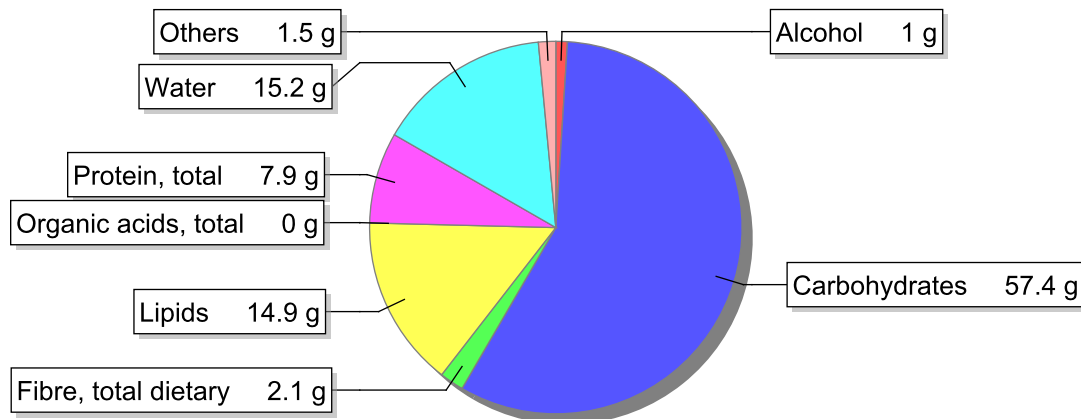


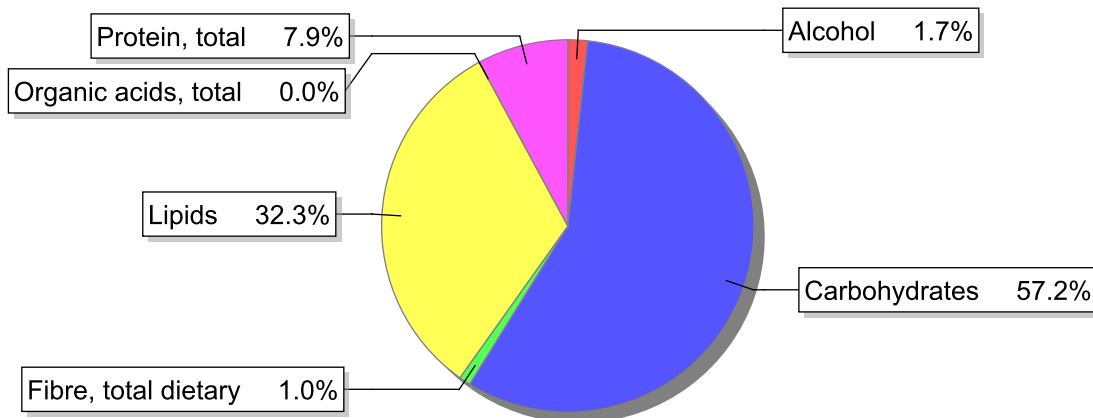
Food

Name: King's cake
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS479
FoodEX2 Code: A00BA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	407	kcal	
energy kJ, total metabolisable	1710	kJ	
fatty acids, total saturated	5.9	g	
fatty acids, total monounsaturated	3.6	g	
fatty acids, total polyunsaturated	3.2	g	
fatty acid 18:2 n-6 cis,cis	2.78	g	
fatty acids, total trans	0.4	g	
sugars, total	17	g	
sucrose	13.9	g	

Name	Value	Unit	Source(s)
lactose	0.3	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.1	g	
protein, total	7.9	g	
alcohol	1	g	
water	15.2	g	
organic acids, total	0	g	
cholesterol	81	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	91	µg	
carotene, total (vitamin A precursors)	12	µg	
vitamin D	0.3	µg	
alpha-tocopherol	1.13	mg	
thiamin	0.08	mg	
riboflavin	0.1	mg	
niacin, preformed	0.8	mg	
niacin equivalents, total	2.55	mg	
niacin equivalents from tryptophan	1.73	mg	
vitamin B-6, total	0.14	mg	
vitamin B-12	0.14	µg	
vitamin C	0.0	mg	
folate, total	19	µg	
ash	1.38	g	
sodium	310	mg	
potassium	150	mg	
calcium	35	mg	
phosphorus	130	mg	
magnesium	38	mg	
iron, total	1.3	mg	
zinc	1.1	mg	

Legend

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

References