

RECIPE ANALYSIS

Recipe Name : O-103
Serving Size : 1 Cookie

Recipe Desc : Fruit Cookies
Prep Time :

Author :
Cook Time :

Yield : 288

Nutrition Information		
Serving Size: 1 Cookie		
Amount Per Serving		
Calories 123.75	Calories from Fat 41.13	
% Daily Value		
Total Fat	4.57 g	7%
Saturated	1.03 g	5%
PolyUnSat	0.10 g	n/a
MonoUnSat	0.06 g	n/a
Cholesterol	6.82 mg	2%
Sodium	110.08 mg	5%
Potassium	71.65 mg	2%
Total Carbs	19.88 g	7%
Dietary Fiber	0.96 g	4%
Sugars	0.18 g	n/a
Protein	1.45 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 1%	Iron - 3%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 2%	Niacin - 1%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
Zinc - 0%	Copper - 1%	
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	0.020 mcg
Vitamin D	0.819 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	13.040 IU
Vitamin A	2.561 RE

Water Soluble Vitamins	
Thiamin B1	0.033 mg
Riboflavin B2	0.027 mg
Niacin B3	0.000 NE
Niacin B3	0.232 mg
Pyridoxine B6	0.030 mg
Cobalamin B12	0.016 mcg
Pantothenic Acid	0.037 mg
Vitamin C	0.295 mg
Folic Acid	6.040 mcg

Minerals	
Phosphorus	13.844 mg
Zinc	0.061 mg
Magnesium	3.449 mg
Copper	0.029 mg
Selenium	0.485 mg
Iron	0.496 mg
Calcium	9.320 mg
Manganese	0.046 mg
Iodine	7.016 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

