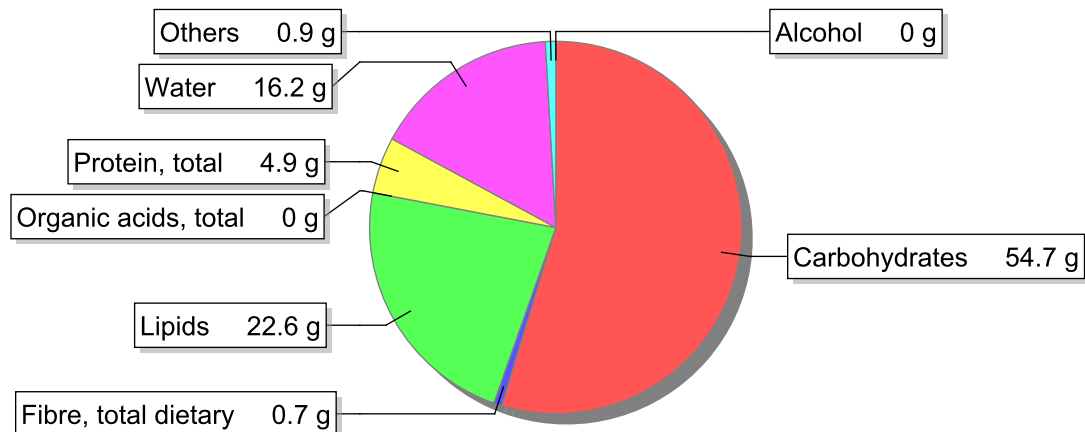


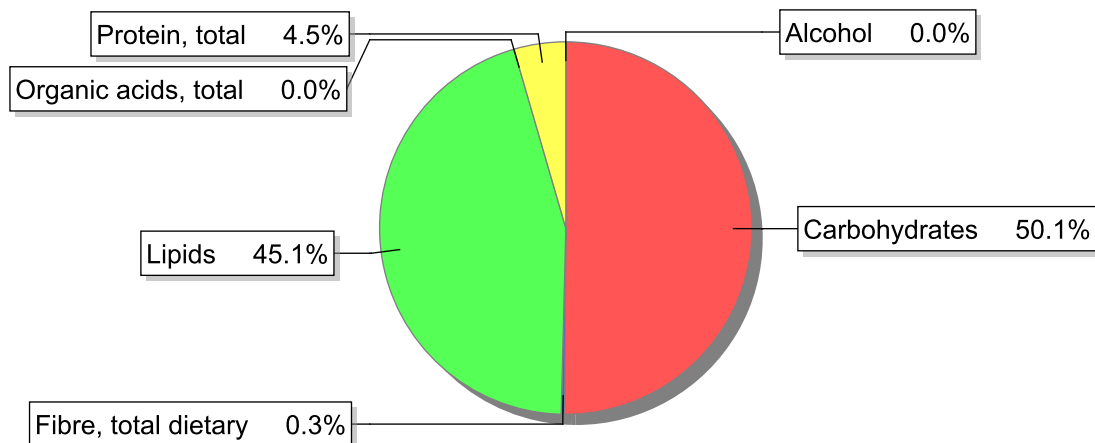
Food

Name: Cake, "Madalena"
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS487
FoodEX2 Code: A00BC

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	443	kcal	
energy kJ, total metabolisable	1860	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	3	g	
fatty acids, total monounsaturated	5	g	
fatty acids, total polyunsaturated	13.3	g	
fatty acid 18:2 n-6 cis,cis	13.3	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0.1	g	
Carbohydrates		g	
sugars, total	36.2	g	
sucrose	35.1	g	
lactose	0.8	g	
oligosaccharides, available	0	g	
starch, total	18.5	g	
salt	0.3	g	
fibre, total dietary	0.7	g	
protein, total	4.9	g	
alcohol	0	g	
water	16.2	g	
organic acids, total	0	g	
cholesterol	77	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	39	µg	
carotene, total (vitamin A precursors)	2	µg	
vitamin D	0.3	µg	
alpha-tocopherol	12.8	mg	
thiamin	0.04	mg	
riboflavin	0.1	mg	
niacin, preformed	0.3	mg	
niacin equivalents, total	1.54	mg	
niacin equivalents from tryptophan	1.23	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0.2	µg	
vitamin C	0	mg	
folate, total	7.5	µg	
Minerals			
ash	0.711	g	
sodium	130	mg	
potassium	85	mg	
calcium	34	mg	
phosphorus	140	mg	
magnesium	13	mg	
iron, total	0.7	mg	
zinc	0.6	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References