



NUTRITION SURVIVAL GUIDE TO

BEN'S COOKIES

CALORIES AND MACRONUTRIENTS

2021

WWW.PDFITNESSANDNUTRITION.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

COOKIE

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Caramelized Crunch	391	5.1	51.9	1.2	22.8	18.4	0.3
Coconut	389.3	5.1	49.2	2.3	21.6	19.6	0.3
Cranberry & White Chocolate	388.5	4.8	53.5	1.1	30.6	17.5	0.2
Dark Chocolate	406.3	5.4	50.1	2.0	27.4	20.9	0.2
Dark Chocolate & Nuts	419.9	6.4	46.8	2.8	25.0	23.6	0.2
Date & Milk Chocolate	384.2	5.4	52.7	0.1	32.7	16.9	0.2
Double Chocolate	413.1	6.0	48.0	3.1	27.6	22.5	0.3
Double Chocolate & Nuts	407.2	6.2	47.3	3.3	25.8	22.2	0.3
Fruit, Nut & Milk Chocolate	398.7	5.6	49.6	1.4	28.9	20.1	0.2
Ginger & Dark Chocolate	398.7	5.3	51.0	1.9	27.2	19.7	0.2
Ginger/Ginger	373.2	4.4	54.2	1.2	28.5	15.6	0.3
Lemon	379.1	5.1	51.7	1.3	22.2	17.2	0.3
Macadamia & White Chocolate	416.5	5.8	48.6	1.1	26.2	22.4	0.2
Matcha & White Chocolate	391	5.6	49.4	0.1	24.5	19.0	0.3
Milk Chocolate	415.7	5.4	50.6	1.4	30.8	21.7	0.2
Oatmeal & Raisin	365.5	5.0	54.1	3.3	27.5	15.0	0.2
Orange & Milk Chocolate	408	5.1	51.5	2.1	29.9	20.7	0.2
Peanut Butter	411.4	8.8	44.5	2.1	18.6	22.5	0.4
Peanut Butter & Milk Chocolate	424.2	7.1	49.6	1.9	25.9	22.4	0.2
Praline & Milk Chocolate	422.5	6.1	49.0	1.8	28.6	22.9	0.2
Rum & Raisin	395.3	4.9	50.5	0.1	28.7	18.4	0.2
Snickerdoodle	375.7	5.8	50.7	1.5	26.7	16.9	0.3
Triple Chocolate	401.2	6.0	51.0	2.6	29.2	19.8	0.3
White Chocolate	411.4	5.5	50.5	1.0	29.8	21.1	0.3
The Rose Cookie	398.7	5.4	50.0	1.7	29.1	20.1	0.3
Vegan Milk Chocolate	418.2	4.2	51.4	2.4	24.2	22.3	0.3
Vegan Double Chocolate	430.1	4.8	48.9	2.8	22.0	24.6	0.3