

Smart Snacks Product Calculator Results

Brand:
BeneFIT- J&J Snack

Product Name:
Chocolate Chip Cookie Dough RF

Serving Size:
52.00 g

First Ingredient:
Wheat Flour Blend

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 52.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 190

Total Fat (g) 6

Saturated Fat (g) 2

Trans Fat (g) 0

Sodium (mg) 170

Carbohydrates

Total Sugars (g) 17

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.



NUTRITION OUTPUT FORM

ITEM NUMBER: 14921

ITEM DESCRIPTION: : BENEFIT WHOLE GRAIN CHOCOLATE CHIP COOKIE DOUGH - 1.85OZ/192

Nutrition Facts	
192 servings per container	
Serving size	1 cookie (52g)
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 34g	12%
Dietary Fiber 3g	11%
Total Sugars 17g	
Includes 16g Added Sugars	32%
Protein 3g	
Vitamin D 0.1mcg	0%
Calcium 20mg	2%
Iron 1.5mg	8%
Potassium 90mg	2%
*The % Daily Value 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.	

100g NUTRITIONAL	
Basic Components	
Calories (kcal)	365.824
Calories from SatFat (kcal)	34.419
Protein (g)	5.850
Carbohydrates (g)	65.270
Dietary Fiber (2016) (g)	6.632
Total Sugars (g)	31.765
Added Sugar (g)	30.487
Fat (g)	11.102
Saturated Fat (g)	3.824
Mono Fat (g)	4.266
Poly Fat (g)	1.872
Trans Fatty Acid (g)	0.102
Cholesterol (mg)	36.159
Water (g)	15.612
Ash (g)	1.235
Vitamins	
Vitamin A - RAE (mcg)	0
Vitamin C (mg)	0.034
Vitamin D - IU (IU)	6.510
Vitamin D - mcg (mcg)	0.164
Minerals	
Calcium (mg)	43.050
Iron (mg)	2.924
Potassium (mg)	169.962
Sodium (mg)	330.061

INGREDIENTS: WHEAT FLOUR BLEND (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE WHEAT FLOUR), SUGAR, EGGS, VEGETABLE SHORTENING (CANOLA OIL, PALM OIL, MONO- AND DIGLYCERIDES), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECTHIN, SALT, VANILLIN [ARTIFICIAL FLAVOR]), OATS, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), WHEAT STARCH-MODIFIED, CONTAINS 2% OR LESS OF THE FOLLOWING: INULIN, DAIRY BLEND (WHEY, SODIUM CASEINATE, NONFAT DRY MILK, SOY LECITHIN, CALCIUM PHOSPHATE, CALCIUM OXIDE), WATER, NATURAL FLAVOR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, CALCIUM CARBONATE), SALT, SOY LECITHIN.

CONTAINS EGG, MILK, SOY, WHEAT.

CONTAINS A BIOENGINEERED FOOD INGREDIENT.

LAST MODIFIED: 12.07.22

MODIFIED BY: Jenna Berghof

DOCUMENT REVISION #: O



NUTRITION OUTPUT FORM

ITEM NUMBER: 14921

ITEM DESCRIPTION: : BENEFIT WHOLE GRAIN CHOCOLATE CHIP COOKIE DOUGH - 1.85OZ/192

Child Nutrition Statement:

The listed serving size contains 19.56 creditable grains of which 9.99 are whole grains. This provides 1.00 servings of breads/grains under the Child Nutrition Program using the 16g calculator.

Product Specifications:

UPC	SCC/GTIN	Case	Pack
024497149219	00024497149219	192	1.85

Case Dimensions					
Case Length	Case Width	Case Height	Case Cube	Net Weight (Lbs)	Gross Weight (Lbs)
20.19	9.06	6	0.64	22.2	23.2

Pallet Dimensions		
Pallet Tier	Pallet High	Pallet Count
10	8	80

Storage/ Handling:

Keep Frozen (0° F or below). Shelf life up to one year when stored properly.

Preparation Instruction:

Baking / Handling Instructions: [1] Separate cookies while in frozen state. [2] Place (3 x 5) on standard lined sheet (bun) pan. [3] Bake immediately in preheated oven approx. 11-14 min: Convection oven: 310°F (155°C) Rack oven: 360°F (180°C) Reel oven: 380°F (195°C) Deck oven: 330°F (165°C) [4] Cool at room temperature.

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