

Basic Report 28270, MOTHER'S, Vanilla Sandwich Cookies

Report Date: March 22, 2018 10:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 cookies 38g
Proximates			
Water	g	2.40	0.91
Energy	kcal	469	178
Protein	g	4.80	1.82
Total lipid (fat)	g	20.10	7.64
Carbohydrate, by difference	g	68.90	26.18
Fiber, total dietary	g	1.3	0.5
Sugars, total	g	30.10	11.44
Minerals			
Iron, Fe	mg	2.50	0.95
Magnesium, Mg	mg	11	4
Phosphorus, P	mg	55	21
Potassium, K	mg	87	33
Sodium, Na	mg	276	105
Zinc, Zn	mg	0.50	0.19
Vitamins			
Thiamin	mg	0.360	0.137
Riboflavin	mg	0.250	0.095
Niacin	mg	2.900	1.102
Vitamin B-6	mg	0.020	0.008
Lipids			
Fatty acids, total saturated	g	7.300	2.774
Fatty acids, total monounsaturated	g	4.780	1.816
Fatty acids, total polyunsaturated	g	2.860	1.087
Fatty acids, total trans	g	4.240	1.611
Cholesterol	mg	0	0
Amino Acids			

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Other			