

Basic Report 28289, Cookie, vanilla with caramel, coconut, and chocolate coating

Report Date: August 17, 2017 23:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 cookies 29g
Proximates			
Water	g	5.70	1.65
Energy	kcal	489	142
Protein	g	3.50	1.01
Total lipid (fat)	g	25.80	7.48
Carbohydrate, by difference	g	64.10	18.59
Fiber, total dietary	g	4.4	1.3
Sugars, total	g	35.80	10.38
Minerals			
Calcium, Ca	mg	40	12
Iron, Fe	mg	3.20	0.93
Magnesium, Mg	mg	30	9
Phosphorus, P	mg	76	22
Potassium, K	mg	195	57
Sodium, Na	mg	182	53
Zinc, Zn	mg	0.50	0.14
Vitamins			
Vitamin C, total ascorbic acid	mg	0.2	0.1
Thiamin	mg	0.140	0.041
Riboflavin	mg	0.120	0.035
Niacin	mg	1.200	0.348
Vitamin B-6	mg	0.050	0.015
Folate, DFE	µg	42	12
Vitamin B-12	µg	0.04	0.01
Vitamin A, RAE	µg	6	2
Vitamin A, IU	IU	25	7
Vitamin E (alpha-tocopherol)	mg	2.42	0.70

Nutrient	Unit	1 Value Per100 g	2.0 cookies 29g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	1	0
Vitamin K (phylloquinone)	µg	5.0	1.4
Lipids			
Fatty acids, total saturated	g	17.700	5.133
Fatty acids, total monounsaturated	g	2.800	0.812
Fatty acids, total polyunsaturated	g	3.700	1.073
Fatty acids, total trans	g	0.200	0.058
Cholesterol	mg	2	1
Amino Acids			
Other			
Caffeine	mg	18	5