

Basic Report 18161, Cookies, chocolate chip, dry mix

Report Date: January 26, 2015 17:30 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
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Other				
Caffeine	mg	12	3	60