



Food ID: A089

Food name and Description: Cookies, gem

Scientific name:

Alternate/Common name(s): Iced gem cookies

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	4.6
Energy, calculated (kcal)	426
Protein (g)	11
Total Fat (g)	9.7
Carbohydrate, total (g)	73.6
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.9
Sugars, total (g)	40

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	61
Phosphorus, P (mg)	109
Iron, Fe (mg)	3.6
Sodium, Na (mg)	250

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.31
Niacin (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	6.52
Fatty acids, monounsaturated, total (g)	0.97
Fatty acids, polyunsaturated, total(g)	1.81
Cholesterol (mg)	0