

Basic Report 28333, Cookies, gluten-free, chocolate wafer

Report Date: May 27, 2017 22:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 cookies 23g
Proximates			
Water	g	1.37	0.32
Energy	kcal	541	124
Protein	g	4.06	0.93
Total lipid (fat)	g	30.42	7.00
Carbohydrate, by difference	g	62.82	14.45
Fiber, total dietary	g	1.6	0.4
Sugars, total	g	40.99	9.43
Minerals			
Calcium, Ca	mg	109	25
Iron, Fe	mg	3.67	0.84
Magnesium, Mg	mg	41	9
Phosphorus, P	mg	144	33
Potassium, K	mg	340	78
Sodium, Na	mg	122	28
Zinc, Zn	mg	0.78	0.18
Vitamins			
Lipids			
Fatty acids, total saturated	g	15.299	3.519
Fatty acids, total monounsaturated	g	9.462	2.176
Fatty acids, total polyunsaturated	g	2.274	0.523
Fatty acids, total trans	g	0.102	0.023
Amino Acids			
Other			