

# Mud Bogging

## Nutrition Facts

2 servings per container

**Serving size**

**1/2 cookie (57g)**

<b>Calories</b>	<b>Per Serving</b>		<b>Per Container</b>	
	<b>250</b>		<b>500</b>	
	<b>% Daily Value*</b>		<b>% Daily Value*</b>	
<b>Total Fat</b>	11g	<b>14%</b>	23g	<b>29%</b>
Saturated Fat	7g	<b>35%</b>	14g	<b>70%</b>
<i>Trans</i> Fat	0g		0.5g	
<b>Cholesterol</b>	50mg	<b>17%</b>	100mg	<b>33%</b>
<b>Sodium</b>	480mg	<b>21%</b>	950mg	<b>41%</b>
<b>Total Carb.</b>	36g	<b>13%</b>	72g	<b>26%</b>
Dietary Fiber	2g	<b>7%</b>	4g	<b>14%</b>
Total Sugars	23g		46g	
Incl. Added Sugars	4g	<b>8%</b>	9g	<b>18%</b>
<b>Protein</b>	4g		8g	
Vitamin D	0.1mcg	0%	0.1mcg	0%
Calcium	210mg	15%	410mg	30%
Iron	1.2mg	6%	2.4mg	15%
Potassium	2720mg	60%	5430mg	120%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.