

RECIPE ANALYSIS

Recipe Name : O-63
Serving Size : 1 Cookie

Recipe Desc : Sour Cream Cookies
Prep Time :

Author :
Cook Time :

Yield : 288

Nutrition Information		
Serving Size: 1 Cookie		
Amount Per Serving		
Calories 91.24	Calories from Fat 31.63	
% Daily Value		
Total Fat	3.51 g	5%
Saturated	1.08 g	5%
PolyUnSat	0.38 g	n/a
MonoUnSat	0.09 g	n/a
Cholesterol	2.03 mg	1%
Sodium	50.36 mg	2%
Potassium	9.92 mg	0%
Total Carbs	13.60 g	5%
Dietary Fiber	0.26 g	1%
Sugars	6.45 g	n/a
Protein	1.10 g	
Vitamin A - 2%	Vitamin C - 0%	
Calcium - 1%	Iron - 5%	
Vitamin E - n/a	Thiamin - 4%	
Riboflavin - 2%	Niacin - 3%	
Vitamin B6 - 0%	Folic Acid - 4%	
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	86.023 IU
Vitamin A	17.205 RE

Water Soluble Vitamins	
Thiamin B1	0.060 mg
Riboflavin B2	0.038 mg
Niacin B3	0.000 NE
Niacin B3	0.501 mg
Pyridoxine B6	0.000 mg
Cobalamin B12	0.000 mcg
Pantothenic Acid	0.000 mg
Vitamin C	0.000 mg
Folic Acid	14.175 mcg

Minerals	
Phosphorus	10.111 mg
Zinc	0.000 mg
Magnesium	0.000 mg
Copper	0.000 mg
Selenium	0.000 mg
Iron	0.925 mg
Calcium	7.477 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

