

# 2017-2018 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*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0%	Calcium 10mg 0%
Iron 0.8mg 4%	Potas. 30mg 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), dextrose, invert sugar, contains 2% or less of cornstarch, whey, corn syrup solids, salt, leavening (baking soda, monocalcium phosphate), natural and artificial flavors, milk, lemon juice solids, nonfat milk, citric acid, lemon oil, soy lecithin, annatto extract color.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.** 

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*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 7g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0%	Calcium 5mg 0%
Iron 1mg 4%	Potas. 35mg 0%

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Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), 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.** 

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

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*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 18g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 1g	
Vit. D 0mcg 0%	Calcium 10mg 0%
Iron 0.6mg 2%	Potas. 45mg 0%

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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.** 

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*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber less than 1g	<b>3%</b>
Total Sugars 8g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0%	Calcium 5mg 0%
Iron 0.6mg 2%	Potas. 65mg 0%

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Ingredients: Peanut butter (peanuts, hydrogenated palm kernel and palm oil, dextrose, 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.** 

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*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber less than 1g	<b>3%</b>
Total Sugars 10g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0%	Calcium 10mg 0%
Iron 1.2mg 6%	Potas. 40mg 0%

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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.** 

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*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 105mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 10g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 2g	
Vit. D 0mcg 0%	Calcium 5mg 0%
Iron 0.7mg 2%	Potas. 50mg 0%

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

**CONTAINS WHEAT, SOY AND MILK INGREDIENTS.** 

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*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> less than 1g	
Vit. D 0mcg 0%	Calcium 0mg 0%
Iron 0.1mg 0%	Potas. 5mg 0%

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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.** 

Approx. 14 cookies per 6.7 oz. package



RSPO-1106186

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.



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