

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

Report Date: October 23, 2017 18:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 cookies 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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>3.0 cookies 31g</b>
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