

Cookie	Average Cookie Size	Allergens	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
Caramelized Crunch	85g	Wheat, Eggs, Milk, Soya	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
Coconut	85g	Wheat, Eggs, Milk	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
Cranberry & White Chocolate	85g	Wheat, Eggs, Milk, Soya	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
Dark Chocolate	85g	Wheat, Eggs, Milk, Soya	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
Dark Chocolate & Nuts	85g	Wheat, Eggs, Milk, Soya, Nuts (Walnuts)	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
Date & Milk Chocolate	85g	Wheat, Eggs, Milk, Soya	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
Double Chocolate	85g	Wheat, Eggs, Milk, Soya	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
Double Chocolate & Nuts	85g	Wheat, Eggs, Milk, Soya, Nuts (Walnuts)	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
Fruit, Nut & Milk Chocolate	85g	Wheat, Eggs, Milk, Soya, Nuts (Hazelnuts)	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
Ginger & Dark Chocolate	85g	Wheat, Eggs, Milk, Soya	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
Ginger/Ginger	85g	Wheat, Eggs, Milk	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
Lemon	85g	Wheat, Eggs, Milk	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
Macadamia & White Chocolate	85g	Wheat, Eggs, Milk, Soya, Nuts (Macadamia)	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
Matcha & White Chocolate	85g	Wheat, Eggs, Milk, Soya	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
Milk Chocolate	85g	Wheat, Eggs, Milk, Soya	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
Oatmeal & Raisin	85g	Wheat, Eggs, Milk	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
Orange & Milk Chocolate	85g	Wheat, Eggs, Milk, Soya	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
Peanut Butter	85g	Wheat, Eggs, Milk, Peanuts	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
Peanut Butter & Milk Chocolate	85g	Wheat, Eggs, Milk, Soya, Peanuts	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
Praline & Milk Chocolate	85g	Wheat, Eggs, Milk, Soya, Nuts (Hazelnuts)	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
Rum & Raisin	85g	Wheat, Eggs, Milk, Soya	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
Snickerdoodle	85g	Wheat, Eggs, Milk	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
Triple Chocolate	85g	Wheat, Eggs, Milk, Soya	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
White Chocolate	85g	Wheat, Eggs, Milk, Soya	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
The Rose Cookie	85g	Wheat, Eggs, Milk, Soya, Nuts (Pistachio)	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
VEGAN Milk Chocolate	85g	Wheat	418.2	1747.6	24.8	0.5	4.2	22.3	9.4	8.1	3.8	<0.1	51.4	49.0	24.2	2.4	298.4	6.0	1.2	0.7
VEGAN Double Chocolate	85g	Wheat, Soya	430.1	1796.1	24.1	<0.5	4.8	24.6	9.5	9.3	4.7	<0.1	48.9	46.1	22.0	2.8	303.5	5.1	1.7	0.8

* 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 peanut or nut allergy sufferers.

* **Vegan:** Prepared to a vegan recipe, but **not suitable for milk and egg allergy sufferers** because these allergens are present in the environment in which they are produced.