

# RECIPE ANALYSIS

Recipe Name : O-78  
Serving Size : 1 Cookie

Recipe Desc : Snicker Doodles  
Prep Time :

Author :  
Cook Time :

Yield : 240

<b>Nutrition Information</b>		
Serving Size: 1 Cookie		
Amount Per Serving		
<b>Calories 80.37</b>	<b>Calories from Fat 28.83</b>	
% Daily Value		
<b>Total Fat</b>	<b>3.20 g</b>	<b>5%</b>
Saturated	2.22 g	11%
PolyUnSat	0.05 g	n/a
MonoUnSat	0.11 g	n/a
<b>Cholesterol</b>	<b>15.18 mg</b>	<b>5%</b>
<b>Sodium</b>	<b>48.61 mg</b>	<b>2%</b>
<b>Potassium</b>	<b>8.21 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>11.92 g</b>	<b>4%</b>
Dietary Fiber	0.34 g	1%
Sugars	0.08 g	n/a
<b>Protein</b>	<b>0.82 g</b>	
Vitamin A - 3%	Vitamin C - 0%	
Calcium - 1%	Iron - 2%	
Vitamin E - n/a	Thiamin - 2%	
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		

<b>Fat Soluble Vitamins</b>	
Vitamin D	0.022 mcg
Vitamin D	0.867 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	126.866 IU
Vitamin A	25.375 RE

<b>Water Soluble Vitamins</b>	
Thiamin B1	0.037 mg
Riboflavin B2	0.031 mg
Niacin B3	0.000 NE
Niacin B3	0.302 mg
Pyridoxine B6	0.002 mg
Cobalamin B12	0.017 mcg
Pantothenic Acid	0.021 mg
Vitamin C	0.100 mg
Folic Acid	9.288 mcg

<b>Minerals</b>	
Phosphorus	9.034 mg
Zinc	0.018 mg
Magnesium	0.167 mg
Copper	0.000 mg
Selenium	0.513 mg
Iron	0.414 mg
Calcium	5.979 mg
Manganese	0.000 mg
Iodine	0.000 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**

