



Susie's Smart Breakfast Cookie C

Nutrient Analysis
Source: Custom

Yield: 567 (1.000 item(s))
No. Ingredients: 17

Category: Basic Food
Manufacturer: (None)

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

Nutrient	Value	Unit	Goal	%
Weight	94.424	g		
Kilocalories	422.728	kcal	2000.000	21 %
Protein	6.911	g	50.000	14 %
Carbohydrate	54.507	g	300.000	18 %
Fat, Total	21.154	g	65.000	33 %
Alcohol	0.120	g		
Cholesterol	35.967	mg	300.000	12 %
Saturated Fat	4.010	g	20.000	20 %
Monounsaturated Fat	7.870	g		
Polyunsaturated Fat	6.532	g		
MFA 18:1, Oleic	6.107	g		
PFA 18:2, Linoleic	4.540	g		
PFA 18:3, Linolenic	2.026	g		
PFA 20:5, EPA	0.000	g		
PFA 22:6, DHA	0.002	g		
Trans Fatty Acid	0.145	g		
Sodium	247.296	mg	2400.000	10 %
Potassium	210.416	mg	3500.000	6 %
Vitamin A (RE)	58.687	RE		
Vitamin A (IU)	189.656	IU	5000.000	4 %
Vitamin A (RAE)	51.200	µg		
Beta-Carotene	11.689	µg		
Alpha-Carotene	0.000	µg		
Lutein (+ Zeaxanthin)	30.060	µg		
Beta-Cryptoxanthin	0.472	µg		
Lycopene	0.000	µg		
Vitamin C	0.452	mg	60.000	1 %
Calcium	24.347	mg	1000.000	2 %
Iron	2.299	mg	18.000	13 %
Vitamin D (ug)	0.136	µg	10.000	1 %
Vitamin D (IU)	5.421	IU	400.000	1 %
Vitamin E (mg)	1.816	mg	20.000	9 %
Vitamin E (IU)	2.706	IU	30.000	9 %
Alpha-Tocopherol	1.586	mg		
Thiamin	0.233	mg	1.500	16 %
Riboflavin	0.142	mg	1.700	8 %
Niacin	1.054	mg	20.000	5 %
Pyridoxine (Vitamin B6)	0.090	mg	2.000	5 %
Folate (Total)	46.517	µg	400.000	12 %
Folate (DFE)	54.773	µg		
Cobalamin (Vitamin B12)	0.079	µg	6.000	1 %
Biotin	4.227	µg	300.000	1 %
Pantothenic Acid	0.353	mg	10.000	4 %
Vitamin K	10.768	µg	80.000	13 %

Nutrient	Value	Unit	Goal	%
Phosphorus	155.861	mg	1000.000	16 %
Iodine		µg	150.000	
Magnesium	75.264	mg	400.000	19 %
Zinc	1.097	mg	15.000	7 %
Copper	0.267	mg	2.000	13 %
Manganese	0.409	mg	2.000	20 %
Selenium	7.358	µg	70.000	11 %
Fluoride	27.392	µg		
Chromium	0.002	mg	0.120	1 %
Molybdenum	2.572	µg	75.000	3 %
Dietary Fiber, Total	5.054	g	25.000	20 %
Soluble Fiber	1.332	g		
Insoluble Fiber	1.647	g		
Crude Fiber	0.306	g		
Sugar, Total	24.089	g		
Glucose	4.677	g		
Galactose	0.212	g		
Fructose	4.781	g		
Sucrose	6.363	g		
Lactose	0.006	g		
Maltose	0.102	g		
Sugar Alcohol	0.000	g		
Other Carbohydrate	0.000	g		
Tryptophan	45.180	mg		
Threonine	124.419	mg		
Isoleucine	144.003	mg		
Leucine	265.146	mg		
Lysine	124.845	mg		
Methionine	68.272	mg		
Cystine	65.142	mg		
Phenylalanine	180.780	mg		
Tyrosine	108.076	mg		
Valine	174.416	mg		
Arginine	307.112	mg		
Histidine	86.832	mg		
Alanine	150.539	mg		
Aspartic Acid	286.322	mg		
Glutamic Acid	851.478	mg		
Glycine	147.207	mg		
Proline	290.097	mg		
Serine	207.559	mg		
Moisture	7.837	g		
Ash	1.490	g		
Caffeine	0.000	mg		

Percentage of Kcals

Protein	6.3%
Carbohydrate	49.9%
Fat, total	43.6%
Alcohol	0.2%