

Basic Report 28330, Cookies, marshmallow, with rice cereal and chocolate chips

Report Date: February 22, 2018 02:09 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 22g
Proximates			
Water	g	12.27	2.70
Energy	kcal	435	96
Protein	g	4.55	1.00
Total lipid (fat)	g	18.18	4.00
Carbohydrate, by difference	g	63.26	13.92
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	40.91	9.00
Minerals			
Calcium, Ca	mg	0	0
Iron, Fe	mg	1.64	0.36
Magnesium, Mg	mg	51	11
Phosphorus, P	mg	98	22
Potassium, K	mg	227	50
Sodium, Na	mg	341	75
Zinc, Zn	mg	1.11	0.24
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.682	0.150
Riboflavin	mg	0.773	0.170
Niacin	mg	5.455	1.200
Vitamin B-6	mg	0.909	0.200
Folate, DFE	µg	59	13
Vitamin B-12	µg	0.04	0.01
Vitamin A, RAE	µg	43	9
Vitamin A, IU	IU	186	41
Vitamin E (alpha-tocopherol)	mg	0.72	0.16

Nutrient	Unit	1 Value Per100 g	1 bar 22g
Vitamin D (D2 + D3)	µg	0.9	0.2
Vitamin D	IU	36	8
Vitamin K (phylloquinone)	µg	6.9	1.5
Lipids			
Fatty acids, total saturated	g	11.364	2.500
Fatty acids, total monounsaturated	g	4.207	0.926
Fatty acids, total polyunsaturated	g	1.773	0.390
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	8	2