

Full Report (All Nutrients) 18154, Cookies, brownies, prepared from recipe

Report Date: July 26, 2017 06:34 EDT

Nutrient values and weights are for edible portion.

Food Group : Baked Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 brownie (2" square) 24g
Proximates						
Water	g	12.60	--	--	3.57	3.02
Energy	kcal	466	--	--	132	112
Energy	kJ	1950	--	--	553	468
Protein	g	6.20	--	--	1.76	1.49
Total lipid (fat)	g	29.10	--	--	8.25	6.98
Ash	g	1.60	--	--	0.45	0.38
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
Copper, Cu	mg	0.388	--	--	0.110	0.093
Manganese, Mn	mg	0.587	--	--	0.166	0.141
Selenium, Se	µg	11.5	--	--	3.3	2.8
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

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Pantothenic acid	mg	0.328	--	--	0.093	0.079
Vitamin B-6	mg	0.094	--	--	0.027	0.023
Folate, total	µg	29	--	--	8	7
Folic acid	µg	14	--	--	4	3
Folate, food	µg	15	--	--	4	4
Folate, DFE	µg	39	--	--	11	9
Vitamin B-12	µg	0.16	--	--	0.05	0.04
Vitamin A, RAE	µg	176	--	--	50	42
Retinol	µg	161	--	--	46	39
Carotene, beta	µg	174	--	--	49	42
Vitamin A, IU	IU	827	--	--	234	198
Lipids						
Fatty acids, total saturated	g	7.319	--	--	2.075	1.757
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.001	--	--	0.000	0.000
10:0	g	0.001	--	--	0.000	0.000
12:0	g	0.001	--	--	0.000	0.000
14:0	g	0.074	--	--	0.021	0.018
16:0	g	4.158	--	--	1.179	0.998
18:0	g	3.037	--	--	0.861	0.729
Fatty acids, total monounsaturated	g	10.839	--	--	3.073	2.601
16:1 undifferentiated	g	0.068	--	--	0.019	0.016
18:1 undifferentiated	g	10.710	--	--	3.036	2.570
20:1	g	0.059	--	--	0.017	0.014
22:1 undifferentiated	g	0.001	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	9.412	--	--	2.668	2.259
18:2 undifferentiated	g	8.446	--	--	2.394	2.027
18:3 undifferentiated	g	0.932	--	--	0.264	0.224
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.027	--	--	0.008	0.006
20:5 n-3 (EPA)	g	0.001	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000

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22:6 n-3 (DHA)	g	0.006	--	--	0.002	0.001
Cholesterol	mg	73	--	--	21	18
Amino Acids						
Tryptophan	g	0.078	--	--	0.022	0.019
Threonine	g	0.228	--	--	0.065	0.055
Isoleucine	g	0.265	--	--	0.075	0.064
Leucine	g	0.447	--	--	0.127	0.107
Lysine	g	0.283	--	--	0.080	0.068
Methionine	g	0.132	--	--	0.037	0.032
Cystine	g	0.125	--	--	0.035	0.030
Phenylalanine	g	0.298	--	--	0.084	0.072
Tyrosine	g	0.215	--	--	0.061	0.052
Valine	g	0.323	--	--	0.092	0.078
Arginine	g	0.433	--	--	0.123	0.104
Histidine	g	0.136	--	--	0.039	0.033
Alanine	g	0.271	--	--	0.077	0.065
Aspartic acid	g	0.516	--	--	0.146	0.124
Glutamic acid	g	1.203	--	--	0.341	0.289
Glycine	g	0.238	--	--	0.067	0.057
Proline	g	0.362	--	--	0.103	0.087
Serine	g	0.352	--	--	0.100	0.084
Other						