

# RECIPE ANALYSIS

Recipe Name : O-66  
Serving Size : 1 Cookie

Recipe Desc : Sugar Cookie  
Prep Time :

Author :  
Cook Time :

Yield : 192

Nutrition Information		
Serving Size: 1 Cookie		
Amount Per Serving		
<b>Calories 171.65</b>	<b>Calories from Fat 49.93</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.55 g</b>	<b>9%</b>
Saturated	1.31 g	7%
PolyUnSat	1.47 g	n/a
MonoUnSat	0.32 g	n/a
<b>Cholesterol</b>	<b>16.97 mg</b>	<b>6%</b>
<b>Sodium</b>	<b>170.74 mg</b>	<b>7%</b>
<b>Potassium</b>	<b>25.59 mg</b>	<b>1%</b>
<b>Total Carbs</b>	<b>27.69 g</b>	<b>9%</b>
Dietary Fiber	0.53 g	2%
Sugars	0.41 g	n/a
<b>Protein</b>	<b>2.62 g</b>	
Vitamin A - 5%	Vitamin C - 0%	
Calcium - 1%	Iron - 5%	
Vitamin E - n/a	Thiamin - 8%	
Riboflavin - 6%	Niacin - 5%	
Vitamin B6 - 0%	Folic Acid - 8%	
Vitamin B12 - 1%	Pantothenic Acid - 0%	
Phosphorous - 10%	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	0.051 mcg
Vitamin D	3.073 IU
Vitamin E	0.000 mg
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	0.000 mcg
Vitamin A	249.837 IU
Vitamin A	49.967 RE

Water Soluble Vitamins	
Thiamin B1	0.127 mg
Riboflavin B2	0.097 mg
Niacin B3	0.000 NE
Niacin B3	1.036 mg
Pyridoxine B6	0.005 mg
Cobalamin B12	0.039 mcg
Pantothenic Acid	0.049 mg
Vitamin C	0.026 mg
Folic Acid	31.072 mcg

Minerals	
Phosphorus	102.652 mg
Zinc	0.043 mg
Magnesium	0.391 mg
Copper	0.001 mg
Selenium	1.203 mg
Iron	0.920 mg
Calcium	10.691 mg
Manganese	0.001 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**

