

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

Report Date: August 18, 2017 06:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 cookies 31g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	3.0 cookies 31g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	1	0
Vitamin K (phylloquinone)	µg	6.6	2.0
Lipids			
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
Amino Acids			
Other			
Caffeine	mg	7	2