

RECIPE ANALYSIS

Recipe Name : O-33
Serving Size : 1 Cookie

Recipe Desc : Fudge Mound Cookies
Prep Time :

Author :
Cook Time :

Yield : 192

Nutrition Information		
Serving Size: 1 Cookie		
Amount Per Serving		
Calories 77.25	Calories from Fat 18.48	
% Daily Value		
Total Fat	2.05 g	3%
Saturated	0.22 g	1%
PolyUnSat	0.42 g	n/a
MonoUnSat	1.30 g	n/a
Cholesterol	5.02 mg	2%
Sodium	32.04 mg	1%
Potassium	55.96 mg	2%
Total Carbs	13.69 g	5%
Dietary Fiber	0.43 g	2%
Sugars	0.07 g	n/a
Protein	1.58 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	0.015 mcg
Vitamin D	0.614 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	7.502 IU
Vitamin A	1.500 RE

Water Soluble Vitamins	
Thiamin B1	0.016 mg
Riboflavin B2	0.058 mg
Niacin B3	0.000 NE
Niacin B3	0.206 mg
Pyridoxine B6	0.009 mg
Cobalamin B12	0.012 mcg
Pantothenic Acid	0.044 mg
Vitamin C	0.036 mg
Folic Acid	4.496 mcg

Minerals	
Phosphorus	37.871 mg
Zinc	0.196 mg
Magnesium	18.475 mg
Copper	0.059 mg
Selenium	0.364 mg
Iron	0.243 mg
Calcium	17.276 mg
Manganese	0.143 mg
Iodine	1.644 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

