



**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