b> (2% DV), <b>Vitamin C</b> (0% DV), <b>Calcium</b> (2% DV), <b>Iron</b> (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
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# NUTRITIONAL FACTS

Cheryl's Cookies

## Sugar Free & Gluten Free Cookies and Brownies

Winter/Spring 2018

### Gluten Free Chocolate Chip Cookie Net Wt 1oz (28g)

#### INGREDIENTS:

**Tapioca and Rice Flour, Chocolate Chips** (Sugar, Unsweetened Chocolate, Cocoa Butter Soy Lecithin an Emulsifier, Vanilla Bean Seeds), **Butter** (Cream, Salt), **Light Brown Sugar** (Sugar, Molasses), **Sugar, Eggs, Honey, Corn Starch, Water, Natural Vanilla Extract, Salt, Water, Xanthan Gum, Baking Soda.**

#### ALLERGEN STATEMENT

**Contains Eggs, Milk and Soy.**

**Produced on shared equipment with Walnuts, Eggs, Milk and Soy.**

**Produced in a dedicated gluten free facility.**

**Nutrition Facts** servings per container 1 Cookie ,  
Serving size 1 oz (28g), Amount per serving:

**Calories 120**, Total Fat 5g (6% DV), Saturated Fat 3.5g (18% DV),  
Trans Fat 0g, Cholesterol 15mg (5% DV), Sodium 105mg (5% DV), Total  
Carbohydrate 14g (5% DV), Dietary Fiber 1g (4% DV), Total Sugars 10g,  
Includes 10g Added Sugars (20% DV), Protein 1g, Vitamin D 0mcg (0% DV),  
Calcium 9mg (0% DV), Iron 1mg (6% DV), Potassium 35mg (0% DV). %DV =  
%Daily Value



# NUTRITIONAL FACTS

Cheryl's Cookies

## Sugar Free & Gluten Free Cookies and Brownies

Winter/Spring 2018

### Gluten Free Buttercream Frosted Sugar Cookie Net Wt 1.6oz(45g)

#### INGREDIENTS:

**Powdered Sugar** (Sugar, Corn Starch), **Butter** (Cream, Salt), **Tapioca and Rice Flour**, **Sugar**, **Eggs**, **Nonfat Dry Milk**, **Cornstarch**, **Water**, **Natural Flavors**, **Evaporated Milk** (Milk, Dipotassium Phosphate, Carrageenan, Vitamin D3), **Leavening** (Baking Soda, Calcium Sulfate, Monocalcium Phosphate, Adipic Acid, Corn Starch), **Salt**.

#### ALLERGEN STATEMENT

**Contains Eggs and Milk.**

**Produced on shared equipment with Walnuts, Eggs, Milk and Soy.**

**Produced in a dedicated gluten free facility.**

**Nutrition Facts** servings per container 1 Cookie,  
**Serving size 1.6oz (45g)**, Amount per serving:

**Calories 190**, **Total Fat** 8g (10% DV), **Saturated Fat** 5g (25% DV),  
**Trans Fat** 0g, **Cholesterol** 35mg (12% DV), **Sodium** 115mg (5% DV), **Total**  
**Carbohydrate** 29g (11% DV), **Dietary Fiber** 0g (0% DV), **Total Sugars** 21g,  
Includes 21g Added Sugars (42% DV), **Protein** 1g, **Vitamin D** 0mcg (0% DV),  
**Calcium** 22mg (2% DV), **Iron** 0mg (0% DV), **Potassium** 31mg (0% DV). %DV  
= %Daily Value

# NUTRITIONAL FACTS

Cheryl's Cookies

## Sugar Free & Gluten Free Cookies and Brownies

Winter/Spring 2018

### Gluten Free Snickerdoodle Cookie

Net Wt 1oz (28g)

#### INGREDIENTS:

**Tapioca and Rice Flour, Sugar, Butter** (Cream, Salt), **Eggs, Powdered Sugar** (Sugar, Corn Starch), **Nonfat Dry Milk, Cornstarch, Water, Natural Vanilla Extract, Cinnamon, Xanthan Gum, Salt, Leavening** (Baking Soda, Calcium Sulfate, Monocalcium Phosphate, Adipic Acid, Corn Starch).

