

## Basic Report 28293, Cookie, butter or sugar, with chocolate icing or filling

Report Date: May 23, 2017 12:47 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 3.0 cookies<br>31g |
|--------------------------------|------|------------------------|--------------------|
| <b>Proximates</b>              |      |                        |                    |
| Water                          | g    | 2.00                   | 0.62               |
| Energy                         | kcal | 503                    | 156                |
| Protein                        | g    | 4.10                   | 1.27               |
| Total lipid (fat)              | g    | 23.50                  | 7.29               |
| Carbohydrate, by difference    | g    | 68.83                  | 21.34              |
| Fiber, total dietary           | g    | 1.9                    | 0.6                |
| Sugars, total                  | g    | 33.80                  | 10.48              |
| <b>Minerals</b>                |      |                        |                    |
| Calcium, Ca                    | mg   | 19                     | 6                  |
| Iron, Fe                       | mg   | 2.44                   | 0.76               |
| Magnesium, Mg                  | mg   | 13                     | 4                  |
| Phosphorus, P                  | mg   | 74                     | 23                 |
| Potassium, K                   | mg   | 234                    | 73                 |
| Sodium, Na                     | mg   | 348                    | 108                |
| Zinc, Zn                       | mg   | 0.20                   | 0.06               |
| <b>Vitamins</b>                |      |                        |                    |
| Vitamin C, total ascorbic acid | mg   | 0.0                    | 0.0                |
| Thiamin                        | mg   | 0.340                  | 0.105              |
| Riboflavin                     | mg   | 0.190                  | 0.059              |
| Niacin                         | mg   | 2.100                  | 0.651              |
| Vitamin B-6                    | mg   | 0.026                  | 0.008              |
| Folate, DFE                    | µg   | 94                     | 29                 |
| Vitamin B-12                   | µg   | 0.03                   | 0.01               |
| Vitamin A, RAE                 | µg   | 0                      | 0                  |
| Vitamin A, IU                  | IU   | 1                      | 0                  |
| Vitamin E (alpha-tocopherol)   | mg   | 1.81                   | 0.56               |

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|------------------------------------|-------------|---------------------------------|----------------------------|
| Vitamin D (D2 + D3)                | µg          | 0.0                             | 0.0                        |
| Vitamin D                          | IU          | 1                               | 0                          |
| Vitamin K (phylloquinone)          | µg          | 6.6                             | 2.0                        |
| <b>Lipids</b>                      |             |                                 |                            |
| Fatty acids, total saturated       | g           | 14.800                          | 4.588                      |
| Fatty acids, total monounsaturated | g           | 2.700                           | 0.837                      |
| Fatty acids, total polyunsaturated | g           | 5.100                           | 1.581                      |
| Fatty acids, total trans           | g           | 0.490                           | 0.152                      |
| Cholesterol                        | mg          | 1                               | 0                          |
| <b>Amino Acids</b>                 |             |                                 |                            |
| <b>Other</b>                       |             |                                 |                            |
| Caffeine                           | mg          | 7                               | 2                          |