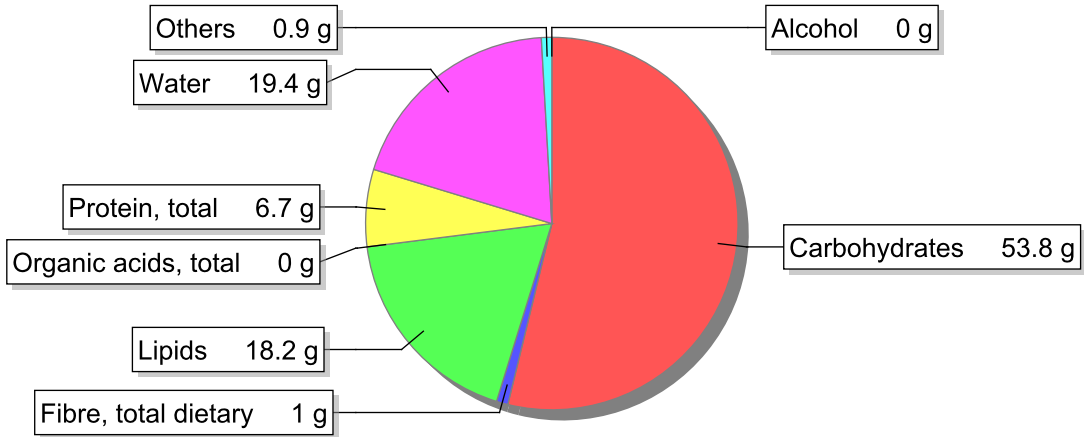


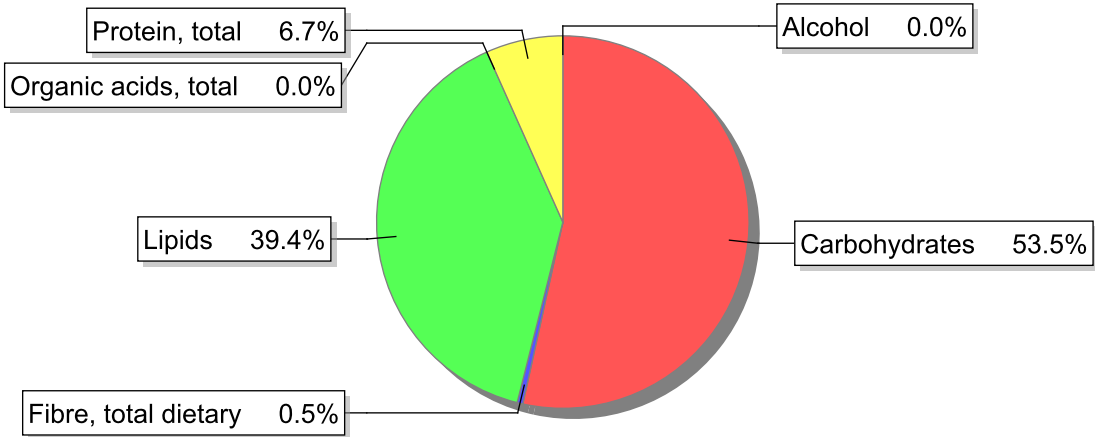
Food

Name: Cake, "Queque"
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS495
FoodEX2 Code: A00BC

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	408	kcal	
energy kJ, total metabolisable	1710	kJ	
fatty acids, total saturated	9.2	g	
fatty acids, total monounsaturated	4.6	g	
fatty acids, total polyunsaturated	1.2	g	
fatty acid 18:2 n-6 cis,cis	1.1	g	
fatty acids, total trans	0.6	g	
sugars, total	27.4	g	
sucrose	26.8	g	

Name	Value	Unit	Source(s)
lactose	0.1	g	
oligosaccharides, available	0	g	
fibre, total dietary	1	g	
protein, total	6.7	g	57
alcohol	0	g	
water	19.4	g	57
organic acids, total	0	g	
cholesterol	162	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	170	µg	
carotene, total (vitamin A precursors)	7	µg	57
vitamin D	0.5	µg	
alpha-tocopherol	1.1	mg	
thiamin	0.05	mg	
riboflavin	0.14	mg	
niacin, preformed	0.4	mg	
niacin equivalents, total	2.1	mg	
niacin equivalents from tryptophan	1.7	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0.7	µg	
vitamin C	0	mg	57
folate, total	11	µg	
ash	0.90	g	
sodium	270	mg	57
potassium	89	mg	57
calcium	36	mg	57
phosphorus	180	mg	57
magnesium	17	mg	57
iron, total	1.1	mg	57
zinc	0.8	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