

Basic Report 18154, Cookies, brownies, prepared from recipe

Report Date: November 24, 2017 06:10 EST

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

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 brownie (2" square) 24g
Fatty acids, total polyunsaturated	g	9.412	2.668	2.259
Cholesterol	mg	73	21	18

Amino Acids

Other