

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: A087 Food name and Description: Cookies, butter Scientific name: Alternate/Common name(s): Edible portion: 100%

### Proximates (Food Composition per 100g Edible Portion)

Water (g)	1.6
Energy, calculated (kcal)	508
Protein (g)	8.3
Total Fat (g)	24.1
Carbohydrate, total (g)	64.5
Ash, total (g)	1.5

#### Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.8
Sugars, total (g)	20.9

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	121
Phosphorus, P (mg)	213
Iron, Fe (mg)	2.3
Sodium, Na (mg)	362

## Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (μg)	130
Retinol Activity Equivalent, RAE (µg)	91
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.29
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	14.17
Fatty acids, monounsaturated, total (g)	7.08
Fatty acids, polyunsaturated, total(g)	1.26
Cholesterol (mg)	150

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 07/20/2025 7:49:16