



Food ID: A085

Food name and Description: Cookies, assorted

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	2.5
Energy, calculated (kcal)	442
Protein (g)	6.2
Total Fat (g)	11.3
Carbohydrate, total (g)	78.9
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.1
Sugars, total (g)	23.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	39
Phosphorus, P (mg)	104
Iron, Fe (mg)	3.2
Sodium, Na (mg)	413

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	90
Retinol Activity Equivalent, RAE (µg)	8
Thiamin, Vitamin B1 (mg)	0.29
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	3.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.16
Fatty acids, monounsaturated, total (g)	4.58
Fatty acids, polyunsaturated, total(g)	2.56
Cholesterol (mg)	0