

RECIPE ANALYSIS

Recipe Name : O-32
Serving Size : 1 Cookie

Recipe Desc : Frosted Fudge Cookies
Prep Time :

Author :
Cook Time :

Yield : 480

Nutrition Information		
Serving Size: 1 Cookie		
Amount Per Serving		
Calories 222.59	Calories from Fat 109.33	
% Daily Value		
Total Fat	12.15 g	19%
Saturated	4.26 g	21%
PolyUnSat	0.15 g	n/a
MonoUnSat	3.76 g	n/a
Cholesterol	34.31 mg	11%
Sodium	38.42 mg	2%
Potassium	106.99 mg	3%
Total Carbs	26.04 g	9%
Dietary Fiber	0.93 g	4%
Sugars	0.17 g	n/a
Protein	3.55 g	
Vitamin A - 2%	Vitamin C - 0%	
Calcium - 2%	Iron - 6%	
Vitamin E - n/a	Thiamin - 10%	
Riboflavin - 7%	Niacin - 4%	
Vitamin B6 - 1%	Folic Acid - 6%	
Vitamin B12 - 1%	Pantothenic Acid - 2%	
Phosphorous - 7%	Magnesium - 3%	
Zinc - 3%	Copper - 5%	
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	0.098 mcg
Vitamin D	3.931 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	88.173 IU
Vitamin A	17.635 RE

Water Soluble Vitamins	
Thiamin B1	0.149 mg
Riboflavin B2	0.113 mg
Niacin B3	n/a
Niacin B3	0.717 mg
Pyridoxine B6	0.027 mg
Cobalamin B12	0.076 mcg
Pantothenic Acid	0.223 mg
Vitamin C	0.162 mg
Folic Acid	23.491 mcg

Minerals	
Phosphorus	70.948 mg
Zinc	0.494 mg
Magnesium	11.359 mg
Copper	0.092 mg
Selenium	3.203 mg
Iron	0.994 mg
Calcium	24.308 mg
Manganese	0.002 mg
Iodine	1.629 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

