

Basic Report 28213, MURRAY, Duplex Creme Sandwich Cookies

Report Date: January 29, 2015 03:19 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 cookies 29g
Proximates			
Water	g	2.50	0.72
Energy	kcal	475	138
Protein	g	4.90	1.42
Total lipid (fat)	g	18.80	5.45
Carbohydrate, by difference	g	72.60	21.05
Fiber, total dietary	g	1.8	0.5
Sugars, total	g	37.60	10.90
Minerals			
Iron, Fe	mg	2.70	0.78
Magnesium, Mg	mg	23	7
Phosphorus, P	mg	83	24
Potassium, K	mg	93	27
Sodium, Na	mg	412	119
Zinc, Zn	mg	0.30	0.09
Vitamins			
Thiamin	mg	0.340	0.099
Riboflavin	mg	0.230	0.067
Niacin	mg	2.800	0.812
Vitamin B-6	mg	0.020	0.006
Lipids			
Fatty acids, total saturated	g	6.200	1.798
Fatty acids, total monounsaturated	g	4.300	1.247
Fatty acids, total polyunsaturated	g	6.900	2.001
Cholesterol	mg	0	0