Nutritional information

GINGER AND SPICE COOKIE DOUGH

Average Values	Per 100g	Per Cookie (30g)
ENERGY	1,658	497
kcal	395	118
FAT of which	15.1g	4.5g
SATURATES	3.80g	1.1g
CARBOHYDRATE	59.9g	17.9g
of which SUGARS	20.3g	6.1g
FIBRE	2.4g	0.7g
PROTEIN	3.4g	1.0g
SALT	0.30g	0.09g