

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

Report Date: June 25, 2017 02:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 cookies 29g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>2.0 cookies 29g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	1	0
Vitamin K (phylloquinone)	µg	5.0	1.4
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	18	5