

RECIPE ANALYSIS

Recipe Name : O-111
Serving Size : 1 Cookie

Recipe Desc : M & M Cookies
Prep Time :

Author :
Cook Time :

Yield : 480

Nutrition Information		
Serving Size: 1 Cookie		
Amount Per Serving		
Calories 98.16	Calories from Fat 40.75	
% Daily Value		
Total Fat	4.53 g	7%
Saturated	1.53 g	8%
PolyUnSat	0.43 g	n/a
MonoUnSat	0.00 g	n/a
Cholesterol	0.70 mg	0%
Sodium	59.36 mg	2%
Potassium	6.16 mg	0%
Total Carbs	13.45 g	4%
Dietary Fiber	0.28 g	1%
Sugars	6.17 g	n/a
Protein	0.87 g	
Vitamin A - 2%	Vitamin C - 0%	
Calcium - 1%	Iron - 3%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 0%	Folic Acid - 2%	
Vitamin B12 - 0%	Pantothenic Acid - 0%	
Phosphorous - 1%	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		

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	82.291 IU
Vitamin A	16.458 RE

Water Soluble Vitamins	
Thiamin B1	0.038 mg
Riboflavin B2	0.030 mg
Niacin B3	0.000 NE
Niacin B3	0.316 mg
Pyridoxine B6	0.002 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.025 mg
Vitamin C	0.026 mg
Folic Acid	9.072 mcg

Minerals	
Phosphorus	12.776 mg
Zinc	0.040 mg
Magnesium	1.247 mg
Copper	0.008 mg
Selenium	0.000 mg
Iron	0.535 mg
Calcium	8.323 mg
Manganese	0.039 mg
Iodine	1.315 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

