

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

Report Date: March 19, 2018 08:45 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
<b>Proximates</b>					
Water <a href="#">1</a>	g	2.50	--	--	0.90
Energy <a href="#">1</a>	kcal	482	--	--	174
Energy	kJ	2017	--	--	726
Protein <a href="#">1</a>	g	5.50	--	--	1.98
Total lipid (fat) <a href="#">1</a>	g	20.50	--	--	7.38
Carbohydrate, by difference <a href="#">1</a>	g	70.00	--	--	25.20
Fiber, total dietary <a href="#">1</a>	g	3.4	--	--	1.2
Sugars, total <a href="#">1</a>	g	33.90	--	--	12.20
<b>Minerals</b>					
Iron, Fe <a href="#">1</a>	mg	3.20	--	--	1.15
Magnesium, Mg <a href="#">1</a>	mg	22	--	--	8
Phosphorus, P <a href="#">1</a>	mg	63	--	--	23
Potassium, K <a href="#">1</a>	mg	143	--	--	51
Sodium, Na <a href="#">1</a>	mg	275	--	--	99
Zinc, Zn <a href="#">1</a>	mg	0.60	--	--	0.22
<b>Vitamins</b>					
Thiamin <a href="#">1</a>	mg	0.310	--	--	0.112
Riboflavin <a href="#">1</a>	mg	0.220	--	--	0.079
Niacin <a href="#">1</a>	mg	2.500	--	--	0.900
Vitamin B-6 <a href="#">1</a>	mg	0.020	--	--	0.007
Folate, total <a href="#">1</a>	µg	79	--	--	28

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	2.0 cookies 36g
<b>Lipids</b>					
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 <sup>1</sup>	mg	12	--	--	4

**Amino Acids**

**Other**

**Sources of Data**

<sup>1</sup>Kellogg, Co. Kellogg Company Products, 2012