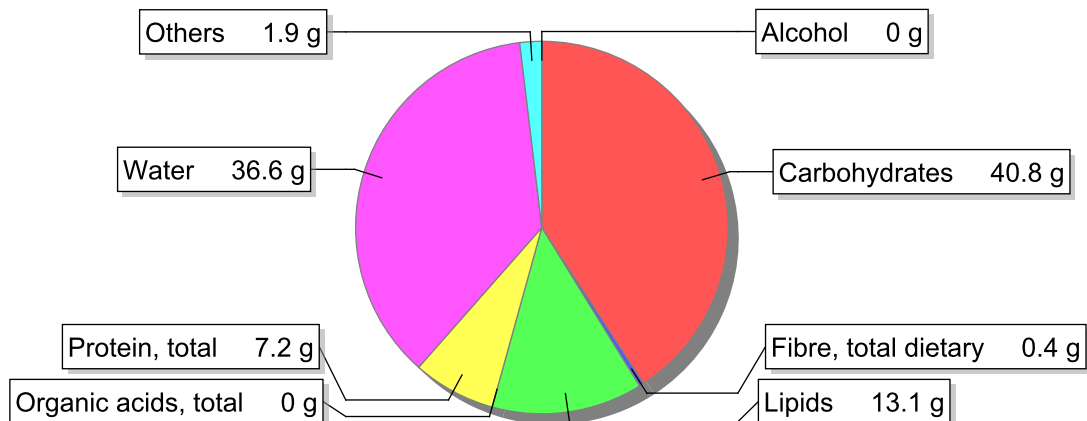


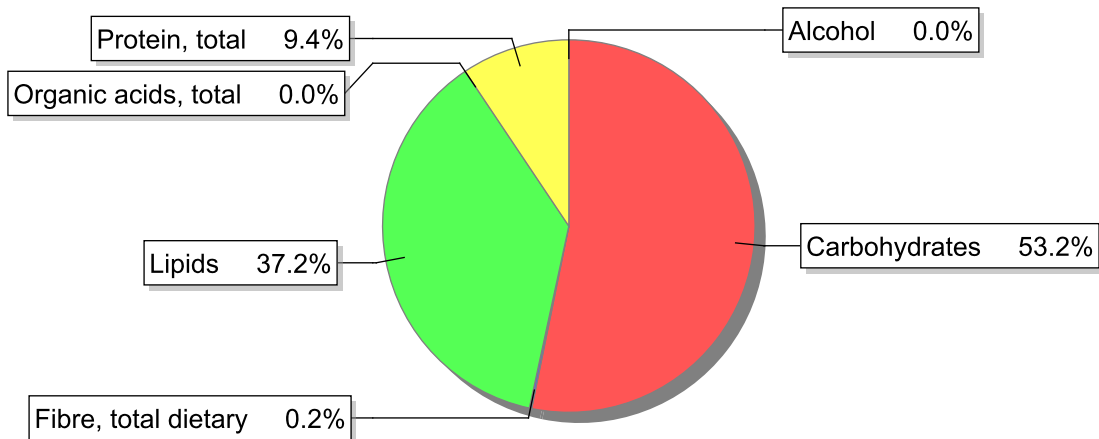
## Food

**Name:** Cake, "Queijada", made up with cottage cheese  
**Group:** Cereal and cereal products  
**Subgroup:** Cakes and pastries  
**Edible Part:** 100%  
**Code:** IS524  
**FoodEX2 Code:** A00CJ

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	311	kcal	
energy kJ, total metabolisable	1300	kJ	
fatty acids, total saturated	6	g	
fatty acids, total monounsaturated	4	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.886	g	
fatty acids, total trans	0.4	g	
sugars, total	31.8	g	
sucrose	30	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	1.7	g	
<b>salt</b>	0.5	g	
<b>fibre, total dietary</b>	0.4	g	
<b>protein, total</b>	7.2	g	
<b>alcohol</b>	0	g	
<b>water</b>	36.6	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	166	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	145	µg	
<b>carotene, total (vitamin A precursors)</b>	23	µg	
<b>vitamin D</b>	0.7	µg	
<b>alpha-tocopherol</b>	1.21	mg	
<b>thiamin</b>	0.04	mg	
<b>riboflavin</b>	0.19	mg	
<b>niacin, preformed</b>	0.65	mg	
<b>niacin equivalents, total</b>	2.51	mg	
<b>niacin equivalents from tryptophan</b>	1.85	mg	
<b>vitamin B-6, total</b>	0.12	mg	
<b>vitamin B-12</b>	0.56	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	20	µg	
<b>ash</b>	1.85	g	
<b>sodium</b>	210	mg	
<b>potassium</b>	110	mg	
<b>calcium</b>	140	mg	
<b>phosphorus</b>	160	mg	
<b>magnesium</b>	15	mg	
<b>iron, total</b>	0.9	mg	
<b>zinc</b>	0.8	mg	

## Legend

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

## References