

Food

Name: Cake, made up with Maria`s biscuits

Group: Cereal and cereal products

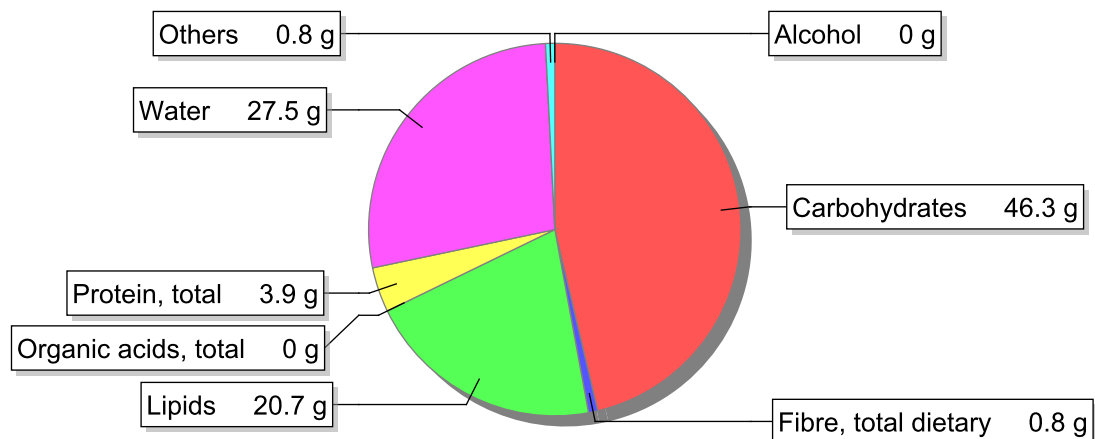
Subgroup: Cakes and pastries

Edible Part: 100%

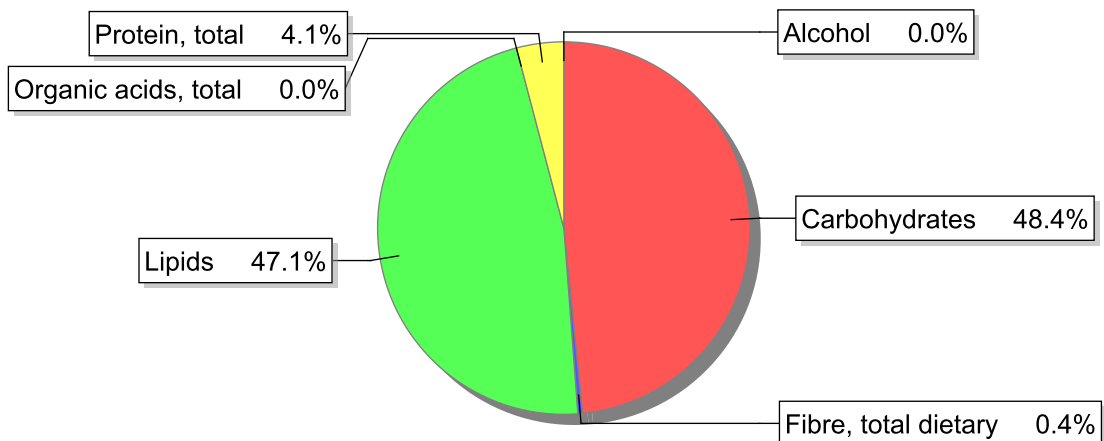
Code: IS474

FoodEX2 Code: A00AN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	389	kcal	
energy kJ, total metabolisable	1630	kJ	
fatty acids, total saturated	11.2	g	
fatty acids, total monounsaturated	5.1	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	0.971	g	
fatty acids, total trans	0.7	g	
sugars, total	27.1	g	
sucrose	25.8	g	

Name	Value	Unit	Source(s)
lactose	0.1	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.8	g	
protein, total	3.9	g	
alcohol	0	g	
water	27.5	g	
organic acids, total	0	g	
cholesterol	76	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	117	µg	
carotene, total (vitamin A precursors)	9	µg	
vitamin D	0.2	µg	
alpha-tocopherol	1.03	mg	
thiamin	0.25	mg	
riboflavin	0.2	mg	
niacin, preformed	0.74	mg	
niacin equivalents, total	1.62	mg	
niacin equivalents from tryptophan	0.88	mg	
vitamin B-6, total	0.05	mg	
vitamin B-12	0.05	µg	
vitamin C	0	mg	
folate, total	8.1	µg	
ash	0.966	g	
sodium	310	mg	
potassium	73	mg	
calcium	20	mg	
phosphorus	63	mg	
magnesium	12	mg	
iron, total	0.6	mg	
zinc	0.3	mg	

Legend

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

References