

**Full Report (All Nutrients) 18204, Cookies, sugar, commercially prepared, regular (includes vanilla)**

Report Date: January 29, 2015 17:23 EST

Nutrient values and weights are for edible portion

Food Group : Baked Products

Carbohydrate Factor: 4 Fat Factor: 8.8 Protein Factor: 4.2 Nitrogen to Protein Conversion Factor: 5.9

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cookie 17g
<b>Proximates</b>						
Water <a href="#">1</a>	g	6.29	9	0.565	1.78	1.07
Energy	kcal	464	--	--	132	79
Energy	kJ	1941	--	--	550	330
Protein <a href="#">1</a>	g	5.35	9	0.242	1.52	0.91
Total lipid (fat) <a href="#">1</a>	g	19.55	9	1.114	5.54	3.32
Ash <a href="#">1</a>	g	1.47	9	0.124	0.42	0.25
Carbohydrate, by difference	g	67.34	--	--	19.09	11.45
Fiber, total dietary <a href="#">1</a>	g	1.3	6	0.097	0.4	0.2
Sugars, total <a href="#">1</a>	g	27.31	6	1.271	7.74	4.64
Sucrose <a href="#">1</a>	g	25.75	6	0.287	7.30	4.38
Glucose (dextrose) <a href="#">1</a>	g	0.77	6	0.566	0.22	0.13
Fructose <a href="#">1</a>	g	0.61	6	0.434	0.17	0.10
Lactose <a href="#">1</a>	g	0.00	6	0.000	0.00	0.00
Maltose <a href="#">1</a>	g	0.18	6	0.000	0.05	0.03
Galactose <a href="#">1</a>	g	0.00	6	0.000	0.00	0.00
Starch <a href="#">1</a>	g	36.43	4	0.058	10.33	6.19
<b>Minerals</b>						
Calcium, Ca <a href="#">1</a>	mg	35	9	9.117	10	6
Iron, Fe <a href="#">1</a>	mg	2.24	9	0.244	0.64	0.38
Magnesium, Mg <a href="#">1</a>	mg	13	9	0.444	4	2
Phosphorus, P <a href="#">1</a>	mg	99	9	14.078	28	17
Potassium, K <a href="#">1</a>	mg	87	9	5.079	25	15

