



Food ID: A086

Food name and Description: Cookies, brownies

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	14.7
Energy, calculated (kcal)	417
Protein (g)	7.4
Total Fat (g)	16.8
Carbohydrate, total (g)	59.1
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.1
Sugars, total (g)	36.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	44
Phosphorus, P (mg)	156
Iron, Fe (mg)	0
Sodium, Na (mg)	282

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	115
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.36
Fatty acids, monounsaturated, total (g)	9.24
Fatty acids, polyunsaturated, total(g)	2.33
Cholesterol (mg)	18