

Basic Report 28334, Cookies, gluten-free, lemon wafer

Report Date: September 20, 2017 12:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 cookies 30g
Proximates			
Water	g	1.12	0.34
Energy	kcal	515	154
Protein	g	0.00	0.00
Total lipid (fat)	g	24.18	7.25
Carbohydrate, by difference	g	74.39	22.32
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	42.31	12.69
Minerals			
Calcium, Ca	mg	9	3
Iron, Fe	mg	0.18	0.05
Magnesium, Mg	mg	3	1
Phosphorus, P	mg	39	12
Potassium, K	mg	36	11
Sodium, Na	mg	111	33
Zinc, Zn	mg	0.03	0.01
Vitamins			
Thiamin	mg	0.045	0.013
Riboflavin	mg	0.074	0.022
Niacin	mg	0.065	0.020
Vitamin B-6	mg	0.000	0.000
Vitamin E (alpha-tocopherol)	mg	3.12	0.94
Lipids			
Fatty acids, total saturated	g	10.501	3.150
Fatty acids, total monounsaturated	g	8.312	2.494
Fatty acids, total polyunsaturated	g	2.670	0.801
Fatty acids, total trans	g	0.043	0.013

Nutrient	Unit	1 Value Per100 g	3.0 cookies 30g
Amino Acids			
Other			