

Basic Report 28074, KEEBLER, E.L. FUDGE, Butter Flavored Cookies

Report Date: August 16, 2017 23:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 cookies 36g
Proximates			
Water	g	2.50	0.90
Energy	kcal	482	174
Protein	g	5.50	1.98
Total lipid (fat)	g	20.50	7.38
Carbohydrate, by difference	g	70.00	25.20
Fiber, total dietary	g	3.4	1.2
Sugars, total	g	33.90	12.20
Minerals			
Iron, Fe	mg	3.20	1.15
Magnesium, Mg	mg	22	8
Phosphorus, P	mg	63	23
Potassium, K	mg	143	51
Sodium, Na	mg	275	99
Zinc, Zn	mg	0.60	0.22
Vitamins			
Thiamin	mg	0.310	0.112
Riboflavin	mg	0.220	0.079
Niacin	mg	2.500	0.900
Vitamin B-6	mg	0.020	0.007
Lipids			
Fatty acids, total saturated	g	7.000	2.520
Fatty acids, total monounsaturated	g	4.000	1.440
Fatty acids, total polyunsaturated	g	8.000	2.880
Fatty acids, total trans	g	0.400	0.144
Cholesterol	mg	12	4

Amino Acids

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Other			