

Basic Report 28211, MURRAY, Chocolatey Chip Thins Cookies

Report Date: January 31, 2015 02:04 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	8.0 cookies 30g
Proximates			
Water	g	2.50	0.75
Energy	kcal	466	140
Protein	g	7.10	2.13
Total lipid (fat)	g	16.40	4.92
Carbohydrate, by difference	g	73.60	22.08
Fiber, total dietary	g	2.0	0.6
Sugars, total	g	23.20	6.96
Minerals			
Iron, Fe	mg	3.30	0.99
Magnesium, Mg	mg	19	6
Phosphorus, P	mg	80	24
Potassium, K	mg	93	28
Sodium, Na	mg	439	132
Zinc, Zn	mg	0.50	0.15
Vitamins			
Thiamin	mg	0.520	0.156
Riboflavin	mg	0.330	0.099
Niacin	mg	4.000	1.200
Vitamin B-6	mg	0.030	0.009
Vitamin D (D2 + D3)	µg	0.1	0.0
Vitamin D	IU	2	1
Lipids			
Fatty acids, total saturated	g	6.500	1.950
Fatty acids, total monounsaturated	g	3.300	0.990
Fatty acids, total polyunsaturated	g	5.400	1.620
Cholesterol	mg	0	0