

# In-Dey-Go Fundraising Classic Recipe Nutritional Panels

Chocolate Chunk

Nutrition Facts	
Serving Size 38 g Servings Per Container 1	
Amount Per Serving	
Calories 160	Calories from Fat 60
Calories from Saturated Fat 15	
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 2g	9%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 10mg	4%
Sodium 100mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 14g	
Protein 2g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	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.	
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Dark Choc/White Choc

Nutrition Facts	
Serving Size 38 g Servings Per Container 1	
Amount Per Serving	
Calories 160	Calories from Fat 70
Calories from Saturated Fat 25	
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	5%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 12g	
Protein 2g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 6%
* 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ginger Crinkle

Nutrition Facts	
Serving Size 35 g Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 50
Calories from Saturated Fat 0	
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 3g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	2%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 12g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
* 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Monster Cookie

Nutrition Facts	
Serving Size 38 g Servings Per Container 1	
Amount Per Serving	
Calories 160	Calories from Fat 50
Calories from Saturated Fat 10	
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 10mg	4%
Sodium 110mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	2%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 14g	
Protein 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.	
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

MotherLode

Nutrition Facts	
Serving Size 35 g Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 50
Calories from Saturated Fat 10	
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol 10mg	4%
Sodium 65mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 10g	
Protein 3g	
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.	
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

White Chocolate  
Macadamia Nut

Nutrition Facts	
Serving Size 38 g Servings Per Container 1	
Amount Per Serving	
Calories 160	Calories from Fat 70
Calories from Saturated Fat 20	
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 4g	
Cholesterol 15mg	5%
Sodium 100mg	4%
Total Carbohydrate 21g	7%
Dietary Fiber 0g	0%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 14g	
Protein 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 6%
* 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Oatmeal Coconut  
Chocolate Chunk

Nutrition Facts	
Serving Size 38 g Servings Per Container 1	
Amount Per Serving	
Calories 160	Calories from Fat 60
Calories from Saturated Fat 15	
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	9%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 4g	
Cholesterol 10mg	4%
Sodium 110mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 13g	
Protein 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.	
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Oatmeal Raisin Spice

Nutrition Facts	
Serving Size 41 g Servings Per Container 1	
Amount Per Serving	
Calories 160	Calories from Fat 50
Calories from Saturated Fat 10	
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 10mg	4%
Sodium 85mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	5%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 14g	
Protein 3g	
Vitamin A 4%	Vitamin C 0%
Calcium 2%	Iron 6%
* 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Shortbread

Nutrition Facts	
Serving Size 35 g Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 100
Calories from Saturated Fat 20	
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 2g	11%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 6g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 5g	
Protein 1g	
Vitamin A 10%	Vitamin C 0%
Calcium 0%	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.	
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Sugar Cookie

Nutrition Facts	
Serving Size 35 g Servings Per Container 1	
Amount Per Serving	
Calories 150	Calories from Fat 60
Calories from Saturated Fat 10	
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 3.5g	
Cholesterol 10mg	4%
Sodium 85mg	3%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Soluble Fiber 0g	
Insoluble Fiber 0g	
Sugars 9g	
Protein 2g	
Vitamin A 6%	Vitamin C 0%
Calcium 0%	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.	
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	