



Food ID: A100

Food name and Description: Cookies, sandwich type, cream-filled

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	3
Energy, calculated (kcal)	472
Protein (g)	5.9
Total Fat (g)	18
Carbohydrate, total (g)	71.7
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.9
Sugars, total (g)	40.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	75
Phosphorus, P (mg)	63
Iron, Fe (mg)	1.7
Sodium, Na (mg)	388

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	150
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	150
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.31
Fatty acids, monounsaturated, total (g)	8.73
Fatty acids, polyunsaturated, total(g)	3.35
Cholesterol (mg)	0