

# RECIPE ANALYSIS

Recipe Name : O-35  
Serving Size : 1 Cookie

Recipe Desc : Ginger Cookies  
Prep Time :

Author :  
Cook Time :

Yield : 288

<b>Nutrition Information</b>		
Serving Size: 1 Cookie		
Amount Per Serving		
<b>Calories 162.94</b>	<b>Calories from Fat 42.37</b>	
% Daily Value		
<b>Total Fat</b>	<b>4.71 g</b>	<b>7%</b>
Saturated	1.09 g	5%
PolyUnSat	1.26 g	n/a
MonoUnSat	0.27 g	n/a
<b>Cholesterol</b>	<b>15.06 mg</b>	<b>5%</b>
<b>Sodium</b>	<b>233.45 mg</b>	<b>10%</b>
<b>Potassium</b>	<b>20.13 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>27.55 g</b>	<b>9%</b>
Dietary Fiber	0.56 g	2%
Sugars	4.48 g	n/a
<b>Protein</b>	<b>2.42 g</b>	
Vitamin A - 5%	Vitamin C - 4%	
Calcium - 4%	Iron - 12%	
Vitamin E - n/a	Thiamin - 6%	
Riboflavin - 5%	Niacin - 4%	
Vitamin B6 - 0%	Folic Acid - 6%	
Vitamin B12 - 1%	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		

<b>Fat Soluble Vitamins</b>	
Vitamin D	0.046 mcg
Vitamin D	1.843 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	256.843 IU
Vitamin A	51.370 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.097 mg
Riboflavin B2	0.077 mg
Niacin B3	n/a
Niacin B3	0.786 mg
Pyridoxine B6	0.005 mg
Cobalamin B12	0.035 mcg
Pantothenic Acid	0.045 mg
Vitamin C	2.415 mg
Folic Acid	23.826 mcg

<b>Minerals</b>	
Phosphorus	22.116 mg
Zinc	0.039 mg
Magnesium	0.354 mg
Copper	0.001 mg
Selenium	1.091 mg
Iron	2.220 mg
Calcium	43.688 mg
Manganese	0.001 mg
Iodine	9.866 mcg

<b>US Diabetic Exchanges</b>	
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

<b>School Equivalents</b>	
Not Available.	
Meat/Meat Alternative	n/a
Fruits/Vegetables	n/a
Grains/Breads	n/a

**Source Of Calories**

