

Basic Report 28214, MURRAY, Lemon Creme Sandwich Cookies

Report Date: February 01, 2015 14:41 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	479	139
Protein	g	4.70	1.36
Total lipid (fat)	g	18.80	5.45
Carbohydrate, by difference	g	73.70	21.37
Fiber, total dietary	g	1.2	0.3
Sugars, total	g	37.80	10.96
Minerals			
Iron, Fe	mg	2.20	0.64
Magnesium, Mg	mg	10	3
Phosphorus, P	mg	51	15
Potassium, K	mg	50	14
Sodium, Na	mg	308	89
Zinc, Zn	mg	0.30	0.09
Vitamins			
Thiamin	mg	0.350	0.101
Riboflavin	mg	0.230	0.067
Niacin	mg	2.700	0.783
Vitamin B-6	mg	0.020	0.006
Lipids			
Fatty acids, total saturated	g	6.100	1.769
Fatty acids, total monounsaturated	g	4.300	1.247
Fatty acids, total polyunsaturated	g	7.000	2.030
Cholesterol	mg	0	0