

**Basic Report 18161, Cookies, chocolate chip, dry mix**

Report Date: March 06, 2015 16:37 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 package (17.5 oz) 496g
<b>Proximates</b>				
Water	g	3.00	0.85	14.88
Energy	kcal	497	141	2465
Protein	g	4.60	1.30	22.82
Total lipid (fat)	g	25.20	7.14	124.99
Carbohydrate, by difference	g	66.10	18.74	327.86
<b>Minerals</b>				
Calcium, Ca	mg	43	12	213
Iron, Fe	mg	2.07	0.59	10.27
Magnesium, Mg	mg	36	10	179
Phosphorus, P	mg	80	23	397
Potassium, K	mg	208	59	1032
Sodium, Na	mg	290	82	1438
Zinc, Zn	mg	0.60	0.17	2.98
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.195	0.055	0.967
Riboflavin	mg	0.205	0.058	1.017
Niacin	mg	1.990	0.564	9.870
Vitamin B-6	mg	0.017	0.005	0.084
Folate, DFE	µg	83	24	412
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	4	1	20
<b>Lipids</b>				
Fatty acids, total saturated	g	8.316	2.358	41.247
Fatty acids, total monounsaturated	g	13.077	3.707	64.862

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Fatty acids, total polyunsaturated	g	2.620	0.743	12.995
Cholesterol	mg	0	0	0
<b>Other</b>				
Caffeine	mg	12	3	60