

RECIPE ANALYSIS

Recipe Name : O-110
Serving Size : 1 Cookie

Recipe Desc : Butter Finger Cookies
Prep Time :

Author :
Cook Time :

Yield : 480

| Nutrition Information | | |
|---|--------------------------------|-----------|
| Serving Size: 1 Cookie | | |
| Amount Per Serving | | |
| Calories 95.42 | Calories from Fat 39.29 | |
| % Daily Value | | |
| Total Fat | 4.37 g | 7% |
| Saturated | 1.37 g | 7% |
| PolyUnSat | 0.43 g | n/a |
| MonoUnSat | 0.00 g | n/a |
| Cholesterol | 0.00 mg | 0% |
| Sodium | 58.13 mg | 2% |
| Potassium | 6.16 mg | 0% |
| Total Carbs | 13.48 g | 4% |
| Dietary Fiber | 0.15 g | 1% |
| Sugars | 5.36 g | n/a |
| Protein | 0.85 g | |
| Vitamin A - 1% | Vitamin C - 0% | |
| Calcium - 0% | Iron - 3% | |
| Vitamin E - n/a | Thiamin - 2% | |
| Riboflavin - 1% | Niacin - 2% | |
| Vitamin B6 - 0% | Folic Acid - 2% | |
| Vitamin B12 - 0% | Pantothenic Acid - 0% | |
| Phosphorous - 1% | Magnesium - 0% | |
| Zinc - 0% | Copper - 0% | |
| Percent Daily Values are based on a 2,000 calorie diet. | | |
| Calories Per Gram: | | |
| Fat 9 * Carbohydrates 4 * Protein 4 | | |

| Fat Soluble Vitamins | |
|-----------------------------|-----------|
| Vitamin D | 0.000 mcg |
| Vitamin D | 0.000 IU |
| Vitamin E | 0.000 mg |
| Vitamin E | 0.000 IU |
| Vitamin E | 0.000 alp |
| Vitamin K | 0.000 mcg |
| Vitamin A | 71.752 IU |
| Vitamin A | 14.351 RE |

| Water Soluble Vitamins | |
|-------------------------------|-----------|
| Thiamin B1 | 0.036 mg |
| Riboflavin B2 | 0.023 mg |
| Niacin B3 | 0.000 NE |
| Niacin B3 | 0.300 mg |
| Pyridoxine B6 | 0.002 mg |
| Cobalamin B12 | 0.000 mcg |
| Pantothenic Acid | 0.025 mg |
| Vitamin C | 0.000 mg |
| Folic Acid | 9.072 mcg |

| Minerals | |
|-----------------|-----------|
| Phosphorus | 8.350 mg |
| Zinc | 0.040 mg |
| Magnesium | 1.247 mg |
| Copper | 0.008 mg |
| Selenium | 0.000 mg |
| Iron | 0.477 mg |
| Calcium | 2.549 mg |
| Manganese | 0.039 mg |
| Iodine | 1.315 mcg |

| US Diabetic Exchanges | |
|------------------------------|-----|
| Not Available. | |
| Starch | n/a |
| Fruit | n/a |
| Milk (Skim) | n/a |
| Milk (2%) | n/a |
| Milk (Whole) | n/a |
| Other Carbs | n/a |
| Vegetables | n/a |
| Meat (Very Lean) | n/a |
| Meat (Lean) | n/a |
| Meat (Med. Fat) | n/a |
| Meat (High Fat) | n/a |
| Fat | n/a |

| School Equivalents | |
|---------------------------|-----|
| Not Available. | |
| Meat/Meat Alternative | n/a |
| Fruits/Vegetables | n/a |
| Grains/Breads | n/a |

Source Of Calories

