

Republic of the Philippines
Department of Science and Technology
FOOD AND NUTRITION RESEARCH INSTITUTE
General Santos Avenue, Bicutan, Taguig City, Philippines

Food ID: A099 Food name and Description: Cookies, sandwich type, choc-filled Scientific name: Alternate/Common name(s): Biskwit, may palaman na tsokolate Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	1
Energy, calculated (kcal)	515
Protein (g)	5.7
Total Fat (g)	24.9
Carbohydrate, total (g)	67.1
Ash, total (g)	1.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	5.6
Sugars, total (g)	33

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	61
Phosphorus, P (mg)	73
Iron, Fe (mg)	1.8
Sodium, Na (mg)	223

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	3
beta-Carotene (μg)	41
Retinol Activity Equivalent, RAE (µg)	6
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	2.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	14.07
Fatty acids, monounsaturated, total (g)	7.79
Fatty acids, polyunsaturated, total(g)	2.07
Cholesterol (mg)	3

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 18:11:22