

RECIPE ANALYSIS

Recipe Name : O-77
Serving Size : 1 Cookie

Recipe Desc : Coconut Macaroons
Prep Time :

Author :
Cook Time :

Yield : 192

Nutrition Information		
Serving Size: 1 Cookie		
Amount Per Serving		
Calories 76.08	Calories from Fat 17.41	
% Daily Value		
Total Fat	1.93 g	3%
Saturated	0.18 g	1%
PolyUnSat	0.40 g	n/a
MonoUnSat	1.25 g	n/a
Cholesterol	0.00 mg	0%
Sodium	18.01 mg	1%
Potassium	56.19 mg	2%
Total Carbs	13.68 g	5%
Dietary Fiber	0.43 g	2%
Sugars	0.08 g	n/a
Protein	1.55 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 2%	Iron - 1%	
Vitamin E - n/a	Thiamin - 1%	
Riboflavin - 3%	Niacin - 1%	
Vitamin B6 - 0%	Folic Acid - 1%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 4%	Magnesium - 5%	
Zinc - 1%	Copper - 3%	
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	0.001 IU
Vitamin A	0.000 RE

Water Soluble Vitamins	
Thiamin B1	0.015 mg
Riboflavin B2	0.052 mg
Niacin B3	0.000 NE
Niacin B3	0.205 mg
Pyridoxine B6	0.007 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.029 mg
Vitamin C	0.036 mg
Folic Acid	3.941 mcg

Minerals	
Phosphorus	35.768 mg
Zinc	0.183 mg
Magnesium	18.357 mg
Copper	0.059 mg
Selenium	0.000 mg
Iron	0.226 mg
Calcium	16.697 mg
Manganese	0.142 mg
Iodine	0.000 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

