

**Basic Report 28207, MOTHER'S, Old Fashioned Iced Oatmeal Cookies**

Report Date: January 26, 2015 11:27 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	2.0 cookies 31g
<b>Proximates</b>			
Water	g	2.50	0.78
Energy	kcal	461	143
Protein	g	6.00	1.86
Total lipid (fat)	g	16.90	5.24
Carbohydrate, by difference	g	72.80	22.57
Fiber, total dietary	g	2.7	0.8
Sugars, total	g	35.80	11.10
<b>Minerals</b>			
Iron, Fe	mg	2.30	0.71
Magnesium, Mg	mg	9	3
Phosphorus, P	mg	42	13
Potassium, K	mg	92	29
Sodium, Na	mg	597	185
Zinc, Zn	mg	0.30	0.09
<b>Vitamins</b>			
Thiamin	mg	0.340	0.105
Riboflavin	mg	0.210	0.065
Niacin	mg	2.400	0.744
Vitamin B-6	mg	0.020	0.006
<b>Lipids</b>			
Fatty acids, total saturated	g	5.400	1.674
Fatty acids, total monounsaturated	g	4.000	1.240
Fatty acids, total polyunsaturated	g	6.300	1.953
Cholesterol	mg	0	0