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Last Update March 2019

| Cookie | Average Cookie Size | 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 | Allergens |
|--------------------------------------|---------------------|-------------|-----------|----------------------------|----------------|--------------------|---------------|---------------------------------------|-------------------|-------------------|--------------|----------------------|--------------------------|---------------|------------------------|-----------|---------------------|-------|---------------------|--------------------------------------|
| Caramelized Crunch | 85g | 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 | Gluten, Eggs, Milk and Soya |
| Coconut | 85g | 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 | Gluten, Eggs and Milk |
| Cranberry & White Chocolate | 85g | 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 | Gluten, Eggs, Milk and Soya |
| Dark Chocolate | 85g | 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 | Gluten, Eggs, Milk and Soya |
| Dark Chocolate & Nuts | 85g | 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 | Gluten, Eggs, Milk, Soya and Nuts |
| Date & Milk Chocolate | 85g | 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 | Gluten, Eggs, Milk and Soya |
| Double Chocolate | 85g | 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 | Gluten, Eggs, Milk and Soya |
| Double Chocolate & Nuts | 85g | 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 | Gluten, Eggs, Milk, Soya and Nuts |
| Fruit & Nut | 85g | 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 | Gluten, Eggs, Milk, Soya and Nuts |
| Ginger & Dark Chocolate | 85g | 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 | Gluten, Eggs, Milk and Soya |
| Ginger/Ginger | 85g | 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 | Gluten, Eggs and Milk |
| Lemon | 85g | 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 | Gluten, Eggs and Milk |
| Macadamia & White Chocolate | 85g | 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 | Gluten, Eggs, Milk, Soya and Nuts |
| Matcha & White Chocolate | 85g | 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 | Gluten, Eggs, Milk and Soya |
| Milk Chocolate | 85g | 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 | Gluten, Eggs, Milk and Soya |
| Mocha | 85g | 376.6 | 1576.8 | 16.8 | 43.1 | 5.8 | 18.8 | 9.5 | 6.6 | 1.8 | 0.1 | 47 | 45.3 | 28.5 | 1.7 | 278 | 12.0 | 1.2 | 0.7 | Gluten, Eggs, Milk and Soya |
| Oatmeal & Raisin | 85g | 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 | Gluten, Eggs and Milk |
| Orange & Milk Chocolate | 85g | 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 | Gluten, Eggs, Milk and Soya |
| Peanut Butter | 85g | 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 | Gluten, Eggs, Milk and Peanuts |
| Peanut Butter & Milk Chocolate | 85g | 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 | Gluten, Eggs, Milk, Soya and Peanuts |
| Praline & Milk Chocolate | 85g | 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 | Gluten, Eggs, Milk, Soya and Nuts |
| Rum & Raisin | 85g | 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 | Gluten, Eggs, Milk and Soya |
| Snickerdoodle | 85g | 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 | Gluten, Eggs and Milk |
| Triple Chocolate | 85g | 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 | Gluten, Eggs, Milk and Soya |
| White Chocolate | 85g | 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 | Gluten, Eggs, Milk and Soya |
| The Rose Cookie | 85g | 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 | Gluten, Eggs, Milk, Soya and Nuts |
| Vegan Milk Chocolate | 85g | 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 | Gluten |
| Vegan Peanut Butter & Milk Chocolate | 85g | 425.0 | 1774.0 | 19.9 | <0.5 | 6.8 | 23.7 | 7.7 | 11.3 | 3.6 | <0.1 | 47.3 | 44.8 | 24.9 | 2.5 | 295.0 | 5.9 | 1.4 | 0.7 | Gluten, Peanuts |
| Vegan Double Chocolate | 85g | 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 | Gluten, Soya |
| Vegan Double Chocolate & Nut | 85g | 451.4 | 1880.2 | 24.1 | <0.5 | 5.6 | 28.7 | 9.3 | 9.5 | 8.7 | <0.1 | 43.5 | 41.3 | 17.3 | 2.3 | 289.0 | 5.4 | 1.7 | 0.7 | Gluten, Soya, Nuts (Walnut) |

* 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 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.