

DESSERTS	SERVING SIZE	CALORIES	TOTAL FAT Grams	SATURATED FAT Grams	CHOLESTEROL Milligrams	SODIUM Milligrams	PROTEIN Grams	CARBS Grams	FIBER Grams
Cookie, Chocolate Chip	3 oz.	372	16	12	60	276	6	51	0
Cookie, M&M	3 oz.	364	14.5	7	36	255	6	53	0
Cookie, Macadamia White Chocolate	3 oz.	472	23	13	75	345	6	60	2
Cookie, Oatmeal Raisin	3 oz.	248	13	5	31	154	4	29	2
Cookie, Peanut Butter	3 oz.	320	16	6	40	110	6	40	2
Gelatin, Flavored	6 oz.	100	0	0	0	66	2	23	0
Ice Cream	1/2 cup	59	3	2	13	23	2	7	0
Pudding, Chocolate	6 oz.	222	6.5	2	6	157	3	38	0