



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 |