

RECIPE ANALYSIS

Recipe Name : O-72
Serving Size : 1 Cookie

Recipe Desc : Ranger Cookies
Prep Time :

Author :
Cook Time :

Yield : 84

Nutrition Information		
Serving Size: 1 Cookie		
Amount Per Serving		
Calories 68.46	Calories from Fat 34.91	
% Daily Value		
Total Fat	3.88 g	6%
Saturated	0.87 g	4%
PolyUnSat	0.80 g	n/a
MonoUnSat	1.62 g	n/a
Cholesterol	4.30 mg	1%
Sodium	38.15 mg	2%
Potassium	4.75 mg	0%
Total Carbs	7.63 g	3%
Dietary Fiber	0.25 g	1%
Sugars	2.08 g	n/a
Protein	0.64 g	
Vitamin A - 0%	Vitamin C - 0%	
Calcium - 0%	Iron - 3%	
Vitamin E - n/a	Thiamin - 3%	
Riboflavin - 2%	Niacin - 2%	
Vitamin B6 - 1%	Folic Acid - 2%	
Vitamin B12 - 1%	Pantothenic Acid - 0%	
Phosphorous - 1%	Magnesium - 1%	
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	0.013 mcg
Vitamin D	1.491 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	21.521 IU
Vitamin A	4.304 RE

Water Soluble Vitamins	
Thiamin B1	0.041 mg
Riboflavin B2	0.026 mg
Niacin B3	0.000 NE
Niacin B3	0.306 mg
Pyridoxine B6	0.013 mg
Cobalamin B12	0.046 mcg
Pantothenic Acid	0.013 mg
Vitamin C	0.145 mg
Folic Acid	6.937 mcg

Minerals	
Phosphorus	5.931 mg
Zinc	0.044 mg
Magnesium	2.515 mg
Copper	0.009 mg
Selenium	0.312 mg
Iron	0.535 mg
Calcium	1.698 mg
Manganese	0.000 mg
Iodine	0.000 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

