

Basic Report 28277, MURRAY, SUGAR FREE, Chocolate Chip Cookies

Report Date: February 01, 2015 19:14 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 cookies 32g
Proximates			
Water	g	3.00	0.96
Energy	kcal	469	150
Protein	g	5.60	1.79
Total lipid (fat)	g	27.00	8.64
Carbohydrate, by difference	g	63.60	20.35
Fiber, total dietary	g	4.8	1.5
Sugars, total	g	1.20	0.38
Minerals			
Iron, Fe	mg	3.20	1.02
Magnesium, Mg	mg	33	11
Phosphorus, P	mg	111	36
Potassium, K	mg	147	47
Sodium, Na	mg	411	132
Zinc, Zn	mg	0.60	0.19
Vitamins			
Thiamin	mg	0.360	0.115
Riboflavin	mg	0.230	0.074
Niacin	mg	2.700	0.864
Vitamin B-6	mg	0.020	0.006
Vitamin D (D2 + D3)	µg	0.3	0.1
Vitamin D	IU	10	3
Lipids			
Fatty acids, total saturated	g	10.500	3.360
Fatty acids, total monounsaturated	g	6.700	2.144
Fatty acids, total polyunsaturated	g	8.100	2.592
Cholesterol	mg	7	2