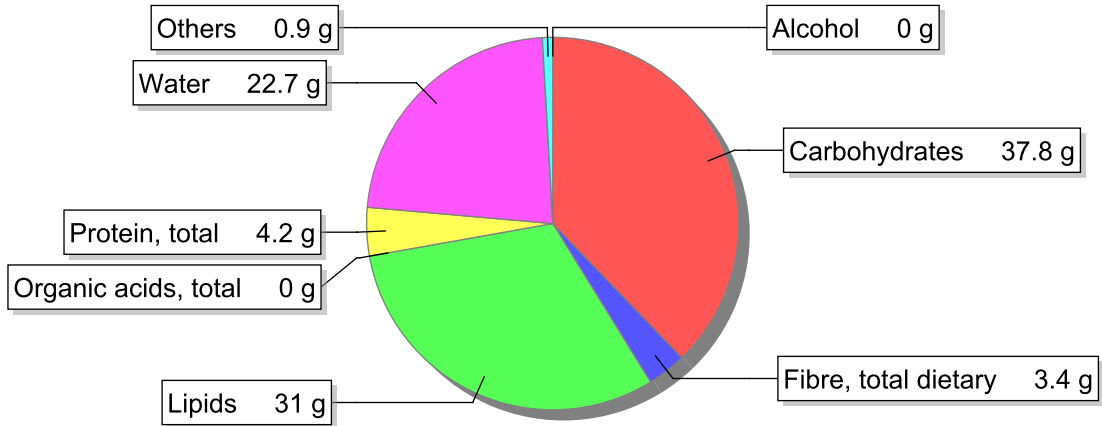


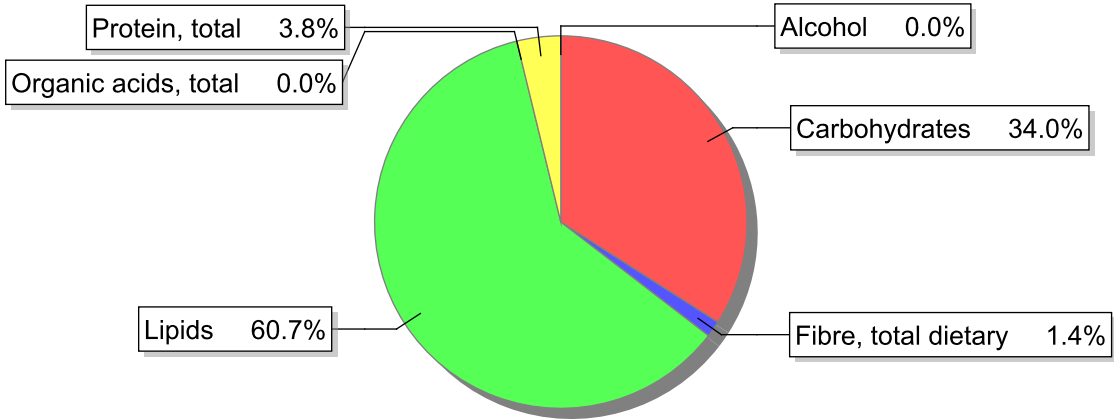
Food

**Name:** Coconut cake  
**Group:** Cereal and cereal products  
**Subgroup:** Cakes and pastries  
**Edible Part:** 100%  
**Code:** IS476  
**FoodEX2 Code:** A00BA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 454   | kcal |           |
| energy kJ, total metabolisable     | 1890  | kJ   |           |
| fatty acids, total saturated       | 21.5  | g    |           |
| fatty acids, total monounsaturated | 4.2   | g    |           |
| fatty acids, total polyunsaturated | 1.3   | g    |           |
| fatty acid 18:2 n-6 cis,cis        | 1.2   | g    |           |
| fatty acids, total trans           | 0.7   | g    |           |
| sugars, total                      | 32.7  | g    |           |
| sucrose                            | 32    | g    |           |

| Name                                                            | Value | Unit | Source(s) |
|-----------------------------------------------------------------|-------|------|-----------|
| lactose                                                         | 0     | g    |           |
| oligosaccharides, available                                     | 0     | g    |           |
| fibre, total dietary                                            | 3.4   | g    | 57        |
| protein, total                                                  | 4.2   | g    |           |
| alcohol                                                         | 0     | g    |           |
| water                                                           | 22.7  | g    |           |
| organic acids, total                                            | 0     | g    |           |
| cholesterol                                                     | 87    | mg   |           |
| vitamin A; retinol equiv from retinol and carotenoid activities | 7     | µg   |           |
| carotene, total (vitamin A precursors)                          | 40    | µg   |           |
| vitamin D                                                       | 1.7   | µg   | 57        |
| alpha-tocopherol                                                | 2     | mg   |           |
| thiamin                                                         | 0.04  | mg   |           |
| riboflavin                                                      | 0.04  | mg   |           |
| niacin, preformed                                               | 0.4   | mg   |           |
| niacin equivalents, total                                       | 1.9   | mg   |           |
| niacin equivalents from tryptophan                              | 1.5   | mg   |           |
| vitamin B-6, total                                              | 0.1   | mg   |           |
| vitamin B-12                                                    | 0.01  | µg   |           |
| vitamin C                                                       | 0     | mg   | 57        |
| folate, total                                                   | 7     | µg   |           |
| ash                                                             | 0.95  | g    |           |
| sodium                                                          | 290   | mg   |           |
| potassium                                                       | 110   | mg   |           |
| calcium                                                         | 21    | mg   |           |
| phosphorus                                                      | 87    | mg   |           |
| magnesium                                                       | 12    | mg   |           |
| iron, total                                                     | 1     | mg   |           |
| zinc                                                            | 0.5   | 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 |