MacFrugal's

Scottish Shortbread

NET WT 1 OZ (28G)

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Made to a traditional family recipe and baked to perfection, MacFrugal's delicious shortbreads have become a classic favorite. Using only the finest ingredients and with no trace of an artificial additive, colouring, flavouring, or preservative, our shortbreads are made, as ever, in the time-honoured way, just as our founder, Scott MacFrugal, would have had it. In fact, just the way we've been baking in the little Highland Village of Aberlour for over 100 years.

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Nutrition Facts

Serving Size 4 Cookies (29 g)
Servings Per Container About 10

Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value
Total Fat 7g	**11%**
Saturated Fat 1.5g	**7%**
Polyunsaturated Fat 0g	
Monunsaturated Fat 2.5g	
Cholesterol 5mg	**2%**
Sodium 130 mg	**5%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 0g	
Sugars 5g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%

*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2, 500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300 mg	300 mg
Sodium	Less Than	2,400 mg	2, 400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONOITRATE (VITAMIN B1), RIBOFLAVIN, (VITAMIN B2), FOLIC ACID, PARTIALLY HYDROGENATED SOYBEAN OIL, SUGAR, CORN FLOUR, EGGS, SALT, WHEY (FROM MILK), WHEY PROTEIN CONCENTRATE, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), ARTIFICIAL FLAVOR.

BRAND SEAL MacFrugal's

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