

culiraw

HEALTHY, PLANT-BASED CHEESECAKES, COOKIES, AND SNACKS

VEGAN COOKIES NUTRITION FACTS



Chocolate Chips

Ingredients: Unbleached malted organic all-purpose flour (organic unbleached wheat flour, organic malted barley flour), organic light brown sugar, coconut oil, chocolate chips (cane sugar, unsweetened chocolate, cocoa butter), water, NON GMO egg replacer GF (potato starch, tapioca flour, baking soda, psyllium husk), Madagascar pure vanilla extract (vanilla bean extractives in water, 35% alcohol), baking soda, salt.

Nutrition Facts: Calories 166 Total Fat 7g (9%), Saturated Fat 6g (26%), Trans Fat 0g, Cholesterol 0g, Sodium 95mg (4%), Total Carbohydrate 24g (9%), Dietary Fiber <1g (3%), Total Sugars 11g, Includes 10g Added Sugar, Protein 2g, Vitamin D 0g (0%), Calcium 0mg (0%), Iron 0.7mg (4%), Potassium 20mg (0%)

Weight: 35g (1.25oz) - 2 Servings

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Dark Chocolate

Ingredients: Unbleached malted organic all-purpose flour (organic unbleached wheat flour, organic malted barley flour), organic light brown sugar, coconut oil, water, organic cacao powder, chocolate chips (cane sugar, unsweetened chocolate, cocoa butter), NON GMO egg replacer GF (potato starch, tapioca flour, baking soda, psyllium husk), Madagascar pure vanilla extract (vanilla bean extractives in water, 35% alcohol), baking soda, salt.

Nutrition Facts: Calories 180 Total Fat 9g (11%), Saturated Fat 7g (35%), Trans Fat 0g, Cholesterol 0g, Sodium 65mg (3%), Total Carbohydrate 22g (8%), Dietary Fiber 1g (4%), Total Sugars 11g, Includes 10g Added Sugar, Protein 2g, Vitamin D 0g (0%), Calcium 10mg (0%), Iron 0.9mg (6%), Potassium 40mg (0%)

Weight: 35g (1.25oz) - 2 Servings

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Walnut

Ingredients: Unbleached malted organic all-purpose flour (organic unbleached wheat flour, organic malted barley flour), organic light brown sugar, coconut oil, walnuts, water, NON GMO egg replacer GF (potato starch, tapioca flour, baking soda, psyllium husk), Madagascar pure vanilla extract (vanilla bean extractives in water, 35% alcohol), baking soda, salt.

Nutrition Facts: Calories 170 Total Fat 8g (10%), Saturated Fat 5g (26%), Trans Fat 0g, Cholesterol 0g, Sodium 95mg (4%), Total Carbohydrate 22g (8%), Dietary Fiber <1g (3%), Total Sugars 10g, Includes 9g Added Sugar, Protein 2g, Vitamin D 0g (0%), Calcium 94mg (8%), Iron 0.8mg (4%), Potassium 20mg (0%)

Weight: 35g (1.25oz) - 2 Servings

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Peanut Butter

Ingredients: Unbleached malted organic all-purpose flour (organic unbleached wheat flour, organic malted barley flour), organic light brown sugar, coconut oil, water, peanut butter (dry roasted peanuts), NON GMO egg replacer GF (potato starch, tapioca flour, baking soda, psyllium husk), peanuts, Madagascar pure vanilla extract (vanilla bean extractives in water, 35% alcohol), baking soda, salt.

Nutrition Facts: Calories 150 Total Fat 7g (9%), Saturated Fat 5g (26%), Trans Fat 0g, Cholesterol 0g, Sodium 95mg (4%), Total Carbohydrate 23g (8%), Dietary Fiber <1g (3%), Total Sugars 10g, Includes 9g Added Sugar, Protein 3g, Vitamin D 0g (0%), Calcium 0mg (0%), Iron 0.7mg (4%), Potassium 10mg (0%)

Weight: 35g (1.25oz) - 2 Servings

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Choco Coco

Ingredients: Certified gluten-free oats, organic light brown sugar, coconut oil, water, organic cacao powder, organic coconut, NON GMO egg replacer GF (potato starch, tapioca flour, baking soda, psyllium husk), Madagascar pure vanilla extract (vanilla bean extractives in water, 35% alcohol), baking soda, salt.

Nutrition Facts: Calories 170 Total Fat 10g (13%), Saturated Fat 8g (39%), Trans Fat 0g, Cholesterol 0g, Sodium 90mg (4%), Total Carbohydrate 18g (7%), Dietary Fiber 2g (8%), Total Sugars 9g, Includes 8g Added Sugar, Protein 2g, Vitamin D 0g (0%), Calcium 10mg (0%), Iron 0.9mg (4%), Potassium 110mg (2%)

Weight: 35g (1.25oz) - 2 Servings

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GUILT-FREE DESSERTS

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