



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