

Full Report (All Nutrients) 45263036, COOKIES, UPC: 044000050108
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Report Date: September 20, 2019 02:12 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Nabisco Biscuit Company

Nutrient	Unit	Data points	Std. Error	4.0 COOKIES 30g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	140	467
Protein	g	--	--	1.00	3.33
Total lipid (fat)	g	--	--	6.00	20.00
Carbohydrate, by difference	g	--	--	21.00	70.00
Fiber, total dietary	g	--	--	1.0	3.3
Sugars, total	g	--	--	13.00	43.33
Minerals					
Calcium, Ca	mg	--	--	0	0
Iron, Fe	mg	--	--	1.44	4.80
Potassium, K	mg	--	--	60	200
Sodium, Na	mg	--	--	55	183
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	2.499	8.330
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

 UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SEMISWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE, COCOA BUTTER, DEXTROSE, MILK, SOY LECITHIN, SALT, VANILLA EXTRACT), SUGAR, CANOLA OIL, PALM OIL, COCOA (PROCESSED WITH ALKALI), INVERT SUGAR, SALT, SOY LECITHIN, BAKING SODA, ARTIFICIAL FLAVOR, NATURAL FLAVOR. *Date Available: 03/03/2018 Date Last Updated by Company: 03/03/2018*

