Nutrition Facts

8 servings per container

Serving size **1 cookie (30g)**

Amount per serving

Calories 150

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 140mg	**6%**
Total Carbohydrate 19g	**7%**
Dietary Fiber <1g	**3%**
Total Sugars 13g	
Includes 13g Added Sugars	**26%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.7mg	4%
Potassium 0mg	0%

* The % Daily Value (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.

Sample - Chocolate Chip Cookies

Ingredient statement

Ingredients: Semisweet chocolate chips (sugar, chocolate, cocoa butter, milk fat, soy lecithin, vanilla), Enriched wheat flour, Butter, Brown sugar, Sugar, Eggs, Salt, Baking soda, Vanilla extract.

Allergen statement

Contains: Milk, Egg, Wheat, Soy.

Values counted as 0 by your decision

The data source had no value for these; you confirmed they count as 0: Trans Fat in Enriched wheat flour; Trans Fat in Brown sugar; Trans Fat in Sugar; Trans Fat in Semisweet chocolate chips; Trans Fat in Baking soda.

How the numbers were made

Nutrients are summed from ingredient weights (raw total 1277 g) and scaled to a 30 g serving.

The batch weight used is the finished weight you entered, 1160 g (-9.2% versus raw). Nutrient losses in cooking are not modelled.

Rounding and % Daily Values follow 21 CFR 101.9, eCFR version of 2026-10-01, Daily Values for adults and children 4 years and older. Protein % Daily Value is not declared.

Added sugars are the total sugars of the ingredients you marked as added-sugar sources.

Sources

USDA FoodData Central: SR Legacy (April 2018) and Foundation Foods (April 2026), public domain (CC0 1.0).

USDA records used: Enriched wheat flour = Wheat flour, white, all-purpose, enriched, bleached (FDC 168894); Butter = Butter, salted (FDC 173410); Brown sugar = Sugars, brown (FDC 168833); Sugar = Sugars, granulated (FDC 169655); Eggs = Egg, whole, raw, fresh (FDC 171287); Semisweet chocolate chips = Candies, semisweet chocolate (FDC 167976); Salt = Salt, table (FDC 173468); Baking soda = Leavening agents, baking soda (FDC 175040); Vanilla extract = Vanilla extract (FDC 173471).

Illustrative recipe only, not a label for your product. Finished batch weight, sub-ingredients and allergen tags are example inputs; missing values counted as 0 are listed above. Calculated from USDA data, not laboratory analysis. This file does not certify FDA compliance.

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