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Last Update March 2019

Cookie	Average Cookie Size	Energy Kcal	Energy KJ	Starch by Difference g/85g	Cholesterol mg	Protein (Nx6.25) g	Fat (Total) g	Saturates Fats including Trans Fats g	Monounsaturates g	Polyunsaturates g	Trans Fats g	Total Carbohydrate g	Available Carbohydrate g	Total sugar g	Dietary Fiber (AOAC) g	Sodium mg	Moisture (Vacuum) g	Ash g	Salt: estimated from	Allergens
Caramelized Crunch	85g	391.0	1638.0	28	58.9	5.1	18.4	8.2	7.1	2.1	0.2	51.9	50.7	22.8	1.2	277.1	8.6	1	0.7	Gluten, Eggs, Milk and Soya
Coconut	85g	389.3	1629.5	25.3	56.7	5.1	19.6	11.7	5.4	1.4	0.2	49.2	46.9	21.6	2.3	253.3	9.9	1.2	0.6	Gluten, Eggs and Milk
Cranberry & White Chocolate	85g	388.5	1629.5	21.8	49.4	4.8	17.5	9.4	5.9	1.4	0.2	53.5	52.4	30.6	1.1	203.2	8.2	1	0.5	Gluten, Eggs, Milk and Soya
Dark Chocolate	85g	406.3	1698.3	20.7	51.5	5.4	20.9	11.4	7	1.4	0.2	50.1	48	27.4	2	241.4	7.5	1.2	0.6	Gluten, Eggs, Milk and Soya
Dark Chocolate & Nuts	85g	419.9	1755.3	19	55	6.4	23.6	10.5	6.8	5.1	0.2	46.8	44	25	2.8	211.7	6.9	1.2	0.5	Gluten, Eggs, Milk, Soya and Nuts
Date & Milk Chocolate	85g	384.2	1611.6	20	48.6	5.4	16.9	9.1	5.9	1.2	0.1	52.7	52.7	32.7	<0.1	233.8	8.8	1.2	0.6	Gluten, Eggs, Milk and Soya
Double Chocolate	85g	413.1	1724.7	17.4	37.9	6	22.5	11.6	8.0	2.0	0.1	48	45.1	27.6	3.1	252.5	7	1.5	0.6	Gluten, Eggs, Milk and Soya
Double Chocolate & Nuts	85g	407.2	1700.0	18.1	42.5	6.2	22.2	9.0	7	5.2	0.1	47.3	43.9	25.8	3.3	261	7.8	1.5	0.7	Gluten, Eggs, Milk, Soya and Nuts
Fruit & Nut	85g	398.7	1666.9	19.2	43.4	5.6	20.1	9.2	8.3	1.5	0.2	49.6	48.1	28.9	1.4	197.2	8.6	1.2	0.5	Gluten, Eggs, Milk, Soya and Nuts
Ginger & Dark Chocolate	85g	398.7	1670.3	21.9	50.6	5.3	19.7	10.7	6.6	1.4	0.2	51	49.1	27.2	1.9	231.2	7.7	1.3	0.6	Gluten, Eggs, Milk and Soya
Ginger/Ginger	85g	373.2	1564.9	24.6	49.1	4.4	15.6	7.8	5.4	1.4	0.3	54.2	53	28.5	1.2	254.2	9.6	1	0.6	Gluten, Eggs and Milk
Lemon	85g	379.1	1588.7	28.2	49.9	5.1	17.2	8.7	5.9	1.6	0.3	51.7	50.4	22.2	1.3	274.6	9.9	1.1	0.7	Gluten, Eggs and Milk
Macadamia & White Chocolate	85g	416.5	1742.5	21.4	56.4	5.8	22.4	10.6	9	1.5	0.2	48.6	47.6	26.2	1.1	222.7	7.1	1.2	0.6	Gluten, Eggs, Milk, Soya and Nuts
Matcha & White Chocolate	85g	391.0	1638.8	24.8	65.8	5.6	19	10.2	6.6	1.4	0.1	49.4	49.3	24.5	0.1	271.2	9.8	1.3	0.7	Gluten, Eggs, Milk and Soya
Milk Chocolate	85g	415.7	1740.0	18.4	54.5	5.4	21.7	12.2	7	1.4	0.2	50.6	49.1	30.8	1.4	210	6.1	1.2	0.5	Gluten, Eggs, Milk and Soya
Mocha	85g	376.6	1576.8	16.8	43.1	5.8	18.8	9.5	6.6	1.8	0.1	47	45.3	28.5	1.7	278	12.0	1.2	0.7	Gluten, Eggs, Milk and Soya
Oatmeal & Raisin	85g	365.5	1531.7	23.3	50.2	5	15	7.5	5.3	1.4	0.2	54.1	50.8	27.5	3.3	153.9	9.8	1	0.4	Gluten, Eggs and Milk
Orange & Milk Chocolate	85g	408.0	1708.5	19.5	45	5.1	20.7	11.9	6.5	1.2	0.2	51.5	49.4	29.9	2.1	227.8	6.5	1.2	0.6	Gluten, Eggs, Milk and Soya
Peanut Butter	85g	411.4	1717.9	23.7	55.5	8.8	22.5	6.9	9.7	4.9	0.1	44.5	42.3	18.6	2.1	352.8	7.7	1.6	0.9	Gluten, Eggs, Milk and Peanuts
Peanut Butter & Milk Chocolate	85g	424.2	1772.3	21.8	46.2	7.1	22.4	10.3	8.9	2.0	0.2	49.6	47.7	25.9	1.9	232.1	4.7	1.4	0.6	Gluten, Eggs, Milk, Soya and Peanuts
Praline & Milk Chocolate	85g	422.5	1766.3	18.7	46.2	6.1	22.9	9.9	9.9	1.8	0.2	49	47.3	28.6	1.8	195.5	5.9	1.2	0.5	Gluten, Eggs, Milk, Soya and Nuts
Rum & Raisin	85g	395.3	1621.0	21.8	46.2	4.9	18.4	9.6	6.4	1.4	0.1	50.5	50.5	28.7	<0.1	246.5	9.9	1.3	0.6	Gluten, Eggs, Milk and Soya
Snickerdoodle	85g	375.7	1573.4	22.5	62.1	5.8	16.9	8.3	6.0	1.5	0.3	50.7	49.2	26.7	1.5	287.3	10.5	1.1	0.7	Gluten, Eggs and Milk
Triple Chocolate	85g	401.2	1678.8	19.2	39.4	6	19.8	9.8	7.2	1.9	0.1	51	48.4	29.2	2.6	254.2	6.6	1.4	0.6	Gluten, Eggs, Milk and Soya
White Chocolate	85g	411.4	1723.0	19.6	63.2	5.5	21.1	11.7	7.0	1.4	0.1	50.5	49.5	29.8	1.0	274.6	6.6	1.3	0.7	Gluten, Eggs, Milk and Soya
The Rose Cookie	85g	398.7	1667.7	19.2	62.7	5.4	20.1	11.1	6.5	1.5	0.2	50	48.3	29.1	1.7	263.5	8.3	1.3	0.7	Gluten, Eggs, Milk, Soya and Nuts

* Due to the handling of peanuts and nuts in our production kitchen, traces of peanut or other nuts may be present in all of our recipes. For this reason, we would advise that Ben's Cookies are not suitable for nut allergy sufferers.