

# Epic Harvests LLC

## NUTRITION & ANALYSIS SHEET

**PRODUCT NAME:** Whole Grain Equivalent Traditional Fudge Pan Cookie  
**PRODUCT CODE:** 22294FIW  
**PORTION SIZE:** 3 oz. 85g  
**PACKED:** 96 IW  
**CASE NET WEIGHT:** 18 lbs.  
**CASE DIMENSIONS:** 15.9"x10.4"x 6.8"  
**PALLETIZING:** 10 ti X 9 hi  
**MEAL CONTRIBUTION:**

**EACH WHOLE GRAIN EQUIVALENT Fudge Pan Cookie : The equivalent of 2 servings of WHOLE GRAIN, contains minimum 51% of the flour as whole grain**

**INGREDIENTS:** Whole grain flour, enriched flour, water, eggs, egg replacer, sugar, cocoa, red/orange vegetable concentrate, vegetable oil, salt, natural flavors, and imitation vanilla.

**ALLERGENS:** Gluten, wheat, soy.

**SERVING DIRECTIONS:** Thaw at room temperature 2 hours prior to serving.

I certify that the above information is accurate at present on this date.

**Name:** Tom Rykalsky

**Title:** CEO

**Signature:** *Tom Rykalsky*

**Date:** November 2015

<b>Nutrition Facts</b>			
Serving Size 1 Fudge Pan Cookie (85g)			
Servings Per Container 1			
<b>Amount Per Serving</b>			
<b>Calories</b> 180	Calories from Fat 30		
<b>% Daily Values*</b>			
<b>Total Fat</b> 3.3g			<b>5%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 22mg			<b>7%</b>
<b>Sodium</b> 196mg			<b>8%</b>
<b>Total Carbohydrate</b> 36g			<b>12%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 21g			
<b>Protein</b> 4g			<b>8%</b>
Vitamin A 3%	•		Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>			
	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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

