

Basic Report 28203, MOTHER'S, Iced Oatmeal Cookies

Report Date: January 29, 2015 07:21 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	4.0 cookies 32g
Proximates			
Water	g	3.50	1.12
Energy	kcal	463	148
Protein	g	5.40	1.73
Total lipid (fat)	g	18.00	5.76
Carbohydrate, by difference	g	71.00	22.72
Fiber, total dietary	g	2.7	0.9
Sugars, total	g	36.30	11.62
Minerals			
Iron, Fe	mg	2.30	0.74
Magnesium, Mg	mg	6	2
Phosphorus, P	mg	33	11
Potassium, K	mg	110	35
Sodium, Na	mg	493	158
Zinc, Zn	mg	0.20	0.06
Vitamins			
Thiamin	mg	0.270	0.086
Riboflavin	mg	0.170	0.054
Niacin	mg	2.100	0.672
Vitamin B-6	mg	0.010	0.003
Lipids			
Fatty acids, total saturated	g	5.800	1.856
Fatty acids, total monounsaturated	g	4.200	1.344
Fatty acids, total polyunsaturated	g	6.700	2.144
Cholesterol	mg	1	0