



Food ID: A093

Food name and Description: Cookies, ogoy-ogoy

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

| | |
|---------------------------|------|
| Water (g) | 3.4 |
| Energy, calculated (kcal) | 441 |
| Protein (g) | 8.3 |
| Total Fat (g) | 11.8 |
| Carbohydrate, total (g) | 75.3 |
| Ash, total (g) | 1.2 |

Other Carbohydrate (Food Composition per 100g Edible Portion)

| | |
|--------------------------|------|
| Fiber, total dietary (g) | 2.5 |
| Sugars, total (g) | 15.4 |

Minerals (Food Composition per 100g Edible Portion)

| | |
|--------------------|-----|
| Calcium, Ca (mg) | 33 |
| Phosphorus, P (mg) | 129 |
| Iron, Fe (mg) | 2.3 |
| Sodium, Na (mg) | 367 |

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) | 0.2 |
| Riboflavin, Vitamin B2 (mg) | 0.1 |
| Niacin (mg) | 3.1 |
| Ascorbic Acid, Vitamin C (mg) | 0 |

Lipids (Food Composition per 100g Edible Portion)

| | |
|---|------|
| Fatty acids, saturated, total (g) | 5.75 |
| Fatty acids, monounsaturated, total (g) | 4.06 |
| Fatty acids, polyunsaturated, total(g) | 1.2 |
| Cholesterol (mg) | 5 |