

**Basic Report 18204, Cookies, sugar, commercially prepared, regular (includes vanilla)**

Report Date: February 01, 2015 20:46 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cookie 17g
<b>Proximates</b>				
Water	g	6.29	1.78	1.07
Energy	kcal	464	132	79
Protein	g	5.35	1.52	0.91
Total lipid (fat)	g	19.55	5.54	3.32
Carbohydrate, by difference	g	67.34	19.09	11.45
Fiber, total dietary	g	1.3	0.4	0.2
Sugars, total	g	27.31	7.74	4.64
<b>Minerals</b>				
Calcium, Ca	mg	35	10	6
Iron, Fe	mg	2.24	0.64	0.38
Magnesium, Mg	mg	13	4	2
Phosphorus, P	mg	99	28	17
Potassium, K	mg	87	25	15
Sodium, Na	mg	385	109	65
Zinc, Zn	mg	0.43	0.12	0.07
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.1	0.0	0.0
Thiamin	mg	0.232	0.066	0.039
Riboflavin	mg	0.236	0.067	0.040
Niacin	mg	2.942	0.834	0.500
Vitamin B-6	mg	0.068	0.019	0.012
Folate, DFE	µg	95	27	16
Vitamin B-12	µg	0.19	0.05	0.03
Vitamin A, RAE	µg	7	2	1
Vitamin A, IU	IU	27	8	5
Vitamin E (alpha-tocopherol)	mg	3.07	0.87	0.52

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	8.6	2.4	1.5
<b>Lipids</b>				
Fatty acids, total saturated	g	7.666	2.173	1.303
Fatty acids, total monounsaturated	g	6.971	1.976	1.185
Fatty acids, total polyunsaturated	g	3.746	1.062	0.637
Cholesterol	mg	12	3	2
<b>Other</b>				
Caffeine	mg	0	0	0