

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

Report Date: June 27, 2017 23:51 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 bar 22g
<b>Proximates</b>			
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
<b>Minerals</b>			
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
<b>Vitamins</b>			
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 bar 22g</b>
Vitamin D (D2 + D3)	µg	0.9	0.2
Vitamin D	IU	36	8
Vitamin K (phylloquinone)	µg	6.9	1.5
<b>Lipids</b>			
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
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	8	2