



Food ID: A084

Food name and Description: Cookies, arrowroot

Scientific name:

Alternate/Common name(s): Uraro/Araro cookies

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	5.8
Energy, calculated (kcal)	417
Protein (g)	1.1
Total Fat (g)	8.5
Carbohydrate, total (g)	83.9
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.2
Sugars, total (g)	22.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	27
Phosphorus, P (mg)	83
Iron, Fe (mg)	8.5
Sodium, Na (mg)	318

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.51
Fatty acids, monounsaturated, total (g)	5.73
Fatty acids, polyunsaturated, total(g)	0.83
Cholesterol (mg)	0