

Full Report (All Nutrients) 28074, KEEBLER, E.L. FUDGE, Butter Flavored Cookies

Report Date: June 23, 2017 23:41 EDT

Nutrient values and weights are for edible portion.

Food Group : Baked Products

Nitrogen to Protein Conversion Factor:6.25

Manufacturer Kellogg, Co.

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 cookies 36g
Proximates					
Water 1	g	2.50	--	--	0.90
Energy 1	kcal	482	--	--	174
Energy	kJ	2017	--	--	726
Protein 1	g	5.50	--	--	1.98
Total lipid (fat) 1	g	20.50	--	--	7.38
Carbohydrate, by difference 1	g	70.00	--	--	25.20
Fiber, total dietary 1	g	3.4	--	--	1.2
Sugars, total 1	g	33.90	--	--	12.20
Minerals					
Iron, Fe 1	mg	3.20	--	--	1.15
Magnesium, Mg 1	mg	22	--	--	8
Phosphorus, P 1	mg	63	--	--	23
Potassium, K 1	mg	143	--	--	51
Sodium, Na 1	mg	275	--	--	99
Zinc, Zn 1	mg	0.60	--	--	0.22
Vitamins					
Thiamin 1	mg	0.310	--	--	0.112
Riboflavin 1	mg	0.220	--	--	0.079
Niacin 1	mg	2.500	--	--	0.900
Vitamin B-6 1	mg	0.020	--	--	0.007
Folate, total 1	µg	79	--	--	28

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 cookies 36g
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 ¹	mg	12	--	--	4

Amino Acids

Other

Sources of Data

¹Kellogg, Co. Kellogg Company Products, 2012