#### ALLERGEN STATEMENT

**Contains Milk and Eggs.**

**Produced on shared equipment with Walnuts, Eggs, Milk and Soy.**

**Produced in a dedicated gluten free facility.**

**Nutrition Facts** servings per container 1 Cookie,  
Serving size 1 oz (28g), Amount per serving:

**Calories 110**, Total Fat 5g (6% DV), Saturated Fat 3g (15% DV), Trans Fat 0g, **Cholesterol** 25mg (8% DV), **Sodium** 90mg (4% DV), **Total Carbohydrate** 16g (6% DV), Dietary Fiber 0g (0% DV), Total Sugars 8g, Includes 8g Added Sugars (16% DV), **Protein** 1g, Vitamin D 0mcg (0% DV), Calcium 22mg (2% DV), Iron 0mg (0% DV), Potassium 29mg (0% DV). %DV = %Daily Value

# NUTRITIONAL FACTS

Cheryl's Cookies

## Sugar Free & Gluten Free Cookies and Brownies

Winter/Spring 2018

### Gluten Free Fudge Brownie

Net Wt 2.25oz (64g)

#### INGREDIENTS:

**Sugar, Butter (Milk), Eggs, Rice and Tapioca Flour, Chocolate Chips (Sugar, Unsweetened Chocolate, Cocoa Butter, Soy Lecithin [Emulsifier], Vanilla Bean Seeds), Chocolate Liquor, Corn Starch, Nonfat Dry Milk, Water, Natural Flavors, Salt, Xanthan Gum.**

#### ALLERGEN STATEMENT

**Contains Eggs, Milk and Soy.**

**Produced on shared equipment with Walnuts, Eggs, Milk and Soy.**

**Produced in a dedicated gluten free facility.**

<p><b>Nutrition Facts</b> Serving Size 2.25oz (64g), Servings Per Container 1 Brownie, Amount Per Serving: <b>Calories</b> 250, Calories from Fat 130, <b>Total Fat</b> 14g (22% DV), Saturated Fat 9g (45% DV), Trans Fat 0g, <b>Cholesterol</b> 60mg (20% DV), <b>Sodium</b> 210mg (9% DV), <b>Total Carbohydrate</b> 35g (12% DV), Dietary Fiber 1g (4% DV), Sugars 26g, <b>Protein</b> 3g, Vitamin A (6% DV), Vitamin C (0% DV), Calcium (4% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.</p>
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# NUTRITIONAL FACTS

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## Sugar Free & Gluten Free Cookies and Brownies

Winter/Spring 2018

### Sugar Free Vanilla Caramel with Sea Salt - 4pc Net Wt 2.5oz (70g)

#### INGREDIENTS

**Maltitol Syrup, Maltitol, Sorbitol, Cocoa Butter, Evaporated Milk** (with Dipotassium Phosphate, Carrageenn and Vitamin D3), **Chocolate Liquor, Cream** (Sodium Citrate, Disodium Phosphate), **Unsalted Butter** (Milk), **Hydrogenated Palm Kernel Oil, Calciuim Caseinate** (Milk), *Milk Fat, Contains 1% or Less of the Following*: Sea Salt, Whey Protein (Milk), Soya Lecithin (an emulsifier), Vanilla Extract, Natural and Artificial Caramel Flavor

#### ALLERGY INFORMATION

**Shares Equipment with Products containing Peanuts, Tree Nuts, Milk, Egg, Soy and Wheat.**

Nutrition Facts	
Serving Size 2 Pieces (37g)	
Servings Per Container About 48	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 70</b>
	% Daily Value*
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 150mg</b>	<b>6%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 0g	0%
Sugars 0g	
Sugar Alcohol 23g	
<b>Protein 1g</b>	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
<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>	
	<small>Calories: 2,000    2,500</small>
<small>Total Fat</small>	<small>Less than 65g    80g</small>
<small>Saturated Fat</small>	<small>Less than 20g    25g</small>
<small>Cholesterol</small>	<small>Less than 300mg    300 mg</small>
<small>Sodium</small>	<small>Less than 2,400mg    2,400mg</small>
<small>Total Carbohydrate</small>	<small>300g    375g</small>
<small>Dietary Fiber</small>	<small>25g    30g</small>
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	