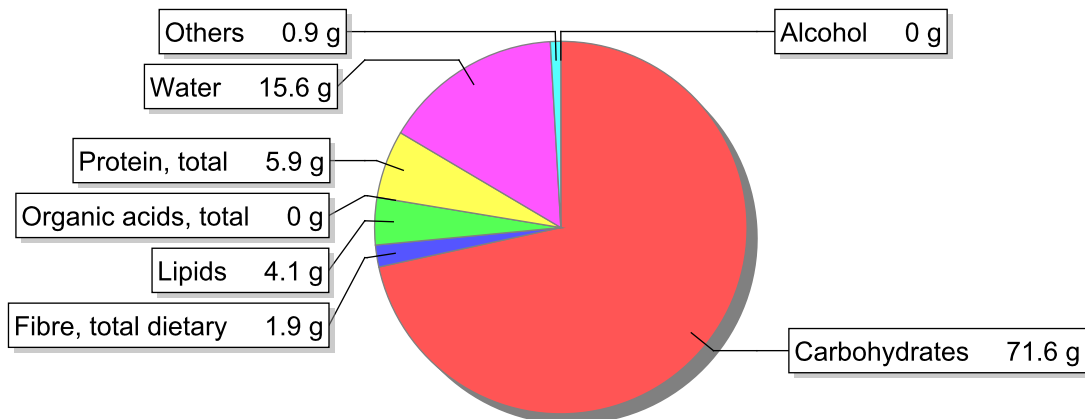


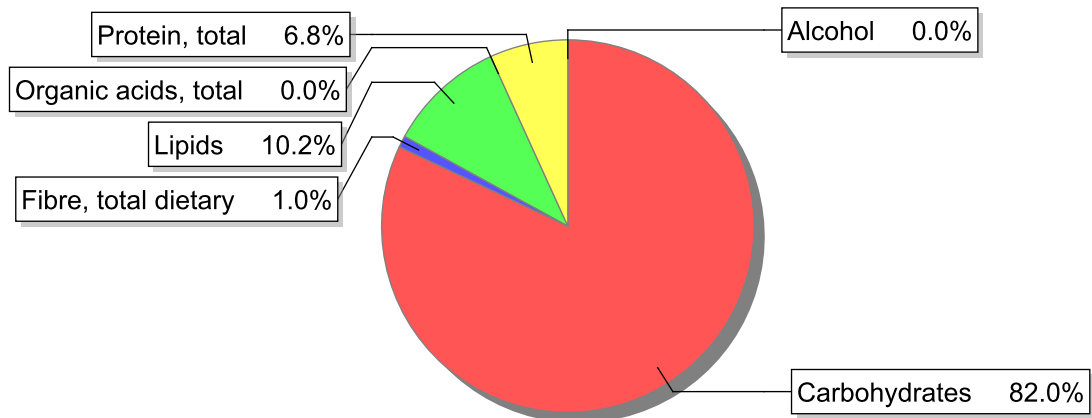
Food

Name: Cake, "Ferradura" (horse shoe molded)
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS477
FoodEX2 Code: A00CJ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	351	kcal	
energy kJ, total metabolisable	1480	kJ	
fatty acids, total saturated	1.4	g	
fatty acids, total monounsaturated	1.2	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.929	g	
fatty acids, total trans	0.0	g	
sugars, total	26.8	g	
sucrose	26.1	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	0.4	g	
fibre, total dietary	1.9	g	
protein, total	5.9	g	
alcohol	0	g	
water	15.6	g	
organic acids, total	0	g	
cholesterol	30	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	29	µg	
carotene, total (vitamin A precursors)	10	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.41	mg	
thiamin	0.06	mg	
riboflavin	0.07	mg	
niacin, preformed	0.81	mg	
niacin equivalents, total	2.13	mg	
niacin equivalents from tryptophan	1.28	mg	
vitamin B-6, total	0.11	mg	
vitamin B-12	0.07	µg	
vitamin C	0	mg	
folate, total	19	µg	
ash	0.813	g	
sodium	150	mg	
potassium	98	mg	
calcium	21	mg	
phosphorus	130	mg	
magnesium	24	mg	
iron, total	0.9	mg	
zinc	0.7	mg	

Legend

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

References