



Nutrition & Ingredients: Friends



Nutrition Facts

Serving Size 1 packet (35g)

Amount Per Serving		% Daily Value*
Calories 160	Calories from Fat 50	
Total Fat 6g		9%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 110mg		5%
Total Carbohydrate 25g		8%
Dietary Fiber 3g		12%
Sugars 9g		
Protein 3g		
Vitamin A 0%	Vitamin C 0%	
Calcium 25%	Iron 6%	

*Percent Daily Values are based on a 2,000 calorie diet.

Visit Annie's.com to learn about our products, our commitment to a healthier planet (and for free loot, too!).

BEST INGREDIENTS: ORGANIC WHOLE GRAIN WHEAT FLOUR (ORGANIC GRAHAM FLOUR), ORGANIC WHOLE GRAIN OAT FLOUR, ORGANIC CANE SUGAR, ORGANIC EXPELLER-PRESSED SUNFLOWER OIL, ORGANIC CANE SYRUP, ORGANIC HONEY, CALCIUM CARBONATE, ORGANIC COCOA, ORGANIC CHOCOLATE COOKIE BITS (ORGANIC WHEAT FLOUR, ORGANIC CANE SUGAR, ORGANIC SUNFLOWER OIL, ORGANIC ROASTED BARLEY FLOUR, ORGANIC COCOA, SALT, BAKING SODA), NATURAL FLAVORS (VANILLA, CHOCOLATE AND GRAHAM CRACKER), BAKING SODA, SEA SALT, ORGANIC CHOCOLATE CHIPS (ORGANIC SUGAR, ORGANIC UNSWEETENED CHOCOLATE, ORGANIC COCOA BUTTER, ORGANIC SOY LECITHIN, ORGANIC VANILLA EXTRACT), VITAMIN E (TO PROTECT FLAVOR).

CONTAINS SOY AND WHEAT INGREDIENTS.

MADE ON SHARED EQUIPMENT THAT ALSO PROCESSES MILK.

