

RECIPE ANALYSIS

Recipe Name : O-99
Serving Size : 1 Cookie

Recipe Desc : Chocolate Oatmeal Cookie
Prep Time :

Author :
Cook Time :

Yield : 192

| Nutrition Information | | |
|---|--------------------------------|-----------|
| Serving Size: 1 Cookie | | |
| Amount Per Serving | | |
| Calories 127.51 | Calories from Fat 54.10 | |
| % Daily Value | | |
| Total Fat | 6.01 g | 9% |
| Saturated | 1.63 g | 8% |
| PolyUnSat | 0.43 g | n/a |
| MonoUnSat | 0.26 g | n/a |
| Cholesterol | 11.43 mg | 4% |
| Sodium | 59.71 mg | 2% |
| Potassium | 8.41 mg | 0% |
| Total Carbs | 17.41 g | 6% |
| Dietary Fiber | 1.11 g | 4% |
| Sugars | 0.37 g | n/a |
| Protein | 1.93 g | |
| Vitamin A - 1% | Vitamin C - 0% | |
| Calcium - 1% | Iron - 5% | |
| Vitamin E - n/a | Thiamin - 2% | |
| Riboflavin - 2% | Niacin - 1% | |
| Vitamin B6 - 0% | Folic Acid - 2% | |
| Vitamin B12 - 0% | Pantothenic Acid - 0% | |
| Phosphorous - 2% | 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 | 0.034 mcg |
| Vitamin D | 2.396 IU |
| Vitamin E | n/a |
| Vitamin E | 0.000 IU |
| Vitamin E | 0.000 alp |
| Vitamin K | n/a |
| Vitamin A | 61.849 IU |
| Vitamin A | 12.370 RE |

| Water Soluble Vitamins | |
|------------------------|-----------|
| Thiamin B1 | 0.032 mg |
| Riboflavin B2 | 0.032 mg |
| Niacin B3 | n/a |
| Niacin B3 | 0.253 mg |
| Pyridoxine B6 | 0.004 mg |
| Cobalamin B12 | 0.026 mcg |
| Pantothenic Acid | 0.033 mg |
| Vitamin C | 0.025 mg |
| Folic Acid | 8.311 mcg |

| Minerals | |
|------------|-----------|
| Phosphorus | 21.147 mg |
| Zinc | 0.029 mg |
| Magnesium | 0.260 mg |
| Copper | 0.001 mg |
| Selenium | 0.802 mg |
| Iron | 0.819 mg |
| Calcium | 7.923 mg |
| Manganese | 0.001 mg |
| Iodine | 3.062 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



This nutritional information is based on calculations of available reference data and may not be suitable for Nutrition Facts label declarations. Further analysis to determine actual nutritional values for your final product may be necessary as specified by the Code of Federal Regulations, Title 21, Section 101.9.