

Basic Report 18154, Cookies, brownies, prepared from recipe

Report Date: May 28, 2017 10:24 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 oz 28.35g | 1 brownie (2" square) 24g |
|------------------------------------|------|------------------------|----------------|------------------------------|
| Proximates | | | | |
| Water | g | 12.60 | 3.57 | 3.02 |
| Energy | kcal | 466 | 132 | 112 |
| Protein | g | 6.20 | 1.76 | 1.49 |
| Total lipid (fat) | g | 29.10 | 8.25 | 6.98 |
| Carbohydrate, by difference | g | 50.20 | 14.23 | 12.05 |
| Minerals | | | | |
| Calcium, Ca | mg | 57 | 16 | 14 |
| Iron, Fe | mg | 1.84 | 0.52 | 0.44 |
| Magnesium, Mg | mg | 53 | 15 | 13 |
| Phosphorus, P | mg | 132 | 37 | 32 |
| Potassium, K | mg | 176 | 50 | 42 |
| Sodium, Na | mg | 343 | 97 | 82 |
| Zinc, Zn | mg | 0.97 | 0.27 | 0.23 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | 0.1 | 0.1 |
| Thiamin | mg | 0.141 | 0.040 | 0.034 |
| Riboflavin | mg | 0.190 | 0.054 | 0.046 |
| Niacin | mg | 0.982 | 0.278 | 0.236 |
| Vitamin B-6 | mg | 0.094 | 0.027 | 0.023 |
| Folate, DFE | µg | 39 | 11 | 9 |
| Vitamin B-12 | µg | 0.16 | 0.05 | 0.04 |
| Vitamin A, RAE | µg | 176 | 50 | 42 |
| Vitamin A, IU | IU | 827 | 234 | 198 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 7.319 | 2.075 | 1.757 |
| Fatty acids, total monounsaturated | g | 10.839 | 3.073 | 2.601 |

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|------------------------------------|-------------|---------------------------------|------------------------|--------------------------------------|
| Fatty acids, total polyunsaturated | g | 9.412 | 2.668 | 2.259 |
| Cholesterol | mg | 73 | 21 | 18 |

Amino Acids

Other