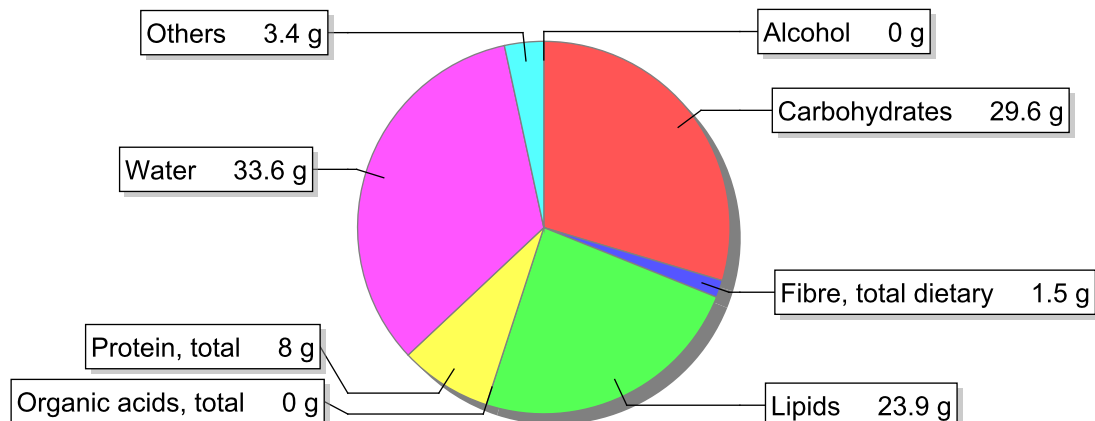


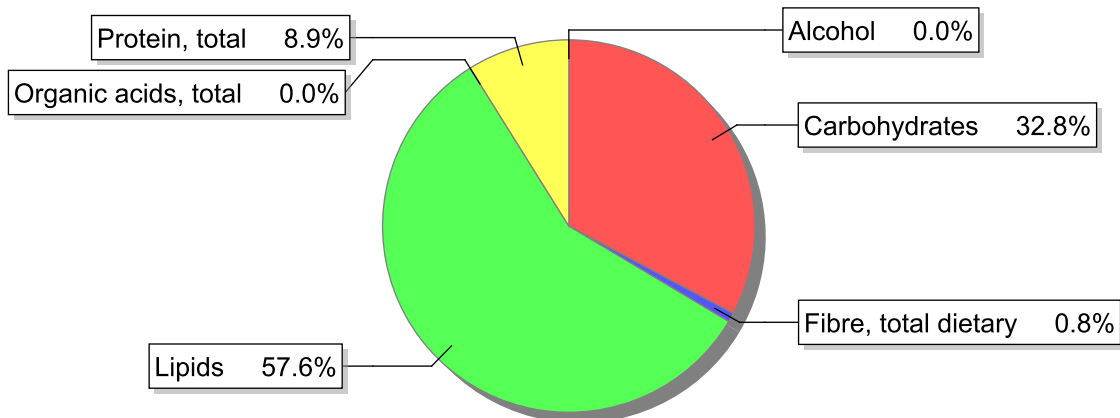
Food

Name: Rolled cake with chocolate and whipped cream
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS498
FoodEX2 Code: A00BB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	369	kcal	
energy kJ, total metabolisable	1540	kJ	
fatty acids, total saturated	12.3	g	
fatty acids, total monounsaturated	6.5	g	
fatty acids, total polyunsaturated	1.4	g	
fatty acid 18:2 n-6 cis,cis	1.23	g	
fatty acids, total trans	0.6	g	
sugars, total	28.3	g	
sucrose	27.2	g	

Name	Value	Unit	Source(s)
lactose	1.2	g	
salt	0.2	g	
starch, total	1.3	g	
protein, total	8	g	
alcohol	0	g	
water	33.6	g	
organic acids, total	0	g	
cholesterol	210	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	288	µg	
carotene, total (vitamin A precursors)	115	µg	
vitamin D	0.7	µg	
alpha-tocopherol	1.64	mg	
thiamin	0.05	mg	
riboflavin	0.25	mg	
niacin, preformed	0.47	mg	
niacin equivalents, total	2.49	mg	
niacin equivalents from tryptophan	2.03	mg	
vitamin B-6, total	0.12	mg	
vitamin B-12	0.46	µg	
vitamin C	0	mg	
folate, total	14	µg	
ash	1.16	g	
sodium	70	mg	
potassium	300	mg	
calcium	57	mg	
phosphorus	150	mg	
magnesium	52	mg	
iron, total	1.5	mg	
zinc	0.8	mg	

Legend

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

References