

Basic Report 28202, MOTHER'S, Iced Lemonade Cookies

Report Date: March 06, 2015 20:40 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 cookies 29g
Proximates			
Water	g	3.40	0.99
Energy	kcal	502	146
Protein	g	4.50	1.30
Total lipid (fat)	g	24.40	7.08
Carbohydrate, by difference	g	66.30	19.23
Fiber, total dietary	g	1.0	0.3
Sugars, total	g	29.90	8.67
Minerals			
Iron, Fe	mg	2.40	0.70
Magnesium, Mg	mg	9	3
Phosphorus, P	mg	60	17
Potassium, K	mg	60	17
Sodium, Na	mg	262	76
Zinc, Zn	mg	0.30	0.09
Vitamins			
Thiamin	mg	0.320	0.093
Riboflavin	mg	0.220	0.064
Niacin	mg	2.800	0.812
Vitamin B-6	mg	0.010	0.003
Lipids			
Fatty acids, total saturated	g	8.000	2.320
Fatty acids, total monounsaturated	g	5.500	1.595
Fatty acids, total polyunsaturated	g	9.000	2.610
Fatty acids, total trans	g	0.360	0.104
Cholesterol	mg	7	2