



**Food ID:** A094

**Food name and Description:** Cookies, otap

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

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

Water (g)	1.5
Energy, calculated (kcal)	462
Protein (g)	10.1
Total Fat (g)	14.3
Carbohydrate, total (g)	73.3
Ash, total (g)	0.8

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

Fiber, total dietary (g)	2.5
Sugars, total (g)	15.7

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	122
Phosphorus, P (mg)	92
Iron, Fe (mg)	3
Sodium, Na (mg)	374

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

Retinol, Vitamin A (µg)	120
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	121
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	6.96
Fatty acids, monounsaturated, total (g)	4.92
Fatty acids, polyunsaturated, total(g)	1.46
Cholesterol (mg)	1