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Sodium, Na <a href="#">1</a>	mg	385	9	28.275	109	65
Zinc, Zn <a href="#">1</a>	mg	0.43	9	0.017	0.12	0.07
Copper, Cu <a href="#">1</a>	mg	0.079	9	0.008	0.022	0.013
Manganese, Mn <a href="#">1</a>	mg	0.307	9	0.009	0.087	0.052
Selenium, Se <a href="#">1</a>	µg	8.2	6	3.730	2.3	1.4
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.1	--	--	0.0	0.0
Thiamin <a href="#">1</a>	mg	0.232	6	0.066	0.066	0.039
Riboflavin <a href="#">1</a>	mg	0.236	6	0.011	0.067	0.040
Niacin <a href="#">1</a>	mg	2.942	6	0.127	0.834	0.500
Pantothenic acid <a href="#">1</a>	mg	0.280	4	0.004	0.079	0.048
Vitamin B-6 <a href="#">1</a>	mg	0.068	6	0.007	0.019	0.012
Folate, total <a href="#">1</a>	µg	72	6	10.950	20	12
Folic acid	µg	34	--	--	10	6
Folate, food	µg	38	--	--	11	6
Folate, DFE	µg	95	--	--	27	16
Choline, total	mg	10.8	--	--	3.1	1.8
Vitamin B-12	µg	0.19	--	--	0.05	0.03
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	7	--	--	2	1
Retinol <a href="#">1</a>	µg	7	1	--	2	1
Carotene, beta	µg	1	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	1	--	--	0	0
Vitamin A, IU	IU	27	--	--	8	5
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	38	--	--	11	6
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	3.07	6	0.362	0.87	0.52
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta <a href="#">1</a>	mg	0.40	6	0.070	0.11	0.07
Tocopherol, gamma <a href="#">1</a>	mg	4.58	6	2.563	1.30	0.78
Tocopherol, delta <a href="#">1</a>	mg	1.71	6	1.023	0.48	0.29
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cookie 17g
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
4:0 <a href="#">1</a>	g	0.000	6	0.000	0.000	0.000
6:0 <a href="#">1</a>	g	0.000	6	0.000	0.000	0.000
8:0 <a href="#">1</a>	g	0.009	6	0.002	0.003	0.002
10:0 <a href="#">1</a>	g	0.015	6	0.006	0.004	0.003
12:0 <a href="#">1</a>	g	0.059	6	0.015	0.017	0.010
14:0 <a href="#">1</a>	g	0.146	6	0.044	0.041	0.025
15:0 <a href="#">1</a>	g	0.008	6	0.001	0.002	0.001
16:0 <a href="#">1</a>	g	5.903	6	1.592	1.674	1.004
17:0 <a href="#">1</a>	g	0.020	6	0.001	0.006	0.003
18:0 <a href="#">1</a>	g	1.398	6	0.397	0.396	0.238
20:0 <a href="#">1</a>	g	0.065	6	0.004	0.018	0.011
22:0 <a href="#">1</a>	g	0.027	6	0.009	0.008	0.005
24:0 <a href="#">1</a>	g	0.017	6	0.001	0.005	0.003
Fatty acids, total monounsaturated	g	6.971	--	--	1.976	1.185
14:1 <a href="#">1</a>	g	0.001	6	0.001	0.000	0.000
15:1 <a href="#">1</a>	g	0.000	6	0.000	0.000	0.000
16:1 undifferentiated <a href="#">1</a>	g	0.032	6	0.004	0.009	0.005
16:1 c <a href="#">1</a>	g	0.032	6	0.004	0.009	0.005
16:1 t <a href="#">1</a>	g	0.000	6	0.000	0.000	0.000
17:1 <a href="#">1</a>	g	0.006	6	0.000	0.002	0.001
18:1 undifferentiated <a href="#">1</a>	g	6.896	6	1.109	1.955	1.172
18:1 c <a href="#">1</a>	g	6.508	6	1.051	1.845	1.106
18:1 t <a href="#">1</a>	g	0.388	6	0.320	0.110	0.066
20:1 <a href="#">1</a>	g	0.035	6	0.002	0.010	0.006
22:1 undifferentiated <a href="#">1</a>	g	0.001	6	0.001	0.000	0.000
22:1 c <a href="#">1</a>	g	0.001	6	0.001	0.000	0.000
22:1 t <a href="#">1</a>	g	0.000	6	0.000	0.000	0.000
24:1 c <a href="#">1</a>	g	0.000	6	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cookie 17g
Fatty acids, total polyunsaturated	g	3.746	--	--	1.062	0.637
18:2 undifferentiated <a href="#">1</a>	g	3.449	6	1.474	0.978	0.586
18:2 n-6 c,c <a href="#">1</a>	g	3.336	6	1.507	0.946	0.567
18:2 CLAs <a href="#">1</a>	g	0.012	6	0.003	0.003	0.002
18:2 t not further defined <a href="#">1</a>	g	0.101	6	0.056	0.029	0.017
18:3 undifferentiated <a href="#">1</a>	g	0.282	6	0.241	0.080	0.048
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.267	6	0.235	0.076	0.045
18:3 n-6 c,c,c <a href="#">1</a>	g	0.014	6	0.007	0.004	0.002
18:3i <a href="#">1</a>	g	0.000	6	0.001	0.000	0.000
18:4 <a href="#">1</a>	g	0.000	6	0.000	0.000	0.000
20:2 n-6 c,c <a href="#">1</a>	g	0.002	6	0.002	0.001	0.000
20:3 undifferentiated <a href="#">1</a>	g	0.002	6	0.001	0.001	0.000
20:3 n-6 <a href="#">1</a>	g	0.001	6	0.000	0.000	0.000
20:4 undifferentiated <a href="#">1</a>	g	0.010	6	0.002	0.003	0.002
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	6	0.001	0.000	0.000
22:4 <a href="#">1</a>	g	0.000	6	0.000	0.000	0.000
22:5 n-3 (DPA) <a href="#">1</a>	g	0.000	6	0.000	0.000	0.000
22:6 n-3 (DHA) <a href="#">1</a>	g	0.001	6	0.000	0.000	0.000
Fatty acids, total trans	g	0.490	--	--	0.139	0.083
Fatty acids, total trans-monoenoic	g	0.388	--	--	0.110	0.066
Cholesterol <a href="#">1</a>	mg	12	2	--	3	2
<b>Amino Acids</b>						
Tryptophan	g	0.070	--	--	0.020	0.012
Threonine	g	0.179	--	--	0.051	0.030
Isoleucine	g	0.230	--	--	0.065	0.039
Leucine	g	0.390	--	--	0.111	0.066
Lysine	g	0.256	--	--	0.073	0.044
Methionine	g	0.110	--	--	0.031	0.019
Cystine	g	0.104	--	--	0.029	0.018
Phenylalanine	g	0.250	--	--	0.071	0.042
Tyrosine	g	0.175	--	--	0.050	0.030
Valine	g	0.263	--	--	0.075	0.045
Arginine	g	0.221	--	--	0.063	0.038

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 cookie 17g
Histidine	g	0.112	--	--	0.032	0.019
Alanine	g	0.190	--	--	0.054	0.032
Aspartic acid	g	0.310	--	--	0.088	0.053
Glutamic acid	g	1.355	--	--	0.384	0.230
Glycine	g	0.164	--	--	0.046	0.028
Proline	g	0.469	--	--	0.133	0.080
Serine	g	0.298	--	--	0.084	0.051
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18a, 2013 Beltsville MD