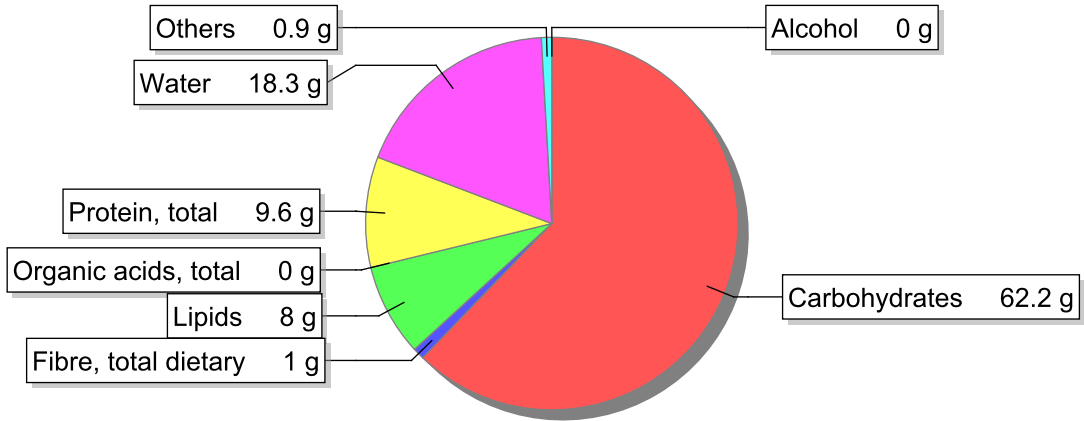


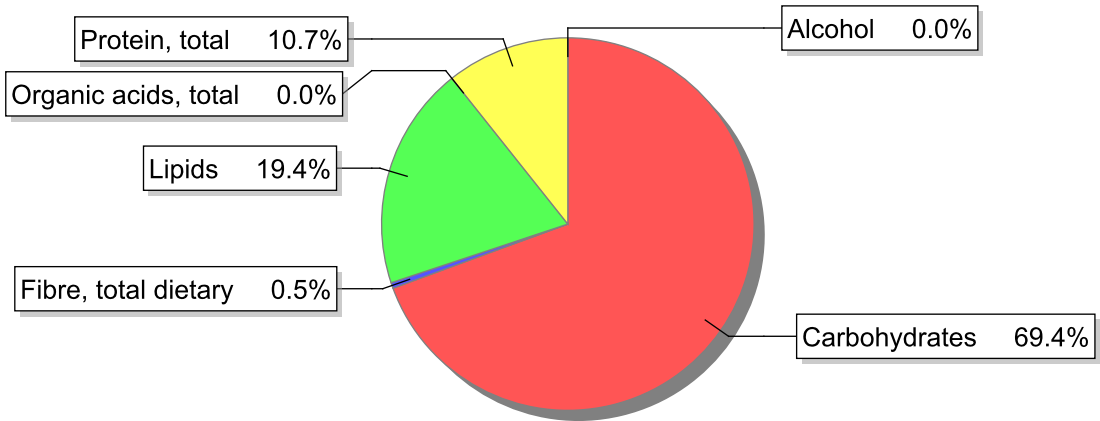
Food

Name: Sponge cake
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS486
FoodEX2 Code: A00AQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	361	kcal	
energy kJ, total metabolisable	1520	kJ	
fatty acids, total saturated	2.5	g	
fatty acids, total monounsaturated	2.5	g	
fatty acids, total polyunsaturated	1.8	g	
fatty acid 18:2 n-6 cis,cis	1.62	g	
fatty acids, total trans	0	g	
sugars, total	36.1	g	
sucrose	35.6	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	0.3	g	
fibre, total dietary	1	g	
protein, total	9.6	g	
alcohol	0	g	
water	18.3	g	
organic acids, total	0	g	
cholesterol	214	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	114	µg	
carotene, total (vitamin A precursors)	10	µg	
vitamin D	0.9	µg	
alpha-tocopherol	1.31	mg	
thiamin	0.06	mg	
riboflavin	0.21	mg	
niacin, preformed	0.4	mg	
niacin equivalents, total	2.96	mg	
niacin equivalents from tryptophan	2.57	mg	
vitamin B-6, total	0.19	mg	
vitamin B-12	0.52	µg	
vitamin C	0	mg	
folate, total	17	µg	
ash	0.784	g	
sodium	100	mg	
potassium	120	mg	
calcium	33	mg	
phosphorus	150	mg	
magnesium	19	mg	
iron, total	1.5	mg	
zinc	1	mg	

Legend

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

References