

RECIPE ANALYSIS

Recipe Name : O-101
Serving Size : 1 Cookie

Recipe Desc : Molasses Cookie
Prep Time :

Author :
Cook Time :

Yield : 192

Nutrition Information		
Serving Size: 1 Cookie		
Amount Per Serving		
Calories 166.25	Calories from Fat 46.93	
% Daily Value		
Total Fat	5.21 g	8%
Saturated	1.38 g	7%
PolyUnSat	0.07 g	n/a
MonoUnSat	0.02 g	n/a
Cholesterol	0.00 mg	0%
Sodium	213.89 mg	9%
Potassium	19.26 mg	1%
Total Carbs	27.45 g	9%
Dietary Fiber	0.56 g	2%
Sugars	4.07 g	n/a
Protein	2.35 g	
Vitamin A - 0%	Vitamin C - 3%	
Calcium - 4%	Iron - 11%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 4%	Niacin - 5%	
Vitamin B6 - 0%	Folic Acid - 7%	
Vitamin B12 - 0%	Pantothenic Acid - 1%	
Phosphorous - 2%	Magnesium - 1%	
Zinc - 1%	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	n/a
Vitamin D	n/a
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	4.375 IU
Vitamin A	0.876 RE

Water Soluble Vitamins	
Thiamin B1	0.114 mg
Riboflavin B2	0.071 mg
Niacin B3	n/a
Niacin B3	0.938 mg
Pyridoxine B6	0.007 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.077 mg
Vitamin C	2.085 mg
Folic Acid	28.350 mcg

Minerals	
Phosphorus	19.136 mg
Zinc	0.124 mg
Magnesium	3.898 mg
Copper	0.025 mg
Selenium	0.000 mg
Iron	2.050 mg
Calcium	38.162 mg
Manganese	0.121 mg
Iodine	16.444 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

