



MARKETING

## Nutrition Facts

192 Servings per container

<b>Serving Size</b>	<b>1 cookie</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6 g	<b>8%</b>
Saturated Fat 2 g	<b>10%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 20 mg	<b>7%</b>
<b>Sodium</b> 200 mg	<b>9%</b>
<b>Total Carbohydrates</b> 34 g	<b>12%</b>
Dietary Fiber 4 g	<b>14%</b>
Total Sugars 17 g	
Includes 16 g Added Sugars	<b>32%</b>
<b>Protein</b> 3 g	
Vitamin D 0.1 mcg	0%
Calcium 20 mg	2%
Iron 1.2 mg	6%
Potassium 70 mg	2%

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS

Code	Dist Prod Code	GTIN	Calculated Pack
14925	564231	00024497149257	192 x 1.85 OZ

Brand	Brand Owner	GPC Description
READI-BAKE BeneFIT®	J&J SNACK FOODS CORP.	Biscuits/Cookies (Frozen)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
23.2 LBR	22.2 LBR	No		Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
20.19 INH	9.06 INH	6 INH	.64	10x8	365 Days	-10 FAH / 0 FAH

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

Milk - C

Eggs - NI

Soy - NI

Wheat - NI

Sesame - NI

Peanuts - NI

Tree Nuts - NI

Fish - NI

Shellfish - NI

SERVING SUGGESTIONS

INGREDIENTS

WHEAT FLOUR BLEND (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE WHEAT FLOUR), SUGAR, EGGS, VEGETABLE SHORTENING (CANOLA OIL, PALM OIL, MONO AND DIGLYCERIDES), OATS, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), BUTTER MARGARINE BLEND (BUTTER [CREAM, SALT], PALM OIL, SOYBEAN OIL, WATER, SALT, NATURAL FLAVOR, VEGETABLE MONO AND DIGLYCERIDES, ANNATTO EXTRACT [COLOR], VITAMIN A PALMITATE), WHEAT STARCH-MODIFIED, INULIN, CONTAINS 2% OR LESS OF THE FOLLOWING: NATURAL FLAVOR, WATER, DAIRY BLEND (WHEY, SODIUM CASEINATE, NONFAT DRY MILK, SOY LECITHIN, CALCIUM PHOSPHATE, CALCIUM OXIDE), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, CALCIUM CARBONATE), SALT, SOY LECITHIN.

HANDLING SUGGESTIONS

PREPARATION & COOKING SUGGESTIONS

MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	190
Protein	3 g
Total Carbohydrates	34 g
Sugars	17 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	6 g
Trans Fat	0 g
Saturated Fat	2 g
Added Sugars	16 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	20 mg
Vitamin D	0.1 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	200 mg
Calcium	20 mg
Iron	1.2 mg
Potassium	70 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

