

Susie's Smart Oatmeal Chocolate Chip, C Walnut & Raisin Cookie

Nutrient Analysis
Source: Custom

Yield: 37 (1.000 item(s))
No. Ingredients: 15

Category: Basic Food
Manufacturer: (None)

Nutrient Goal Template:
DAILY VALUES/RDI - ADULT/CHILD

Nutrient	Value	Unit	Goal	%
Weight	61.496	g		
Kilocalories	280.526	kcal	2000.000	14 %
Protein	4.103	g	50.000	8 %
Carbohydrate	38.713	g	300.000	13 %
Fat, Total	13.471	g	65.000	21 %
Alcohol	0.065	g		
Cholesterol	19.959	mg	300.000	7 %
Saturated Fat	3.542	g	20.000	18 %
Monounsaturated Fat	4.260	g		
Polyunsaturated Fat	3.144	g		
MFA 18:1, Oleic	3.284	g		
PFA 18:2, Linoleic	2.130	g		
PFA 18:3, Linolenic	1.016	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.001	g		
Trans Fatty Acid	0.080	g		
Sodium	173.844	mg	2400.000	7 %
Potassium	121.132	mg	3500.000	3 %
Vitamin A (RE)	32.455	RE		
Vitamin A (IU)	103.480	IU	5000.000	2 %
Vitamin A (RAE)	28.335	µg		
Beta-Carotene	6.343	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	16.053	µg		
Beta-Cryptoxanthin	0.263	µg		
Lycopene	0.000	µg		
Vitamin C	0.131	mg	60.000	0 %
Calcium	14.555	mg	1000.000	1 %
Iron	2.056	mg	18.000	11 %
Vitamin D (ug)	0.075	µg	10.000	1 %
Vitamin D (IU)	3.004	IU	400.000	1 %
Vitamin E (mg)	1.003	mg	20.000	5 %
Vitamin E (IU)	1.494	IU	30.000	5 %
Alpha-Tocopherol	0.867	mg		
Thiamin	0.121	mg	1.500	8 %
Riboflavin	0.075	mg	1.700	4 %
Niacin	0.532	mg	20.000	3 %
Pyridoxine (Vitamin B6)	0.045	mg	2.000	2 %
Folate (Total)	23.559	µg	400.000	6 %
Folate (DFE)	27.334	µg		
Cobalamin (Vitamin B12)	0.044	µg	6.000	1 %
Biotin	1.979	µg	300.000	1 %
Pantothenic Acid	0.189	mg	10.000	2 %
Vitamin K	5.923	µg	80.000	7 %

Nutrient	Value	Unit	Goal	%
Phosphorus	83.550	mg	1000.000	8 %
Iodine		µg	150.000	
Magnesium	41.218	mg	400.000	10 %
Zinc	0.575	mg	15.000	4 %
Copper	0.140	mg	2.000	7 %
Manganese	0.196	mg	2.000	10 %
Selenium	3.862	µg	70.000	6 %
Fluoride	15.172	µg		
Chromium	0.001	mg	0.120	1 %
Molybdenum	1.430	µg	75.000	2 %
Dietary Fiber, Total	2.829	g	25.000	11 %
Soluble Fiber	0.737	g		
Insoluble Fiber	0.903	g		
Crude Fiber	0.170	g		
Sugar, Total	22.513	g		
Glucose	1.494	g		
Galactose	0.003	g		
Fructose	1.219	g		
Sucrose	15.348	g		
Lactose	0.003	g		
Maltose	0.003	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	22.451	mg		
Threonine	61.159	mg		
Isoleucine	71.013	mg		
Leucine	130.337	mg		
Lysine	63.374	mg		
Methionine	34.267	mg		
Cystine	32.473	mg		
Phenylalanine	89.494	mg		
Tyrosine	53.472	mg		
Valine	86.234	mg		
Arginine	145.514	mg		
Histidine	42.798	mg		
Alanine	74.296	mg		
Aspartic Acid	136.859	mg		
Glutamic Acid	419.614	mg		
Glycine	70.863	mg		
Proline	142.758	mg		
Serine	102.193	mg		
Moisture	3.494	g		
Ash	0.854	g		
Caffeine	0.000	mg		

Percentage of Kcals

Protein	5.6%
Carbohydrate	52.9%
Fat, total	41.4%
Alcohol	0.2%