

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	Polysaturates 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 Gluten, 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 Gluten, Eggs, Milk, Sulphites	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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, 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, Gluten 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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, Oat Gluten 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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, 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 Gluten, 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 Classic	85g	Wheat Gluten	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	85g	Wheat Gluten, 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

* Ben's Cookies are not suitable for egg, milk, nut, peanut, soya and sulphite allergy sufferers.
All Ben's cookies contain cereals containing gluten.

* **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.