



Nutritional Information Per 100 Grams
752 Natural Ginger Snap Cookie Crumbs

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	
752	1	Serving	100.00	437.20	14.25	6.83	0.04	0	
Total	1	Serving	100.00	437.20	14.25	6.83	0.04	0	
Item Name	Carb (g)	Fib(16) (g)	Sugar (g)	SugAdd (g)	Prot (g)	Ash (g)	Water (g)	Vit A-IU (IU)	
752	72.35	0	31.32	31.12	4.11	1.58	3.98	0	
Total	72.35	0	31.32	31.12	4.11	1.58	3.98	0	
Item Name	Vit C (mg)	Vit D-mcg (mcg)	Folate (mcg)	Fol-Acid (mcg)	Iron (mg)	Pot (mg)	Calc (mg)	Sod (mg)	
752	0.01	0.01	0	0	4.22	155.45	22.40	491.18	
Total	0.01	0.01	0	0	4.22	155.45	22.40	491.18	

10/23/2024

Nutrition Facts	
servings per container	
Serving size	(100g)
Amount per serving	
Calories	440
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	21%
Total Carbohydrate 72g	26%
Dietary Fiber 0g	0%
Total Sugars 31g	
Includes 31g Added Sugars	62%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 4.2mg	25%
Potassium 160mg	4%
*The % Daily Value 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.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	