

Basic Report 28132, KEEBLER, Toasted Coconut Cookies

Report Date: May 28, 2017 06:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 cookies 38g
Proximates			
Water	g	2.50	0.95
Energy	kcal	475	180
Protein	g	3.80	1.44
Total lipid (fat)	g	20.20	7.68
Carbohydrate, by difference	g	69.90	26.56
Fiber, total dietary	g	2.3	0.9
Sugars, total	g	41.20	15.66
Minerals			
Iron, Fe	mg	2.10	0.80
Magnesium, Mg	mg	15	6
Phosphorus, P	mg	49	19
Potassium, K	mg	121	46
Sodium, Na	mg	324	123
Zinc, Zn	mg	0.50	0.19
Vitamins			
Thiamin	mg	0.260	0.099
Riboflavin	mg	0.170	0.065
Niacin	mg	2.100	0.798
Vitamin B-6	mg	0.040	0.015
Lipids			
Fatty acids, total saturated	g	10.300	3.914
Fatty acids, total monounsaturated	g	5.200	1.976
Fatty acids, total polyunsaturated	g	1.100	0.418
Fatty acids, total trans	g	4.270	1.623
Cholesterol	mg	0	0

Amino Acids

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Other			