

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

Report Date: March 06, 2015 19:08 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 cookies 31g
Proximates			
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
Minerals			
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
Vitamins			
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
Lipids			
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
Fatty acids, total trans	g	0.230	0.071
Cholesterol	mg	0	0