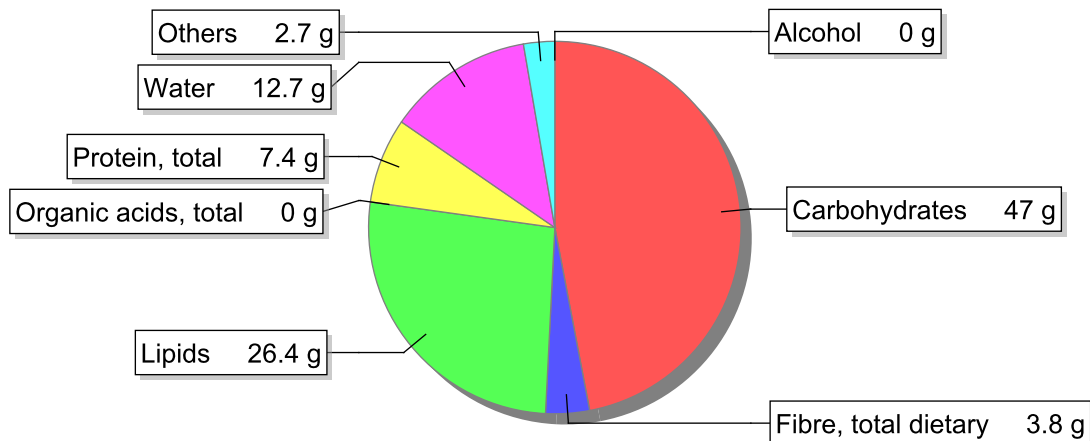


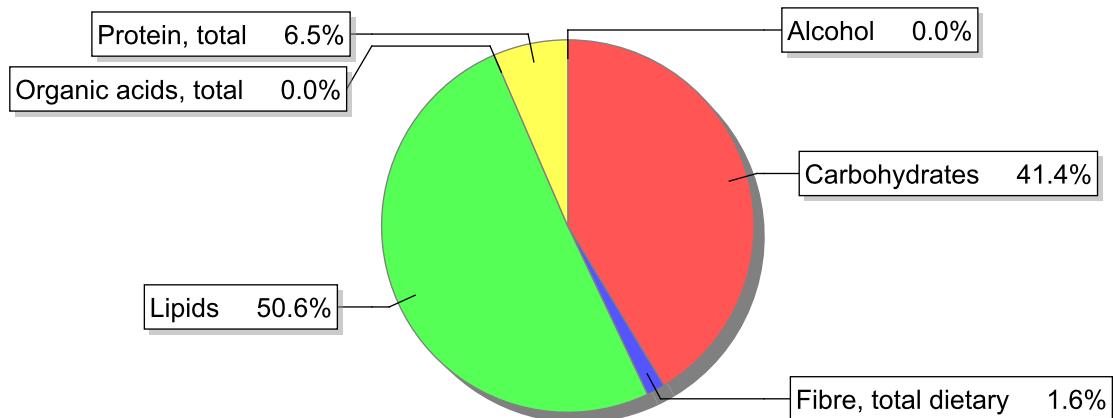
## Food

**Name:** Chocolate cake  
**Group:** Cereal and cereal products  
**Subgroup:** Cakes and pastries  
**Edible Part:** 100%  
**Code:** IS475  
**FoodEX2 Code:** A00BG

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	463	kcal	
energy kJ, total metabolisable	1930	kJ	
fatty acids, total saturated	11.1	g	
fatty acids, total monounsaturated	11.3	g	
fatty acids, total polyunsaturated	4.7	g	
fatty acid 18:2 n-6 cis,cis	4.3	g	
fatty acids, total trans	1	g	
sugars, total	26.8	g	
sucrose	26.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	3.8	g	57
protein, total	7.4	g	57
alcohol	0	g	
water	12.7	g	57
organic acids, total	0	g	
cholesterol	125	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	270	µg	57
carotene, total (vitamin A precursors)	30	µg	
vitamin D	2.5	µg	57
alpha-tocopherol	2.7	mg	
thiamin	0.09	mg	57
riboflavin	0.12	mg	57
niacin, preformed	0.9	mg	
niacin equivalents, total	2.5	mg	
niacin equivalents from tryptophan	1.6	mg	
vitamin B-6, total	0.06	mg	57
vitamin B-12	1	µg	57
vitamin C	0	mg	57
folate, total	11	µg	57
ash	2.50	g	
sodium	430	mg	57
potassium	190	mg	57
calcium	75	mg	57
phosphorus	210	mg	57
magnesium	46	mg	57
iron, total	1.9	mg	57
zinc	1.2	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