

RECIPE ANALYSIS

Recipe Name : O-46
Serving Size : 1 Cookie

Recipe Desc : Oatmeal Cookies
Prep Time :

Author :
Cook Time :

Yield : 192

Nutrition Information		
Serving Size: 1 Cookie		
Amount Per Serving		
Calories 157.75	Calories from Fat 64.98	
% Daily Value		
Total Fat	7.22 g	11%
Saturated	2.15 g	11%
PolyUnSat	0.11 g	n/a
MonoUnSat	0.21 g	n/a
Cholesterol	22.26 mg	7%
Sodium	151.15 mg	6%
Potassium	60.67 mg	2%
Total Carbs	21.56 g	7%
Dietary Fiber	0.78 g	3%
Sugars	10.62 g	n/a
Protein	2.06 g	
Vitamin A - 1%	Vitamin C - 0%	
Calcium - 1%	Iron - 8%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 4%	Niacin - 2%	
Vitamin B6 - 1%	Folic Acid - 4%	
Vitamin B12 - 1%	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	0.068 mcg
Vitamin D	2.708 IU
Vitamin E	n/a
Vitamin E	n/a
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	49.743 IU
Vitamin A	9.913 RE

Water Soluble Vitamins	
Thiamin B1	0.061 mg
Riboflavin B2	0.061 mg
Niacin B3	n/a
Niacin B3	0.451 mg
Pyridoxine B6	0.025 mg
Cobalamin B12	0.052 mcg
Pantothenic Acid	0.101 mg
Vitamin C	0.209 mg
Folic Acid	14.701 mcg

Minerals	
Phosphorus	23.139 mg
Zinc	0.126 mg
Magnesium	4.128 mg
Copper	0.030 mg
Selenium	1.604 mg
Iron	1.405 mg
Calcium	13.012 mg
Manganese	0.071 mg
Iodine	6.577 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

