

## Basic Report 28108, KEEBLER, Holiday Jingles Cookies

Report Date: February 22, 2018 02:01 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	6.0 cookies 29g
<b>Proximates</b>			
Water	g	3.00	0.87
Energy	kcal	470	136
Protein	g	5.00	1.45
Total lipid (fat)	g	17.40	5.05
Carbohydrate, by difference	g	73.90	21.43
Fiber, total dietary	g	1.5	0.4
Sugars, total	g	28.20	8.18
<b>Minerals</b>			
Iron, Fe	mg	2.90	0.84
Phosphorus, P	mg	3	1
Potassium, K	mg	0	0
Sodium, Na	mg	380	110
<b>Vitamins</b>			
Thiamin	mg	0.420	0.122
Riboflavin	mg	0.260	0.075
Niacin	mg	3.500	1.015
<b>Lipids</b>			
Fatty acids, total saturated	g	5.500	1.595
Fatty acids, total monounsaturated	g	3.800	1.102
Fatty acids, total polyunsaturated	g	6.200	1.798
Fatty acids, total trans	g	0.250	0.072
Cholesterol	mg	0	0

### Amino Acids

### Other