

Basic Report 28215, MURRAY, JACKS Vanilla Wafers

Report Date: February 01, 2015 06:40 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	9.0 cookies 32g
Proximates			
Water	g	4.50	1.44
Energy	kcal	438	140
Protein	g	4.80	1.54
Total lipid (fat)	g	11.90	3.81
Carbohydrate, by difference	g	78.10	24.99
Fiber, total dietary	g	1.1	0.4
Sugars, total	g	37.60	12.03
Minerals			
Iron, Fe	mg	2.60	0.83
Magnesium, Mg	mg	10	3
Phosphorus, P	mg	50	16
Potassium, K	mg	57	18
Sodium, Na	mg	331	106
Zinc, Zn	mg	0.40	0.13
Vitamins			
Thiamin	mg	0.350	0.112
Riboflavin	mg	0.230	0.074
Niacin	mg	3.000	0.960
Vitamin B-6	mg	0.020	0.006
Lipids			
Fatty acids, total saturated	g	3.800	1.216
Fatty acids, total monounsaturated	g	2.600	0.832
Fatty acids, total polyunsaturated	g	4.400	1.408
Cholesterol	mg	6	2