

Peanut Butter Patties®

Nutrition Facts

Serving size: 2 Servings Per Container: About 7	
Amount Per Serving	
Calories 130	Calories from Fat 70
	% Daily Value *
Total Fat 8g	12%
Saturated Fat 3g	15%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 95 mg	4%
Total Carbohydrates 14 g	5%
Dietary Fiber 1 g	4%
Sugars 8 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%

The decadent taste of pure peanut butter over the satisfying crunch of a vanilla cookie makes this delicious treat a cookie sale must-have. Peanut Butter Patties® have been in our Girl Scout Cookie line for more than 30 years, and are the third-best-selling Girl Scout Cookie and are among the top 10 best-selling cookies in America.

Ingredients

Sugar, peanut butter (peanuts, corn syrup solids, palm oil, salt), enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil (palm kernel and palm oils), cocoa (processed with alkali), high fructose corn syrup, baking soda, soy lecithin, salt, monocalcium phosphate, ammonium bicarbonate, natural and artificial flavor.

Contains: Wheat, soy, peanuts.

ALLERGEN INFORMATION

This product is manufactured on equipment that processes products containing coconut and milk.

DIET EXCHANGE

Dietary Exchanges Serving Size: 2 cookies, 1 starch or carbohydrate, 1 fat.



Lemonades™

Nutrition Facts

Serving size: 2 Servings Per Container: 8	
Amount Per Serving	
Calories 150	Calories from Fat 70
	% Daily Value *
Total Fat 7g	11%
Saturated Fat 4g	20%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 60 mg	3%
Total Carbohydrates 20 g	7%
Dietary Fiber 0 g	0%
Sugars 9 g	
Protein 1 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

This original treat features the slightest hint of lemon, for a refreshing, completely unique flavor that stands out as a beloved Girl Scout staple!

Ingredients:

Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, vegetable oil shortening (palm kernel and palm oils), cornstarch, corn syrup, natural and artificial flavor, salt, ammonium bicarbonate, sodium acid pyrophosphate, baking soda, soy lecithin, annatto color, citric acid, malic acid.

Contains: Wheat, soy.

Dietary Exchanges Serving Size: 2 cookies, 1.5 starch or carbohydrates, 1 fat.



Trios (GF)

Nutrition Facts

Serving size: 3 Servings Per Container: 4	
Amount Per Serving	
Calories 170	Calories from Fat 80
	% Daily Value *
Total Fat 8g	11%
Saturated Fat 3.5g	23%
Trans Fat 0 g	
Cholesterol 15 mg	5%
Sodium 70 mg	3%
Total Carbohydrates 20 g	6%
Dietary Fiber 2 g	4%
Sugars 11 g	
Protein 4 g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

Millions of Americans have problems eating food with gluten – ABC bakers has created a delicious cookie just for them! Made with real chocolate chips, real peanut butter and certified gluten free whole grain oats.

INGREDIENTS

Certified gluten free whole grain oats, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin), peanut butter (peanuts, salt), butter (sweet cream, salt), pure cane brown sugar, pure cane sugar, eggs, invert sugar, water and baking soda.

CONTAINS: Peanuts, milk, eggs & soy.

ALLERGEN INFORMATION

Made in a facility that processes soy, tree nuts, and peanuts.

DIET EXCHANGE

Dietary Exchange Serving Size: 3 cookies.



Peanut Butter Sandwich

Nutrition Facts

Serving size: 3 Servings Per Container: About 7	
Amount Per Serving	
Calories 170	Calories from Fat 70
	% Daily Value *
Total Fat 7g	11%
Saturated Fat 2.5	13%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 100 mg	4%
Total Carbohydrates 21 g	7%
Dietary Fiber 1 g	4%
Sugars 8 g	
Protein 4 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

Crisp and crunchy oatmeal cookies with creamy peanut butter filling.

INGREDIENTS: PEANUT BUTTER FILLING (PEANUTS, SUGAR, CORN SYRUP SOLIDS, PALM OIL, SALT, CORNSTARCH), ENRICHED

WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHOLE GRAIN

OATS, PALM OIL SHORTENING, DEXTROSE, DEGERMED YELLOW CORN FLOUR, CORN SYRUP, MODIFIED CORNSTARCH,

LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), SALT, WHEY (MILK), SOY LECITHIN, NATURAL AND ARTIFICIAL

FLAVOR.

Contains: milk, soy, wheat, peanuts.

May contain: coconut.



Girl Scout S'mores™

Nutrition Facts

Serving size: 2 Servings Per Container: About 8	
Amount Per Serving	
Calories 180	Calories from Fat 80
	% Daily Value *
Total Fat 9g	14%
Saturated Fat 7	35%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 90 mg	4%
Total Carbohydrates 25 g	8%
Dietary Fiber <1 g	2%
Sugars 16 g	
Protein 1 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

Our newest cookie offering celebrates over 100 years of Girl Scouts selling cookies. The Girl Scout S'mores™ became instantly popular, and are a delicious, mess-free way to relive summer nights spent around a campfire.

