



**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