

Basic Report 28198, MOTHER'S, Double Fudge Creme Sandwich Cookies

Report Date: December 18, 2017 00:06 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 cookies 38g
Proximates			
Water	g	2.00	0.76
Energy	kcal	457	174
Protein	g	5.30	2.01
Total lipid (fat)	g	20.40	7.75
Carbohydrate, by difference	g	70.00	26.60
Fiber, total dietary	g	3.3	1.3
Sugars, total	g	33.10	12.58
Minerals			
Iron, Fe	mg	3.80	1.44
Magnesium, Mg	mg	45	17
Phosphorus, P	mg	84	32
Potassium, K	mg	405	154
Sodium, Na	mg	245	93
Zinc, Zn	mg	0.40	0.15
Vitamins			
Thiamin	mg	0.310	0.118
Riboflavin	mg	0.190	0.072
Niacin	mg	2.500	0.950
Vitamin B-6	mg	0.020	0.008
Lipids			
Fatty acids, total saturated	g	7.700	2.926
Fatty acids, total monounsaturated	g	4.900	1.862
Fatty acids, total polyunsaturated	g	2.770	1.053
Fatty acids, total trans	g	4.090	1.554
Cholesterol	mg	0	0

Amino Acids

Nutrient	Unit	1 Value Per100 g	2.0 cookies 38g
Other			