



6/4/14

GFS Healthy Option Chocolate Chip (650021)

Nutrition Facts			
Amount Per Serving			
Calories 110	Calories From Fat 30		
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 15mg	4%		
Sodium 110mg	5%		
Total Carbohydrate 18g	6%		
Dietary Fiber 1g	4%		
Sugars 8g			
Protein 2g			
Vitamin A 2%	• Vitamin C 0%		
Calcium 0%	• Iron 2%		
* 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

Ingredients: Whole grain flour, enriched wheat flour, sugar, chocolate chips(sugar, chocolate liquor, cocoa butter, soy lecithin, artificial flavoring), whole eggs, margarine(soybean oil, water, vegetable mono & diglycerides, salt, contains less than 2% of whey solids, soy lecithin, sodium benzoate, citric acid, artificial flavor, beta carotene, vitamin a palmitate added), invert sugar, apple powder, molasses, vanilla flavor, baking powder, soda bicarbonate, butter vanilla powder, soy lecithin, butter flavor, salt. Contains Wheat, eggs, milk, and soy