

Basic Report 28218, MURRAY, SOUTHERN KITCHEN, Coconut Cookies

Report Date: January 31, 2015 11:10 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	2.0 cookies 29g
Proximates			
Water	g	3.00	0.87
Energy	kcal	511	148
Protein	g	5.70	1.65
Total lipid (fat)	g	25.50	7.40
Carbohydrate, by difference	g	65.50	19.00
Fiber, total dietary	g	3.0	0.9
Sugars, total	g	30.40	8.82
Minerals			
Iron, Fe	mg	2.40	0.70
Magnesium, Mg	mg	17	5
Phosphorus, P	mg	65	19
Potassium, K	mg	104	30
Sodium, Na	mg	202	59
Zinc, Zn	mg	0.50	0.14
Vitamins			
Thiamin	mg	0.350	0.101
Riboflavin	mg	0.230	0.067
Niacin	mg	2.600	0.754
Vitamin B-6	mg	0.040	0.012
Lipids			
Fatty acids, total saturated	g	11.500	3.335
Fatty acids, total monounsaturated	g	4.700	1.363
Fatty acids, total polyunsaturated	g	7.300	2.117
Cholesterol	mg	7	2