

**Full Report (All Nutrients) 18161, Cookies, chocolate chip, dry mix**

Report Date: March 06, 2015 06:06 EST

Nutrient values and weights are for edible portion.

Food Group : Baked Products

Carbohydrate Factor: 3.9 Fat Factor: 8.8 Protein Factor: 4 Nitrogen to Protein Conversion Factor: 5.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package (17.5 oz) 496g
<b>Proximates</b>						
Water	g	3.00	2	--	0.85	14.88
Energy	kcal	497	--	--	141	2465
Energy	kJ	2079	--	--	589	10312
Protein	g	4.60	2	--	1.30	22.82
Total lipid (fat)	g	25.20	2	--	7.14	124.99
Ash	g	1.20	2	--	0.34	5.95
Carbohydrate, by difference	g	66.10	--	--	18.74	327.86
<b>Minerals</b>						
Calcium, Ca	mg	43	2	--	12	213
Iron, Fe	mg	2.07	2	--	0.59	10.27
Magnesium, Mg	mg	36	1	--	10	179
Phosphorus, P	mg	80	2	--	23	397
Potassium, K	mg	208	2	--	59	1032
Sodium, Na	mg	290	2	--	82	1438
Zinc, Zn	mg	0.60	1	--	0.17	2.98
Copper, Cu	mg	0.300	1	--	0.085	1.488
Manganese, Mn	mg	0.363	--	--	0.103	1.800
Selenium, Se	µg	2.4	--	--	0.7	11.9
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.195	2	--	0.055	0.967
Riboflavin	mg	0.205	2	--	0.058	1.017
Niacin	mg	1.990	2	--	0.564	9.870

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Pantothenic acid	mg	0.171	--	--	0.048	0.848
Vitamin B-6	mg	0.017	--	--	0.005	0.084
Folate, total	µg	51	--	--	14	253
Folic acid	µg	45	--	--	13	223
Folate, food	µg	6	--	--	2	30
Folate, DFE	µg	83	--	--	24	412
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.011	--	--	0.003	0.055
14:0	g	0.125	--	--	0.035	0.620
16:0	g	3.996	--	--	1.133	19.820
18:0	g	4.116	--	--	1.167	20.415
Fatty acids, total monounsaturated	g	13.077	--	--	3.707	64.862
16:1 undifferentiated	g	0.018	--	--	0.005	0.089
18:1 undifferentiated	g	13.061	--	--	3.703	64.783
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	2.620	--	--	0.743	12.995
18:2 undifferentiated	g	2.486	--	--	0.705	12.331
18:3 undifferentiated	g	0.134	--	--	0.038	0.665
18:4	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

**Amino Acids**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 package (17.5 oz) 496g
Tryptophan	g	0.064	--	--	0.018	0.317
Threonine	g	0.141	--	--	0.040	0.699
Isoleucine	g	0.189	--	--	0.054	0.937
Leucine	g	0.337	--	--	0.096	1.672
Lysine	g	0.184	--	--	0.052	0.913
Methionine	g	0.081	--	--	0.023	0.402
Cystine	g	0.084	--	--	0.024	0.417
Phenylalanine	g	0.224	--	--	0.064	1.111
Tyrosine	g	0.148	--	--	0.042	0.734
Valine	g	0.222	--	--	0.063	1.101
Arginine	g	0.166	--	--	0.047	0.823
Histidine	g	0.089	--	--	0.025	0.441
Alanine	g	0.143	--	--	0.041	0.709
Aspartic acid	g	0.232	--	--	0.066	1.151
Glutamic acid	g	1.397	--	--	0.396	6.929
Glycine	g	0.146	--	--	0.041	0.724
Proline	g	0.484	--	--	0.137	2.401
Serine	g	0.235	--	--	0.067	1.166
<b>Other</b>						
Caffeine	mg	12	--	--	3	60
Theobromine	mg	91	--	--	26	451