

Basic Report 18155, Cookies, butter, commercially prepared, enriched

Report Date: September 21, 2019 19:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cookie 5g
Proximates				
Water	g	4.60	1.30	0.23
Energy	kcal	467	132	23
Protein	g	6.10	1.73	0.30
Total lipid (fat)	g	18.80	5.33	0.94
Carbohydrate, by difference	g	68.90	19.53	3.44
Fiber, total dietary	g	0.8	0.2	0.0
Sugars, total	g	20.24	5.74	1.01
Minerals				
Calcium, Ca	mg	29	8	1
Iron, Fe	mg	2.22	0.63	0.11
Magnesium, Mg	mg	12	3	1
Phosphorus, P	mg	102	29	5
Potassium, K	mg	111	31	6
Sodium, Na	mg	282	80	14
Zinc, Zn	mg	0.38	0.11	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.370	0.105	0.019
Riboflavin	mg	0.335	0.095	0.017
Niacin	mg	3.190	0.904	0.160
Vitamin B-6	mg	0.036	0.010	0.002
Folate, DFE	µg	125	35	6
Vitamin B-12	µg	0.36	0.10	0.02
Vitamin A, RAE	µg	165	47	8
Vitamin A, IU	IU	673	191	34
Vitamin E (alpha-tocopherol)	mg	0.58	0.16	0.03

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cookie 5g
Vitamin D (D2 + D3)	µg	0.4	0.1	0.0
Vitamin D	IU	16	5	1
Vitamin K (phylloquinone)	µg	1.7	0.5	0.1
Lipids				
Fatty acids, total saturated	g	11.051	3.133	0.553
Fatty acids, total monounsaturated	g	5.522	1.565	0.276
Fatty acids, total polyunsaturated	g	0.982	0.278	0.049
Cholesterol	mg	117	33	6
Amino Acids				
Other				
Caffeine	mg	0	0	0