

**Basic Report 28206, MOTHER'S, Old Fashioned Chocolate Chip Cookies**

Report Date: January 26, 2015 22:24 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	2.0 cookies 32g
<b>Proximates</b>			
Water	g	3.30	1.06
Energy	kcal	500	160
Protein	g	5.40	1.73
Total lipid (fat)	g	24.10	7.71
Carbohydrate, by difference	g	66.00	21.12
Fiber, total dietary	g	2.2	0.7
Sugars, total	g	34.00	10.88
<b>Minerals</b>			
Iron, Fe	mg	2.50	0.80
Magnesium, Mg	mg	9	3
Phosphorus, P	mg	44	14
Potassium, K	mg	125	40
Sodium, Na	mg	383	123
Zinc, Zn	mg	0.30	0.10
<b>Vitamins</b>			
Thiamin	mg	0.310	0.099
Riboflavin	mg	0.210	0.067
Niacin	mg	2.400	0.768
Vitamin B-6	mg	0.020	0.006
Vitamin B-12	µg	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
<b>Lipids</b>			
Fatty acids, total saturated	g	9.100	2.912
Fatty acids, total monounsaturated	g	5.900	1.888
Fatty acids, total polyunsaturated	g	7.400	2.368

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>2.0 cookies 32g</b>	
Cholesterol	mg	10		3