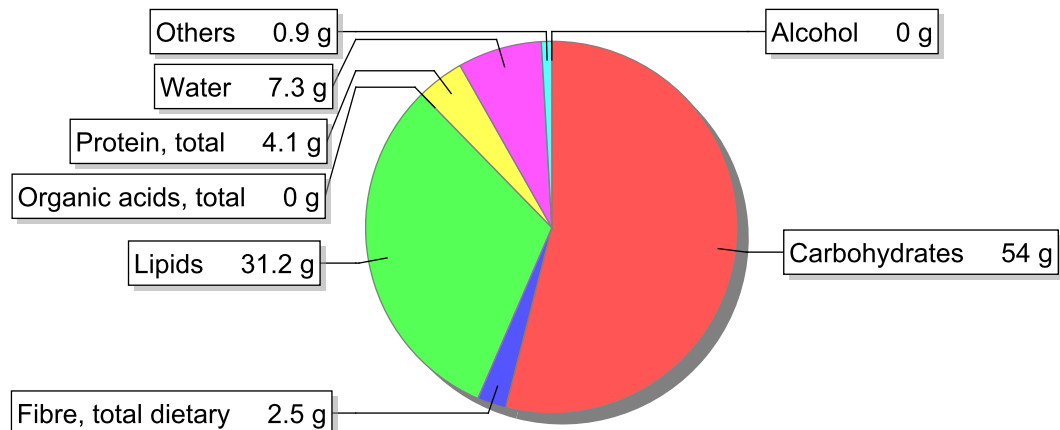


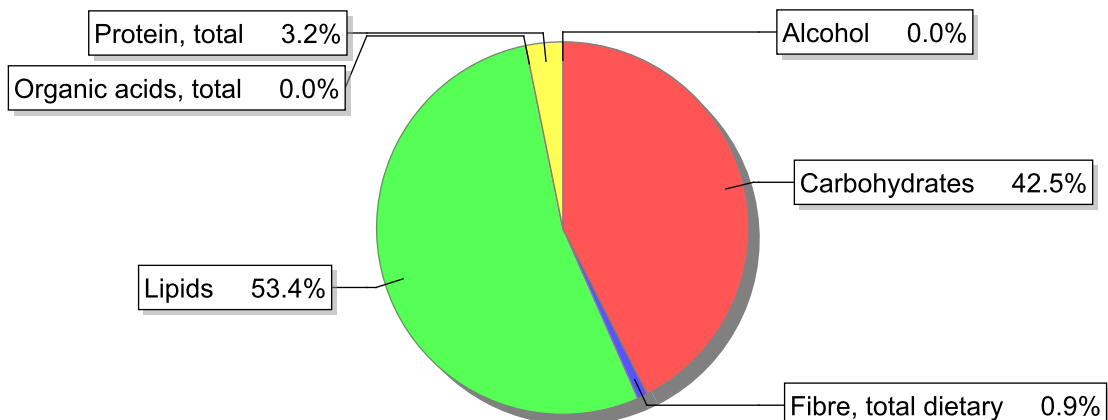
Food

Name: Cake, "Jesuíta"
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS484
FoodEX2 Code: A00CC

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	518	kcal	
energy kJ, total metabolisable	2160	kJ	
fatty acids, total saturated	11.4	g	
fatty acids, total monounsaturated	9.5	g	
fatty acids, total polyunsaturated	4.8	g	
fatty acid 18:2 n-6 cis,cis	4.5	g	
fatty acids, total trans	1.3	g	
sugars, total	26.1	g	
sucrose	24.8	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.9	g	
starch, total	27.9	g	
protein, total	4.1	g	57
alcohol	0	g	
water	7.3	g	57
organic acids, total	0	g	
cholesterol	78	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	150	µg	
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	1.3	µg	
alpha-tocopherol	1.6	mg	
thiamin	0.1	mg	57
riboflavin	0.05	mg	57
niacin, preformed	0.6	mg	57
niacin equivalents, total	1.4	mg	
niacin equivalents from tryptophan	0.8	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0.01	µg	
vitamin C	0	mg	57
folate, total	5	µg	
ash	0.90	g	
sodium	350	mg	
potassium	67	mg	
calcium	21	mg	57
phosphorus	45	mg	57
magnesium	11	mg	
iron, total	0.9	mg	57
zinc	0.3	mg	

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB