Classic

Nutrition Facts

1 Servings Per Container
Serving Size 1 Whoopie (43 g)

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 14g Added Sugars	27%
Protein 2g	3%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 0mg	0%

Peanut Butter

Nutrition Facts

1 Servings Per Container
Serving Size 1 whoopie (43 g)

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 13g	
Includes 13g Added Sugars	25%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 0mg	0%

Cookies and Cream

Nutrition Facts

1 Servings Per Container
Serving Size 1 Whoopie (43 g)

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 170mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 13g Added Sugars	27%
Protein 2g	3%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 0mg	0%

Triple Chocolate

Nutrition Facts

1 Servings Per Container
Serving Size 1 Whoopie (43 g)

Amount Per Serving

Calories 130

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 160mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 14g Added Sugars	27%
Protein 2g	3%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 0mg	0%

White Chocolate Raspberry

Nutrition Facts

1 Servings Per Container
Serving Size 1 Whoopie (43 g)

Amount Per Serving

Calories 130

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 120mg	5%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 7g Added Sugars	14%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.5mg	2%
Potassium 0mg	0%

Chocolate Chip

Nutrition Facts

1 Servings Per Container
Serving Size 1 whoopie (43 g)

Amount Per Serving

Calories 130

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 35mg	11%
Sodium 120mg	5%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 5g Added Sugars	11%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.6mg	4%
Potassium 0mg	0%

Chocolate Strawberry

Nutrition Facts

1 Servings Per Container
Serving Size 1 whoopie (43 g)

Amount Per Serving

Calories 130

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 160mg	7%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 14g Added Sugars	28%
Protein 2g	3%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

Maple

Nutrition Facts

1 Servings Per Container
Serving Size 1 Whoopie (43 g)

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1.5g	9%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 130mg	6%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 5g Added Sugars	10%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.6mg	4%
Potassium 0mg	0%

Lemon Blueberry

Nutrition Facts

1 Servings Per Container
Serving Size 1 Whoopie (43 g)

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 130mg	6%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 5g Added Sugars	10%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.6mg	4%
Potassium 0mg	0%

Lemon Raspberry

Nutrition Facts

1 Servings Per Container
Serving Size 1 whoopie (43 g)

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 135mg	6%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 5g Added Sugars	10%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.6mg	4%
Potassium 0mg	0%

Strawberry & Cream

Nutrition Facts

1 Servings Per Container
Serving Size 1 Whoopie (43 g)

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 130mg	6%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 5g Added Sugars	10%
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.6mg	4%
Potassium 0mg	0%

Blueberry Pancake

Nutrition Facts

1 Servings Per Container
Serving Size 1 whoopie (43 g)

Amount Per Serving

Calories 90

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 60mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 5g Added Sugars	10%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

Pumpkin Choc Chip

Nutrition Facts

1 Servings Per Container
Serving Size 1 Whoopie (43 g)

Amount Per Serving

Calories 120

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 70mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.6mg	4%
Potassium 0mg	0%

Pumpkin

Nutrition Facts

1 Servings Per Container
Serving Size 1 Whoopie (43 g)

Amount Per Serving

Calories 150

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 95mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 13g Added Sugars	27%
Protein 1g	3%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.6mg	4%
Potassium 0mg	0%

Apple Pie

Nutrition Facts

1 Servings Per Container
Serving Size 1 Whoopie (43 g)

Amount Per Serving

Calories 130

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 110mg	5%
Total Carbohydrate 25g	9%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 7g Added Sugars	14%
Protein 2g	3%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.6mg	4%
Potassium 0mg	0%

Candy Cane

Nutrition Facts

1 Servings Per Container
Serving Size 1 Whoopie (43 g)

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 13g Added Sugars	26%
Protein 2g	3%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.5mg	2%
Potassium 0mg	0%