

Foods

Moderators: [chrissy1988](#), [sun123](#)

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Mar 25 2007 02:52

ok so today i went to dunkin donuts and got my usual french vanilla coffee and then afetr debating with myself for about 10 minutes (while waiting for my friend to put in her order) I decided I would buy the chocolate chunk cookie and that would be my lunch. sure enough I bought it and it was beyond delicious.. I gave a little to my friend and my mom(about 1/4 of the cookie) and decided that in my mental calorie notebook I would give it 200 calories. So I came home and ate a healthy dinner and then came online to log my calories, when I checked on the dunkin donuts website the freaking cookie apparently had 540 calories... I MEAN SERIOUSLY :() I thought only like a brownie could have that much.. I could have had like 50 other different cookies as opposed to one stupid one.. I cannot believe it. and all this b/c apparently I had ordered the special chocolate cookie that is only offered in the northeast with 3 different kinds of chocolate, as opposed to the regular one. CAN you say NEVER EVER again.. it's funny how some foods have more calories then you can ever imagine. So I just thought I'd post this just as a warning to other people who r thinking of buying this cookie lol. has anyone ever indulged in something and then found the calories to be extremely higher then expected??

Edited Mar 25 2007 05:01 by [united2gether](#)

Reason: transferred to foods forum

omg a cookie with 540 calories ????!!!!

<http://caloriecount.about.com/forums/foods/omg-cookie-calories>



Are cooking sprays safe?

Ingredients say Soybean oil and projectant

Best Answer Asker's Choice



[primedem](#) answered 8 years ago

It depends on what you plan to use it for.

It probably would be unsafe to use as a contraceptive lubricant but to cook with, it would probably be safe.

<https://answers.yahoo.com/question/index?qid=20070411134554AAbXR78>