

# RECIPE ANALYSIS

Recipe Name : O-92  
Serving Size : 1 Cookie

Recipe Desc : Western Cookies  
Prep Time :

Author :  
Cook Time :

Yield : 192

Nutrition Information		
Serving Size: 1 Cookie		
Amount Per Serving		
<b>Calories 112.49</b>	<b>Calories from Fat 49.33</b>	
% Daily Value		
<b>Total Fat</b>	<b>5.48 g</b>	<b>8%</b>
Saturated	1.66 g	8%
PolyUnSat	0.16 g	n/a
MonoUnSat	0.28 g	n/a
<b>Cholesterol</b>	<b>17.69 mg</b>	<b>6%</b>
<b>Sodium</b>	<b>43.02 mg</b>	<b>2%</b>
<b>Potassium</b>	<b>10.09 mg</b>	<b>0%</b>
<b>Total Carbs</b>	<b>14.45 g</b>	<b>5%</b>
Dietary Fiber	0.61 g	2%
Sugars	4.30 g	n/a
<b>Protein</b>	<b>1.54 g</b>	
Vitamin A - 1%	Vitamin C - 0%	
Calcium - 0%	Iron - 4%	
Vitamin E - n/a	Thiamin - 2%	
Riboflavin - 2%	Niacin - 1%	
Vitamin B6 - 0%	Folic Acid - 2%	
Vitamin B12 - 1%	Pantothenic Acid - 1%	
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	0.054 mcg
Vitamin D	2.150 IU
Vitamin E	n/a
Vitamin E	0.000 IU
Vitamin E	0.000 alp
Vitamin K	n/a
Vitamin A	32.568 IU
Vitamin A	6.514 RE

Water Soluble Vitamins	
Thiamin B1	0.033 mg
Riboflavin B2	0.040 mg
Niacin B3	n/a
Niacin B3	0.254 mg
Pyridoxine B6	0.006 mg
Cobalamin B12	0.041 mcg
Pantothenic Acid	0.052 mg
Vitamin C	0.000 mg
Folic Acid	9.031 mcg

Minerals	
Phosphorus	13.861 mg
Zinc	0.045 mg
Magnesium	0.413 mg
Copper	0.001 mg
Selenium	1.273 mg
Iron	0.715 mg
Calcium	4.463 mg
Manganese	0.001 mg
Iodine	1.644 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**

