

Pumpkin Protein Cookies

Portions: 12

Food Groups	Amount Per Portion
Grains	0 ounce(s)
Whole Grains	0 ounce(s)
Refined Grains	0 ounce(s)
Vegetables	0 cup(s)
Dark Green	0 cup(s)
Red & Orange	0 cup(s)
Beans & Peas	0 cup(s)
Starchy	0 cup(s)
Other	0 cup(s)
Fruits	0 cup(s)
Fruit Juice	0 cup(s)
Whole Fruit	0 cup(s)
Dairy	0 cup(s)
Milk & Yogurt	0 cup(s)
Cheese	0 cup(s)
Protein Foods	2 ounce(s)
Seafood	0 ounce(s)
Meat, Poultry & Eggs	0 ounce(s)
Nuts, Seeds & Soy	2 ounce(s)
Oils	2 teaspoon
Limits	Amount Per Portion
Total Calories	217 Calories
Added Sugars	10 Calories
Saturated Fat	20 Calories
Alcohol	1 Calories
Nutrients	Amount Per Portion
Protein	8 g
Carbohydrate	13 g
Dietary Fiber	4 g
Total Sugars	6 g
Added Sugars	2 g
Total Fat	16 g
Saturated Fat	2 g
Monounsaturated Fat	8 g
Polyunsaturated Fat	5 g

SuperTracker Recipe Analysis

Linoleic Acid	4 g
α-Linolenic Acid	0.4 g
Omega 3 - EPA	0 mg
Omega 3 - DHA	4 mg
Cholesterol	24 mg
Minerals	Amount Per Portion
Calcium	108 mg
Potassium	297 mg
Sodium	207 mg
Copper	339 µg
Iron	2 mg
Magnesium	111 mg
Phosphorus	232 mg
Selenium	5 µg
Zinc	2 mg
Vitamins	Amount Per Portion
Vitamin A	130 µg RAE
Vitamin B6	0.1 mg
Vitamin B12	0.1 µg
Vitamin C	1 mg
Vitamin D	0 µg
Vitamin E	6 mg AT
Vitamin K	3 µg
Folate	21 µg DFE
Thiamin	0.1 mg
Riboflavin	0.3 mg
Niacin	1 mg
Choline	32 mg
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