

Basic Report 28205, MOTHER'S, Macaroon Cookies

Report Date: March 06, 2015 16:35 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 cookies 31g
Proximates			
Water	g	3.20	0.99
Energy	kcal	552	171
Protein	g	6.10	1.89
Total lipid (fat)	g	34.10	10.57
Carbohydrate, by difference	g	55.70	17.27
Fiber, total dietary	g	4.1	1.3
Sugars, total	g	25.40	7.87
Minerals			
Iron, Fe	mg	2.40	0.74
Magnesium, Mg	mg	26	8
Phosphorus, P	mg	116	36
Potassium, K	mg	152	47
Sodium, Na	mg	284	88
Zinc, Zn	mg	0.70	0.22
Vitamins			
Thiamin	mg	0.300	0.093
Riboflavin	mg	0.240	0.074
Niacin	mg	2.300	0.713
Vitamin B-6	mg	0.210	0.065
Vitamin B-12	µg	0.10	0.03
Lipids			
Fatty acids, total saturated	g	18.100	5.611
Fatty acids, total monounsaturated	g	5.400	1.674
Fatty acids, total polyunsaturated	g	8.100	2.511
Fatty acids, total trans	g	0.320	0.099
Cholesterol	mg	3	1