

Nutrition & Diet Services

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Nutrients in Ingredients

Serving Size: 2 cookies
 Servings per Recipe: 60

Sample Recipe Collection
 Chocolate Chip Cookies

<i>Recipe Ingredients</i>		<i>Nutrient Total</i>	<i>Nutrient Serving</i>
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Chips, Semisweet Chocolate Morsels, Nestle	<i>g</i>	480.00	8.00
Energy, Calories	kcal	2400	40
Fat, Total	g	137.14	2.29
Saturated Fat	g	68.59	1.14
Trans Fat, total	g	0.00	0.00
Cholesterol	mg	0.00	0.00
Sodium	mg	0	0
Carbohydrates	g	308.59	5.14
Fiber, Total Dietary Fiber	g	68.59	1.14
Sugar, Total	g	240.00	4.00
Protein	g	0.00	0.00
Vitamin A	IU	0.00	0.00
Vitamin C, total ascorbic acid	mg	0.00	0.00
Calcium	mg	0.00	0.00
Iron	mg	0.00	0.00
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Wheat flour, white, all-purpose, enriched, bleached	<i>g</i>	281.25	4.69
Energy, Calories	kcal	1024	17
Fat, Total	g	2.76	0.05
Saturated Fat	g	0.44	0.01
Trans Fat, total	g	0.00	0.00
Cholesterol	mg	0.00	0.00
Sodium	mg	6	0
Carbohydrates	g	214.62	3.58
Fiber, Total Dietary Fiber	g	7.59	0.13
Sugar, Total	g	0.76	0.01
Protein	g	29.05	0.48
Vitamin A	IU	0.00	0.00
Vitamin C, total ascorbic acid	mg	0.00	0.00
Calcium	mg	42.19	0.70

<i>Recipe Ingredients Nutrients</i>		<i>Nutrient Total</i>	<i>Nutrient Serving</i>
Wheat flour, white, all-purpose, enriched, bleached	<i>g</i>	281.25	4.69
Iron	mg	13.05	0.22
Butter, without salt	<i>g</i>	227.00	3.78
Energy, Calories	kcal	1628	27
Fat, Total	g	184.12	3.07
Saturated Fat	g	116.61	1.94
Trans Fat, total	g	5.15	0.09
Cholesterol	mg	488.05	8.13
Sodium	mg	25	0
Carbohydrates	g	0.14	0.00
Fiber, Total Dietary Fiber	g	0.00	0.00
Sugar, Total	g	0.14	0.00
Protein	g	1.93	0.03
Vitamin A	IU	5672.73	94.55
Vitamin C, total ascorbic acid	mg	0.00	0.00
Calcium	mg	54.48	0.91
Iron	mg	0.05	0.00
Sugars, brown	<i>g</i>	220.00	3.67
Energy, Calories	kcal	829	14
Fat, Total	g	0.00	0.00
Saturated Fat	g	0.00	0.00
Trans Fat, total	g	0.00	0.00
Cholesterol	mg	0.00	0.00
Sodium	mg	86	1
Carbohydrates	g	214.13	3.57
Fiber, Total Dietary Fiber	g	0.00	0.00
Sugar, Total	g	211.66	3.53
Protein	g	0.00	0.00
Vitamin A	IU	0.00	0.00
Vitamin C, total ascorbic acid	mg	0.00	0.00
Calcium	mg	187.00	3.12
Iron	mg	4.20	0.07
Sugars, granulated	<i>g</i>	200.00	3.33
Energy, Calories	kcal	774	13
Fat, Total	g	0.00	0.00

