

Basic Report 28229, MURRAY, SUGAR FREE, Shortbread Cookies

Report Date: July 20, 2017 14:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	8.0 cookies 30g
Proximates			
Water	g	3.00	0.90
Energy	kcal	431	129
Protein	g	7.00	2.10
Total lipid (fat)	g	17.80	5.34
Carbohydrate, by difference	g	71.60	21.48
Fiber, total dietary	g	5.7	1.7
Sugars, total	g	1.30	0.39
Minerals			
Iron, Fe	mg	3.10	0.93
Magnesium, Mg	mg	15	4
Phosphorus, P	mg	98	29
Potassium, K	mg	81	24
Sodium, Na	mg	476	143
Zinc, Zn	mg	0.50	0.15
Vitamins			
Thiamin	mg	0.510	0.153
Riboflavin	mg	0.330	0.099
Niacin	mg	3.800	1.140
Vitamin B-6	mg	0.060	0.018
Lipids			
Fatty acids, total saturated	g	5.700	1.710
Fatty acids, total monounsaturated	g	3.900	1.170
Fatty acids, total polyunsaturated	g	6.400	1.920
Fatty acids, total trans	g	0.300	0.090
Cholesterol	mg	1	0

Amino Acids

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Other			