

Chocolate Coconut Spelt Cookies

	Spelt Flour	Rollled Spelt (facts	Brown Sugar	Vegan Semi Sweet Ch	Dried Coconut	Total:
Macro						
calories(serving)	581kcal	390kcal	672.6kcal	280kcal	349.3kcal	2272.9kcal
protein	16.8g (36.6%)	15g (33%)			3.12g (6.8%)	34.9g (111.3%)
Fat					27.7g	27.7g
fiber	22.9g (91.7%)	9g (36%)				31.9g (127.7%)
carbohydrates	130.4g (100.3%)	28g (21.5%)	173.6g (133.5%)	40g (30.7%)	26.2g (20.1%)	398.2g (215.3%)
sugar		0.5	97g	32g		129.5g
Minerals						
sodium						
phosphorus	565.3mg (80.8%)				21.8mg (1.5%)	587.1mg (82.3%)
potassium	689.5mg (14.7%)				326.8mg (6.9%)	1016.3mg (21.6%)
copper						
zinc	5.2mg (64.8%)				1.2mg (15.1%)	6.4mg (79.9%)
iron	6.5mg (36.5%)	8% iron RDA		8% RDA	2mg (10.8%)	>6.5mg (>43.3%)
selenium	22.3mg (40.4%)					22.3mg (40.4%)
magnesium	204.8mg (66.1%)				54.3mg (17.5%)	259.1mg (83.6%)
Manganese	5.9mg (330.5%)				1.7mg (91.8%)	7.6mg (422.3%)
Calcium	57.8mg (5.8%)				15.9mg (1.6%)	73.7mg (7.4%)
Vitamins						
Vit K	3.4ug (36.6%)					3.4ug (36.6%)
Vit C					0.9mg (1.2%)	0.9mg (1.2%)
Thiamin	0.8mg (47.3%)				0.03mg (3.3%)	0.83mg (50.6%)
Riboflavin	0.34mg (29.9%)				0.06mg (5.5%)	0.4mg (35.4%)
Niacin	9.4mg (66.9%)				0.4mg (2.6%)	9.8mg (69.5%)
Pyridoxine	0.34mg (25.7%)				0.2mg (13.9%)	0.54mg (39.6%)
B12(cobalamin)						
Vit D						
Vit A						
Vit E	0.9mg					0.9mg
folate	49ug (10.5%)				5.3ug (1.3%)	54.3ug (11.8%)
choline	54.6mg (12.8%)					54.6mg (12.8%)
pantothenic acid	1.8mg (35.4%)				0.5mg (9.6%)	2.3mg (45%)