<i>Recipe Ingredients</i>		<i>Nutrient Total</i>	<i>Nutrient Serving</i>
Sugars, granulated	<i>g</i>	200.00	3.33
Saturated Fat	g	0.00	0.00
Trans Fat, total	g	0.00	0.00
Cholesterol	mg	0.00	0.00
Sodium	mg	0	0
Carbohydrates	g	199.96	3.33
Fiber, Total Dietary Fiber	g	0.00	0.00
Sugar, Total	g	199.82	3.33
Protein	g	0.00	0.00
Vitamin A	IU	0.00	0.00
Vitamin C, total ascorbic acid	mg	0.00	0.00
Calcium	mg	2.00	0.03
Iron	mg	0.02	0.00
Nuts, walnuts, english	<i>g</i>	175.50	2.92
Energy, Calories	kcal	1148	19
Fat, Total	g	114.44	1.91
Saturated Fat	g	10.75	0.18
Trans Fat, total	g	0.00	0.00
Cholesterol	mg	0.00	0.00
Sodium	mg	4	0
Carbohydrates	g	24.06	0.40
Fiber, Total Dietary Fiber	g	11.76	0.20
Sugar, Total	g	4.58	0.08
Protein	g	26.73	0.45
Vitamin A	IU	35.10	0.58
Vitamin C, total ascorbic acid	mg	2.28	0.04
Calcium	mg	171.99	2.87
Iron	mg	5.11	0.09
Egg, whole, raw, fresh	<i>g</i>	100.00	1.67
Energy, Calories	kcal	147	2
Fat, Total	g	9.94	0.17
Saturated Fat	g	3.10	0.05
Trans Fat, total	g	0.00	0.00
Cholesterol	mg	423.00	7.05
Sodium	mg	140	2
Carbohydrates	g	0.77	0.01

<i>Recipe Ingredients</i>		<i>Nutrient Total</i>	<i>Nutrient Serving</i>
Egg, whole, raw, fresh	<i>g</i>	100.00	1.67
Fiber, Total Dietary Fiber	g	0.00	0.00
Sugar, Total	g	0.77	0.01
Protein	g	12.58	0.21
Vitamin A	IU	487.00	8.12
Vitamin C, total ascorbic acid	mg	0.00	0.00
Calcium	mg	53.00	0.88
Iron	mg	1.83	0.03
Vanilla extract	<i>g</i>	12.60	0.21
Energy, Calories	kcal	36	1
Fat, Total	g	0.01	0.00
Saturated Fat	g	0.00	0.00
Trans Fat, total	g	0.00	0.00
Cholesterol	mg	0.00	0.00
Sodium	mg	1	0
Carbohydrates	g	1.59	0.03
Fiber, Total Dietary Fiber	g	0.00	0.00
Sugar, Total	g	1.59	0.03
Protein	g	0.01	0.00
Vitamin A	IU	0.00	0.00
Vitamin C, total ascorbic acid	mg	0.00	0.00
Calcium	mg	1.39	0.02
Iron	mg	0.02	0.00
Leavening agents, baking soda	<i>g</i>	4.60	0.08
Energy, Calories	kcal	0	0
Fat, Total	g	0.00	0.00
Saturated Fat	g	0.00	0.00
Trans Fat, total	g	0.00	0.00
Cholesterol	mg	0.00	0.00
Sodium	mg	1259	21
Carbohydrates	g	0.00	0.00
Fiber, Total Dietary Fiber	g	0.00	0.00
Sugar, Total	g	0.00	0.00
Protein	g	0.00	0.00
Vitamin A	IU	0.00	0.00
Vitamin C, total ascorbic acid	mg	0.00	0.00

<i>Recipe Ingredients</i>		<i>Nutrient Total</i>	<i>Nutrient Serving</i>
Leavening agents, baking soda		<i>g</i> 4.60	0.08
Calcium	mg	0.00	0.00
Iron	mg	0.00	0.00
Salt, table		<i>g</i> 3.00	0.05
Energy, Calories	kcal	0	0
Fat, Total	g	0.00	0.00
Saturated Fat	g	0.00	0.00
Trans Fat, total	g	0.00	0.00
Cholesterol	mg	0.00	0.00
Sodium	mg	1163	19
Carbohydrates	g	0.00	0.00
Fiber, Total Dietary Fiber	g	0.00	0.00
Sugar, Total	g	0.00	0.00
Protein	g	0.00	0.00
Vitamin A	IU	0.00	0.00
Vitamin C, total ascorbic acid	mg	0.00	0.00
Calcium	mg	0.72	0.01
Iron	mg	0.01	0.00