

Basic Report 28208, MOTHER'S, Peanut Butter Gauchos Cookies

Report Date: September 22, 2017 02:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 cookies 38g
Proximates			
Water	g	3.00	1.14
Energy	kcal	482	183
Protein	g	7.40	2.81
Total lipid (fat)	g	22.00	8.36
Carbohydrate, by difference	g	65.70	24.97
Fiber, total dietary	g	2.7	1.0
Sugars, total	g	32.30	12.27
Minerals			
Iron, Fe	mg	2.30	0.87
Magnesium, Mg	mg	7	3
Phosphorus, P	mg	33	13
Potassium, K	mg	178	68
Sodium, Na	mg	434	165
Zinc, Zn	mg	0.40	0.15
Vitamins			
Thiamin	mg	0.280	0.106
Riboflavin	mg	0.170	0.065
Niacin	mg	4.100	1.558
Vitamin B-6	mg	0.010	0.004
Vitamin E (alpha-tocopherol)	mg	0.45	0.17
Lipids			
Fatty acids, total saturated	g	4.200	1.596
Fatty acids, total monounsaturated	g	8.500	3.230
Fatty acids, total polyunsaturated	g	3.400	1.292
Fatty acids, total trans	g	4.000	1.520
Cholesterol	mg	0	0

Nutrient	Unit	1 Value Per100 g	2.0 cookies 38g
Amino Acids			
Other			