

2018-2019 Girl Scout Cookie Nutrition Information

SAVANNAH SMILES®

Nutrition Facts
About 5 servings per container
Serving Size 5 Cookies (32g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 5g	6%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 10g Added Sugars	20%
Protein 2g	

Vit. D 0mcg 0% • Calcium 10mg 0%
Iron 0.7mg 4% • Potas. 20mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, vegetable oil (soybean, palm and palm kernel oil), dextrose, invert sugar, contains 2% or less of cornstarch, whey, corn syrup solids, salt, leavening (baking soda, monocalcium phosphate), natural and artificial flavors, nonfat milk, lemon juice solids, citric acid, lemon oil, soy lecithin, turmeric color, annatto extract color, beta-carotene for color.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS. U D
MAY CONTAIN TREE NUTS. U D

Approx. 28 cookies per 6 oz. package

TREFOILS®

Nutrition Facts
About 8 servings per container
Serving Size 5 Cookies (32g)

Amount per serving
Calories 160

% Daily Value*

Total Fat 7g	9%
Saturated Fat 2.5g	13%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 2g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 2g	

Vit. D 0mcg 0% • Calcium 5mg 0%
Iron 1mg 4% • Potas. 35mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, soybean and palm oil, sugar, contains 2% or less of brown sugar (sugar, molasses), sweetened condensed milk (milk, sugar), buttermilk, salt, natural and artificial flavors, baking soda, soy lecithin.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS. U D

Approx. 36 cookies per 9 oz. package

DO-SI-DOS®

Nutrition Facts
About 6 servings per container
Serving Size 3 Cookies (34g)

Amount per serving
Calories 160

% Daily Value*

Total Fat 7g	9%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 11g	
Includes 10g Added Sugars	20%
Protein 3g	

Vit. D 0mcg 0% • Calcium 15mg 0%
Iron 0.8mg 4% • Potas. 70mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, whole grain oats, soybean and palm oil, peanut butter (peanuts, hydrogenated palm oil), dextrose, invert sugar, contains 2% or less of whey, salt, leavening (baking soda, monocalcium phosphate), cornstarch, natural flavors, soy lecithin.

CONTAINS WHEAT, PEANUT, MILK AND SOY INGREDIENTS. U D

Approx. 20 cookies per 8 oz. package

SAMOAS®

Nutrition Facts
About 7 servings per container
Serving Size 2 Cookies (29g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 8g	10%
Saturated Fat 6g	30%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 18g	7%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 10g Added Sugars	20%
Protein 1g	

Vit. D 0mcg 0% • Calcium 10mg 0%
Iron 0.6mg 2% • Potas. 45mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Sugar, vegetable oil (palm kernel, palm and soybean oil), enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), corn syrup, coconut, sweetened condensed milk (milk, sugar), contains 2% or less of sorbitol, cocoa, glycerin, invert sugar, cocoa processed with alkali, cornstarch, salt, caramel color, dextrose, natural and artificial flavors, soy lecithin, sorbitan tristearate, leavening (baking soda, monocalcium phosphate), carrageenan.

CONTAINS WHEAT, COCONUT, MILK AND SOY INGREDIENTS. U D

Approx. 15 cookies per 7.5 oz. package

TAGALONGS®

Nutrition Facts
About 7 servings per container
Serving Size 2 Cookies (25g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 8g	10%
Saturated Fat 4g	20%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 13g	5%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 3g	

Vit. D 0mcg 0% • Calcium 0mg 0%
Iron 0.7mg 2% • Potas. 60mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Peanut butter (peanuts, sugar, hydrogenated palm oil, salt), sugar, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), vegetable oil (palm kernel, palm and soybean oil), cocoa, contains 2% or less of invert sugar, cornstarch, salt, sorbitan tristearate, soy lecithin, leavening (baking soda, monocalcium phosphate), natural and artificial flavors, whey, partially defatted peanut flour.

CONTAINS PEANUT, WHEAT, SOY AND MILK INGREDIENTS. U D

Approx. 15 cookies per 6.5 oz. package

Vegan

THIN MINTS®

Nutrition Facts
About 8 servings per container
Serving Size 4 Cookies (31g)

Amount per serving
Calories 160

% Daily Value*

Total Fat 7g	9%
Saturated Fat 5g	25%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 21g	8%
Dietary Fiber less than 1g	3%
Total Sugars 10g	
Includes 9g Added Sugars	18%
Protein 2g	

Vit. D 0mcg 0% • Calcium 10mg 0%
Iron 1.2mg 6% • Potas. 40mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, vegetable oil (palm kernel, palm and soybean oil), cocoa, caramel color, contains 2% or less of cocoa processed with alkali, invert sugar, leavening (baking soda, monocalcium phosphate), cornstarch, salt, sorbitan tristearate, soy lecithin, natural and artificial flavors, oil of peppermint.

CONTAINS WHEAT AND SOY INGREDIENTS. U

Approx. 28 cookies per 9 oz. package

GIRL SCOUT S'MORES®

Nutrition Facts
About 8 servings per container
Serving Size 2 Cookies (31g)

Amount per serving
Calories 150

% Daily Value*

Total Fat 7g	9%
Saturated Fat 3.5g	18%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	5%
Total Sugars 10g	
Includes 10g Added Sugars	20%
Protein 2g	

Vit. D 0mcg 0% • Calcium 0mg 0%
Iron 0.8mg 4% • Potas. 50mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Graham flour, sugar, palm oil, wheat flour, cane sugar, cornstarch, cocoa, contains 2% or less of invert sugar, chocolate, molasses, salt, natural flavors, baking soda, cocoa processed with alkali, soy lecithin, whey.

CONTAINS WHEAT, SOY AND MILK INGREDIENTS. U D

Approx. 16 cookies per 8.5 oz. package

GLUTEN-FREE

TOFFEE-TASTIC®

Nutrition Facts
About 7 servings per container
Serving Size 2 Cookies (28g)

Amount per serving
Calories 140

% Daily Value*

Total Fat 7g	9%
Saturated Fat 4g	20%
<i>Trans Fat</i> 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2.5g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein less than 1g	

Vit. D 0mcg 0% • Calcium 0mg 0%
Iron 0.1mg 0% • Potas. 5mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients: Rice flour, tapioca starch, sugar, butter (cream, salt), palm oil, brown rice flour, butter toffee bits (sugar, butter [cream, salt], corn syrup, soy lecithin, salt), invert sugar, contains 2% or less of salt, soy lecithin, xanthan gum, baking soda.

CONTAINS MILK AND SOY INGREDIENTS. U D

Approx. 14 cookies per 6.7 oz. package



Product formulations can change at any time. We encourage you to check the ingredient statement on each package you purchase for the most up-to-date information on the ingredients contained in the product in that package. For more details check with Little Brownie Bakers.



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