

Basic Report 18206, Cookies, sugar, refrigerated dough, baked

Report Date: June 15, 2019 22:52 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cookie 1 rolled cookie dough 15g	1 cookie 1 pre-sliced cookie dough 23g
Proximates					
Water	g	5.00	1.42	0.75	1.15
Energy	kcal	489	139	73	112
Protein	g	4.70	1.33	0.70	1.08
Total lipid (fat)	g	23.10	6.55	3.46	5.31
Carbohydrate, by difference	g	65.60	18.60	9.84	15.09
Fiber, total dietary	g	0.9	0.3	0.1	0.2
Sugars, total	g	40.36	11.44	6.05	9.28
Minerals					
Calcium, Ca	mg	90	26	14	21
Iron, Fe	mg	1.84	0.52	0.28	0.42
Magnesium, Mg	mg	8	2	1	2
Phosphorus, P	mg	187	53	28	43
Potassium, K	mg	163	46	24	37
Sodium, Na	mg	362	103	54	83
Zinc, Zn	mg	0.27	0.08	0.04	0.06
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.182	0.052	0.027	0.042
Riboflavin	mg	0.122	0.035	0.018	0.028
Niacin	mg	2.412	0.684	0.362	0.555
Vitamin B-6	mg	0.023	0.007	0.003	0.005
Folate, DFE	µg	113	32	17	26
Vitamin B-12	µg	0.07	0.02	0.01	0.02
Vitamin A, RAE	µg	12	3	2	3
Vitamin A, IU	IU	41	12	6	9
Vitamin E (alpha-tocopherol)	mg	0.21	0.06	0.03	0.05

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	9.8	2.8	1.5	1.5	2.3
Lipids						
Fatty acids, total saturated	g	5.906	1.674	0.886	0.886	1.358
Fatty acids, total monounsaturated	g	13.010	3.688	1.952	1.952	2.992
Fatty acids, total polyunsaturated	g	2.891	0.820	0.434	0.434	0.665
Cholesterol	mg	32	9	5	5	7
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0