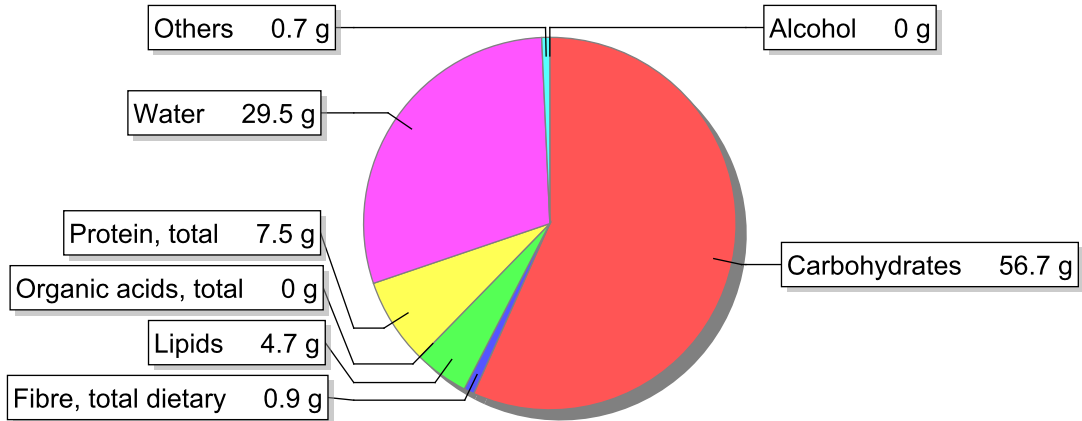


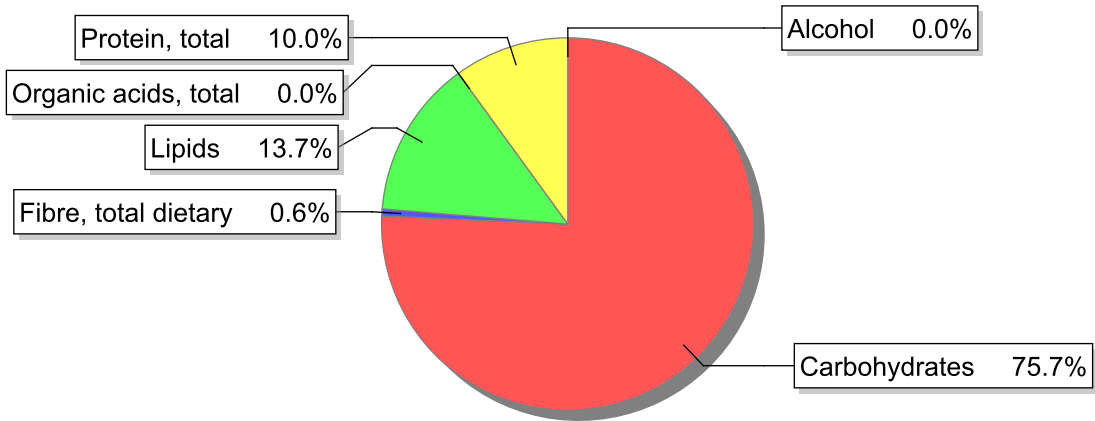
Food

Name: Cake, "Queijada", made up with fresh cheese
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS523
FoodEX2 Code: A00CJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	301	kcal	
energy kJ, total metabolisable	1270	kJ	
fatty acids, total saturated	1.8	g	
fatty acids, total monounsaturated	1.4	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	0.1	g	
sugars, total	35.2	g	
sucrose	33.2	g	

Name	Value	Unit	Source(s)
lactose	1.5	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.9	g	
protein, total	7.5	g	
alcohol	0	g	
water	29.5	g	
organic acids, total	0	g	
cholesterol	106	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	60	µg	
carotene, total (vitamin A precursors)	1	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.4	mg	
thiamin	0.05	mg	
riboflavin	0.17	mg	
niacin, preformed	0.7	mg	
niacin equivalents, total	2.4	mg	
niacin equivalents from tryptophan	1.7	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	11	µg	
ash	0.70	g	
sodium	58	mg	
potassium	110	mg	
calcium	65	mg	
phosphorus	130	mg	
magnesium	16	mg	
iron, total	0.9	mg	
zinc	0.8	mg	

Legend

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

References