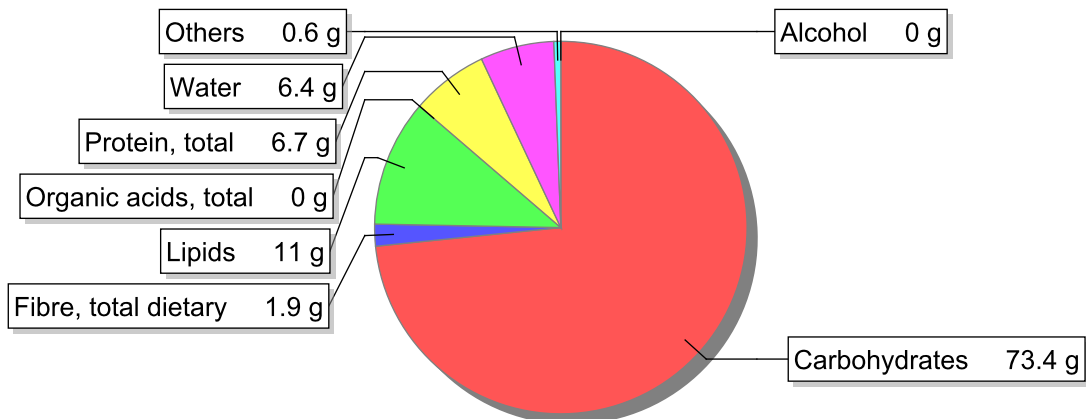


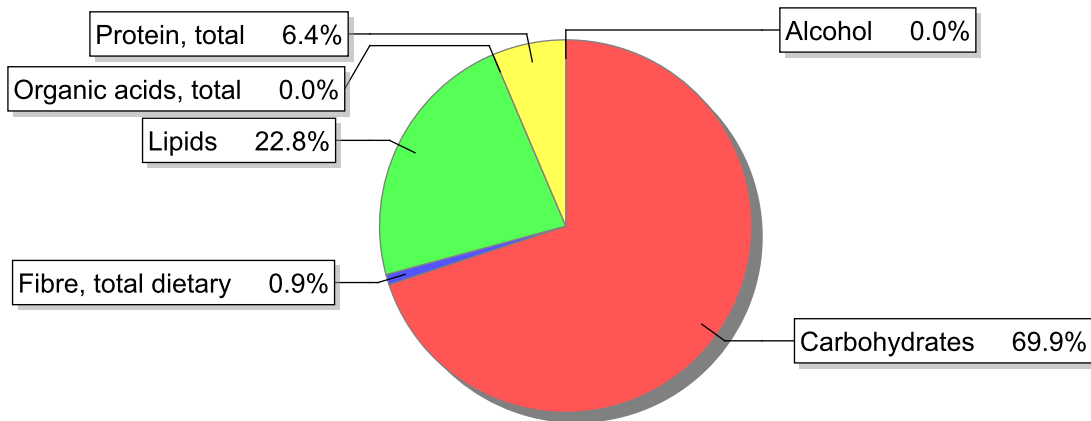
Food

Name: Cookies, traditional, homemade
Group: Cereal and cereal products
Subgroup: Cookies
Edible Part: 100%
Code: IS460
FoodEX2 Code: A009X

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	423	kcal	
energy kJ, total metabolisable	1780	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	4.7	g	
fatty acids, total monounsaturated	3.3	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	1.07	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0.3	g	
Carbohydrates		g	
sugars, total	32	g	
sucrose	31.2	g	
lactose	0.1	g	
oligosaccharides, available	0	g	
starch, total	41.5	g	
salt	0.2	g	
fibre, total dietary	1.9	g	
protein, total	6.7	g	
alcohol	0	g	
water	6.4	g	
organic acids, total	0	g	
cholesterol	78	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	76	µg	
carotene, total (vitamin A precursors)	4	µg	
vitamin D	0.3	µg	
alpha-tocopherol	1.22	mg	
thiamin	0.06	mg	
riboflavin	0.09	mg	
niacin, preformed	0.64	mg	
niacin equivalents, total	2.18	mg	
niacin equivalents from tryptophan	1.52	mg	
vitamin B-6, total	0.12	mg	
vitamin B-12	0.14	µg	
vitamin C	0.0	mg	
folate, total	11	µg	
Minerals			
ash	0.675	g	
sodium	86	mg	
potassium	110	mg	
calcium	28	mg	
phosphorus	120	mg	
magnesium	27	mg	
iron, total	1.1	mg	
zinc	0.8	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References