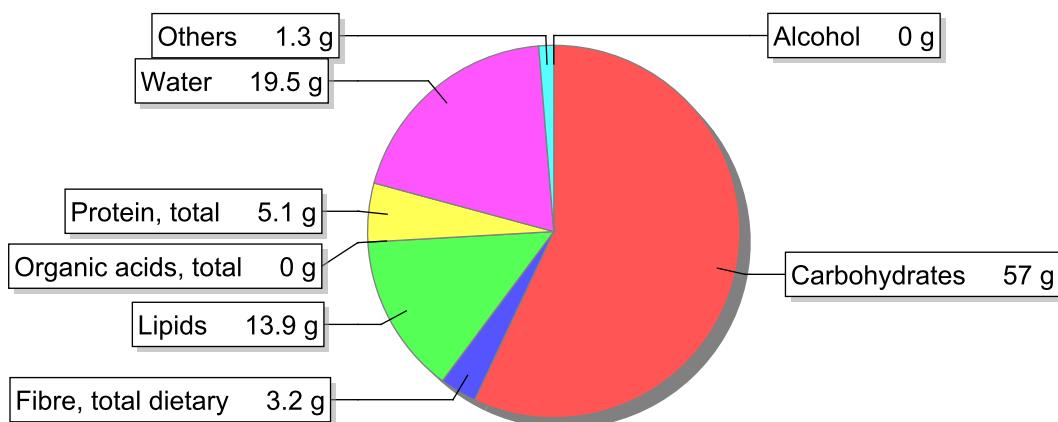


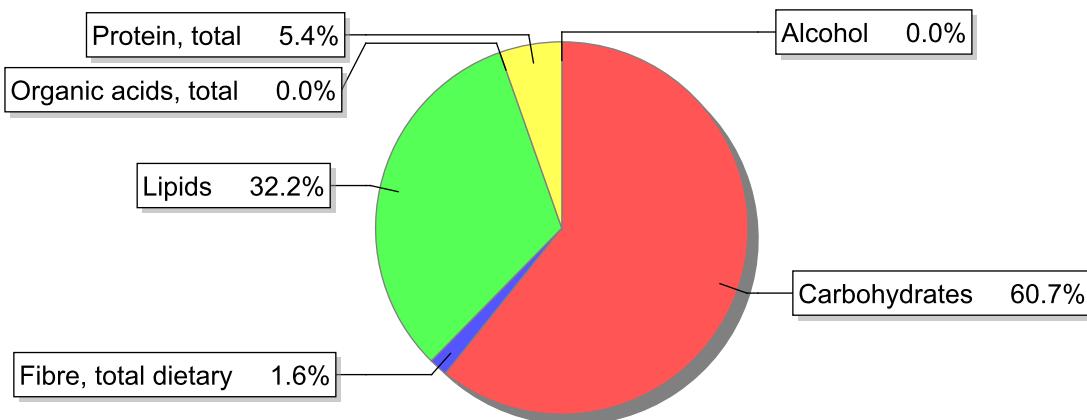
Food

Name: Fruit cake
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS478
FoodEX2 Code: A00BA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	380	kcal	
energy kJ, total metabolisable	1600	kJ	
fatty acids, total saturated	6.6	g	
fatty acids, total monounsaturated	4.5	g	
fatty acids, total polyunsaturated	1.3	g	
fatty acid 18:2 n-6 cis,cis	1.2	g	
fatty acids, total trans	0.2	g	
sugars, total	37.8	g	
sucrose	17.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	3.2	g	
protein, total	5.1	g	
alcohol	0	g	
water	19.5	g	
organic acids, total	0	g	
cholesterol	113	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	110	µg	
carotene, total (vitamin A precursors)	150	µg	
vitamin D	0.5	µg	
alpha-tocopherol	0.43	mg	
thiamin	0.1	mg	
riboflavin	0.1	mg	
niacin, preformed	0.8	mg	
niacin equivalents, total	1.8	mg	
niacin equivalents from tryptophan	1	mg	
vitamin B-6, total	0.12	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	57
folate, total	8	µg	
ash	1.30	g	
sodium	220	mg	
potassium	230	mg	
calcium	32	mg	
phosphorus	100	mg	
magnesium	16	mg	
iron, total	1.5	mg	
zinc	0.5	mg	57

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