

Basic Report 18212, Cookies, vanilla wafers, lower fat

Report Date: February 23, 2018 20:57 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 cup, crumbs 80g	1 large 6g	1 medium 4g	1 small 3g
Proximates							
Water	g	5.10	1.45	4.08	0.31	0.20	0.15
Energy	kcal	441	125	353	26	18	13
Protein	g	5.00	1.42	4.00	0.30	0.20	0.15
Total lipid (fat)	g	15.20	4.31	12.16	0.91	0.61	0.46
Carbohydrate, by difference	g	73.60	20.87	58.88	4.42	2.94	2.21
Fiber, total dietary	g	1.9	0.5	1.5	0.1	0.1	0.1
Sugars, total	g	37.50	10.63	30.00	2.25	1.50	1.12
Minerals							
Calcium, Ca	mg	48	14	38	3	2	1
Iron, Fe	mg	2.38	0.67	1.90	0.14	0.10	0.07
Magnesium, Mg	mg	14	4	11	1	1	0
Phosphorus, P	mg	104	29	83	6	4	3
Potassium, K	mg	97	27	78	6	4	3
Sodium, Na	mg	388	110	310	23	16	12
Zinc, Zn	mg	0.36	0.10	0.29	0.02	0.01	0.01
Vitamins							
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.275	0.078	0.220	0.017	0.011	0.008
Riboflavin	mg	0.320	0.091	0.256	0.019	0.013	0.010
Niacin	mg	3.106	0.881	2.485	0.186	0.124	0.093
Vitamin B-6	mg	0.073	0.021	0.058	0.004	0.003	0.002
Folate, DFE	µg	96	27	77	6	4	3
Vitamin B-12	µg	0.13	0.04	0.10	0.01	0.01	0.00
Vitamin A, RAE	µg	8	2	6	0	0	0
Vitamin A, IU	IU	30	9	24	2	1	1
Vitamin E (alpha-tocopherol)	mg	0.23	0.07	0.18	0.01	0.01	0.01

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	6.0	1.7	4.8	0.4	0.2	0.2
Lipids							
Fatty acids, total saturated	g	3.838	1.088	3.070	0.230	0.154	0.115
Fatty acids, total monounsaturated	g	6.544	1.855	5.235	0.393	0.262	0.196
Fatty acids, total polyunsaturated	g	3.887	1.102	3.110	0.233	0.155	0.117
Cholesterol	mg	51	14	41	3	2	2
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0