



ADM

Education and Welfare Society



Nutrition Facts

Serving Size: 1 Cookie (30g)
Servings Per Container: About 10
Amount Per Serving
Calories: 150
Total Fat: 8g (10% DV)
Saturated Fat: 3g (15% DV)
Trans Fat: 0g
Cholesterol: 15mg (5% DV)
Sodium: 120mg (5% DV)
Total Carbohydrate: 18g (7% DV)
Dietary Fiber: 2g (7% DV)
Total Sugars: 10g
Includes Added Sugars: 8g (16% DV)
Protein: 3g
Vitamin D: 0mcg (0% DV)
Calcium: 20mg (2% DV)
Iron: 0.6mg (3% DV)
Potassium: 100mg (2% DV)
Key Ingredients
Nuts: Almonds, Cashews, Pecans
Sweeteners: Cane Sugar, Honey
Grains: Whole Wheat Flour, Rolled Oats
Fats: Butter, Canola Oil
Others: Eggs, Baking Soda, Vanilla Extract, Sea Salt
Allergen Information
Contains: Nuts (Almonds, Cashews, Pecans), Eggs, Dairy (Butter), Wheat.
Processed in a facility that also processes peanuts and soy.

Storage Instructions

Store in a cool, dry place.
Best if consumed within 30 days of opening.



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SOCIAL MEDIA
[@admedu.society](https://www.instagram.com/admedu.society)



WEBSITE
[Admedusociety.org](https://www.admedusociety.org)

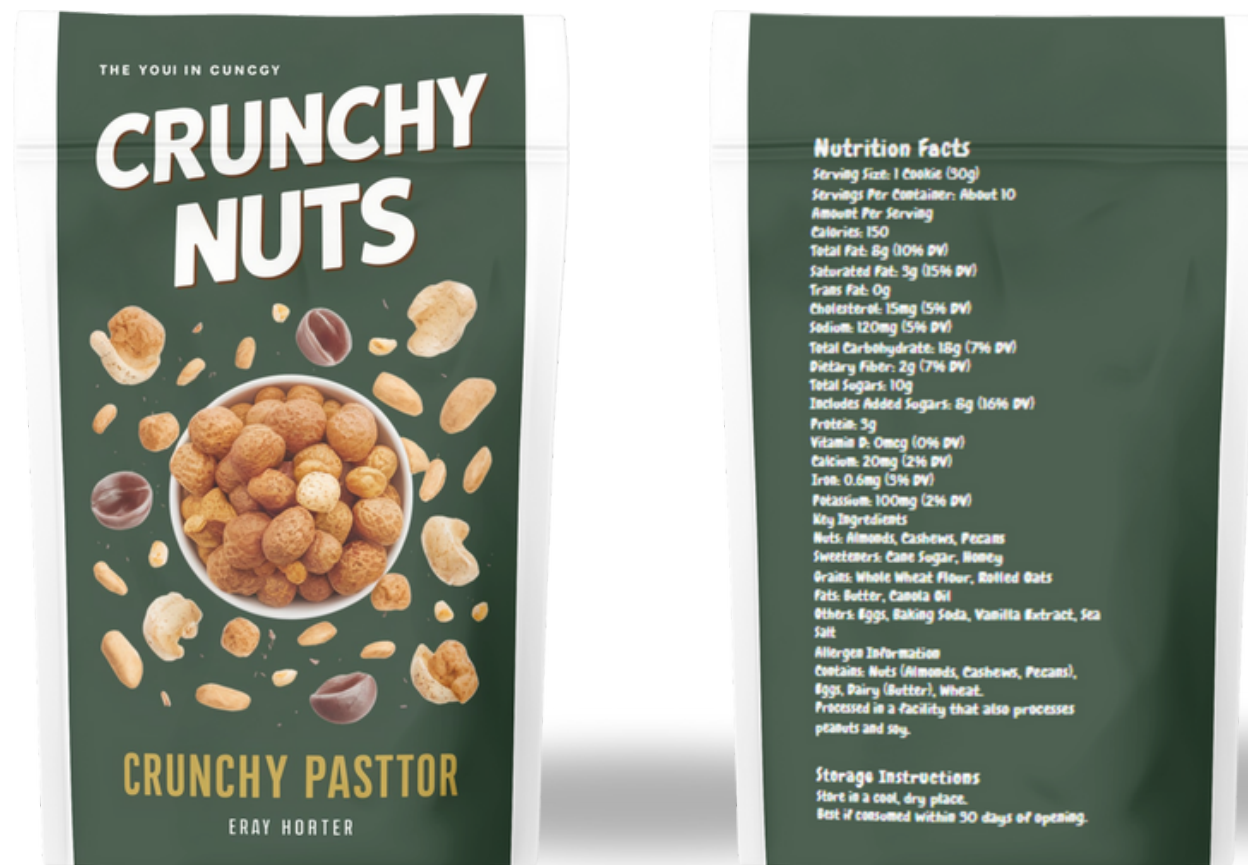


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