Ingredients:

Sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine, mononitrate, riboflavin, folic acid), vegetable oil shortening (palm kernel and palm oils), cocoa (processed with alkali), cornstarch, molasses, high fructose corn syrup, leavening (baking soda, ammonium bicarbonate, sodium acid pyrophosphate), salt, defatted soy flour, soy lecithin, artificial flavor.

Contains: Wheat, soy.

ALLERGEN INFORMATION: This product is manufactured on equipment that processes products containing milk, egg and peanut.

DIET EXCHANGE

Dietary Exchanges Serving Size: 2 cookies, 1.5 starch or carbohydrates.



Thanks-A-Lot®

Nutrition Facts

Serving size: 2 Servings Per Container: 8	
Amount Per Serving	
Calories 150	Calories from Fat 50
	% Daily Value *
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 95 mg	4%
Total Carbohydrates 21 g	7%
Dietary Fiber 1 g	4%
Sugars 10 g	
Protein 1 g	
Vitamin A 0%	Vitamin C %
Calcium 0%	Iron 4%

Show your appreciation in five languages with this sweet treat.

Ingredients:

Enriched flour (wheat flour, niacin, reduced iron, thiamine mono-nitrate, riboflavin, folic acid), sugar, vegetable shortening (palm kernel and palm oils), high fructose corn syrup, cocoa (processed with alkali), salt, modified corn starch, ammonium bicarbonate, baking soda, artificial flavor, soy lecithin, sodium acid phosphate, corn starch, mono-calcium phosphate.

Contains: wheat, soy

DIET EXCHANGE

Dietary Exchanges Serving Size: 2 cookies, 1.5 starch or carbohydrate, 1 fat.



Shortbread

Nutrition Facts

Serving size: 4 Servings Per Container: 10	
Amount Per Serving	
Calories 120	Calories from Fat 40
	% Daily Value *
Total Fat 4.5g	7%
Saturated Fat 2g	10%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 105 mg	4%
Total Carbohydrates 19 g	6%
Dietary Fiber 0 g	0%
Sugars 4 g	
Protein 1 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

This classic cookie celebrates all things simple, with a fresh taste.

Ingredients:

Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, palm oil, whey, corn syrup, corn natural and artificial flavor, baking soda, salt, sodium acid pyrophosphate, soy lecithin.

Contains: Wheat, soy, milk.

ALLERGEN INFORMATION

This product is manufactured on equipment that processes products containing peanuts.

DIET EXCHANGE

Dietary Exchanges Serving Size: 4 cookies, 1 starch or carbohydrate, 1 fat.



Thin Mints®

Nutrition Facts

Serving size: 4 Servings Per Container: 8	
Amount Per Serving	
Calories 160	Calories from Fat 70
	% Daily Value *
Total Fat 7g	11%
Saturated Fat 5g	25%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 105 mg	4%
Total Carbohydrates 22 g	7%
Dietary Fiber 1 g	4%
Sugars 11 g	
Protein 2 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 6%

There's a reason this continues to be the top-selling Girl Scout cookie in America: This iconic Girl Scout treat is just as bright and refreshing as ever, and its all-vegan ingredient list means anyone can enjoy it.

Ingredients

Enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, vegetable oil shortening (palm kernel and palm oils), cocoa (processed with alkali), caramel color, high fructose corn syrup, salt, baking soda, soy lecithin, peppermint oil, natural and artificial flavor.

Contains: Wheat, soy.

DIET EXCHANGE

Dietary Exchanges Serving Size: 4 cookies, 1 starch or carbohydrate, 1 fat.



Caramel deLites®

Nutrition Facts

Serving size: 2 Servings Per Container: About 7	
Amount Per Serving	
Calories 130	Calories from Fat 60
	% Daily Value *
Total Fat 6g	9%
Saturated Fat 4.5g	23%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 55 mg	2%
Total Carbohydrates 19 g	6%
Dietary Fiber 1 g	4%
Sugars 12 g	
Protein 1 g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%

Vanilla cookies topped with caramel, sprinkled with toasted coconut, and laced with chocolatey stripes.

Ingredients:

Sugar, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), vegetable oil (palm kernel, palm, hydrogenated coconut and soybean oils), coconut, corn syrup, high fructose corn syrup, sweetened condensed milk (milk, sugar), sorbitol, cocoa (processed with alkali), corn sugar, whey, glycerine, salt, soy lecithin, baking soda, natural and artificial flavor, monocalcium phosphate.

Contains: Wheat, soy, coconut, milk.

ALLERGEN INFORMATION

This product is manufactured on equipment that processes products containing peanuts.

DIET EXCHANGE

Dietary Exchange Serving Size: 2 cookies, 1 starch or carbohydrate, 1 fat.

