



**Food ID:** A096

**Food name and Description:** Cookies, pili nut

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	1.5
Energy, calculated (kcal)	532
Protein (g)	6.6
Total Fat (g)	28.3
Carbohydrate, total (g)	62.6
Ash, total (g)	1

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

Fiber, total dietary (g)	2.2
Sugars, total (g)	24.4

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

Calcium, Ca (mg)	122
Phosphorus, P (mg)	111
Iron, Fe (mg)	2.4
Sodium, Na (mg)	364

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

Retinol, Vitamin A (µg)	11
beta-Carotene (µg)	1
Retinol Activity Equivalent, RAE (µg)	11
Thiamin, Vitamin B1 (mg)	0.16
Riboflavin, Vitamin B2 (mg)	0.27
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	8.02
Fatty acids, monounsaturated, total (g)	12.83
Fatty acids, polyunsaturated, total(g)	4.29
Cholesterol (mg)	32