

**Basic Report 28219, MURRAY, SOUTHERN KITCHEN, Iced Oatmeal Cookies**

Report Date: January 28, 2015 23:18 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	2.0 cookies 29g
<b>Proximates</b>			
Water	g	4.50	1.30
Energy	kcal	467	135
Protein	g	6.50	1.88
Total lipid (fat)	g	18.30	5.31
Carbohydrate, by difference	g	69.50	20.16
Fiber, total dietary	g	4.1	1.2
Sugars, total	g	35.60	10.32
<b>Minerals</b>			
Iron, Fe	mg	1.90	0.55
Magnesium, Mg	mg	5	1
Phosphorus, P	mg	26	8
Potassium, K	mg	112	32
Sodium, Na	mg	297	86
Zinc, Zn	mg	0.20	0.06
<b>Vitamins</b>			
Thiamin	mg	0.260	0.075
Riboflavin	mg	0.150	0.044
Niacin	mg	1.600	0.464
Vitamin B-6	mg	0.010	0.003
<b>Lipids</b>			
Fatty acids, total saturated	g	5.800	1.682
Fatty acids, total monounsaturated	g	4.400	1.276
Fatty acids, total polyunsaturated	g	6.900	2.001
Cholesterol	mg	0	0