

## Basic Report 18154, Cookies, brownies, prepared from recipe

Report Date: February 22, 2018 23:30 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 brownie (2" square) 24g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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**