

Basic Report 28217, MURRAY, SOUTHERN KITCHEN, Chocolate Chip Cookies

Report Date: January 29, 2015 21:37 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	2.0 cookies 28g
Proximates			
Water	g	3.00	0.84
Energy	kcal	493	138
Protein	g	5.50	1.54
Total lipid (fat)	g	23.70	6.64
Carbohydrate, by difference	g	66.50	18.62
Fiber, total dietary	g	2.5	0.7
Sugars, total	g	30.50	8.54
Minerals			
Iron, Fe	mg	3.30	0.92
Magnesium, Mg	mg	36	10
Phosphorus, P	mg	130	36
Potassium, K	mg	134	38
Sodium, Na	mg	493	138
Zinc, Zn	mg	0.70	0.20
Vitamins			
Thiamin	mg	0.360	0.101
Riboflavin	mg	0.230	0.064
Niacin	mg	2.700	0.756
Vitamin B-6	mg	0.020	0.006
Lipids			
Fatty acids, total saturated	g	9.100	2.548
Fatty acids, total monounsaturated	g	6.000	1.680
Fatty acids, total polyunsaturated	g	7.200	2.016
Cholesterol	mg	0	0