



**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