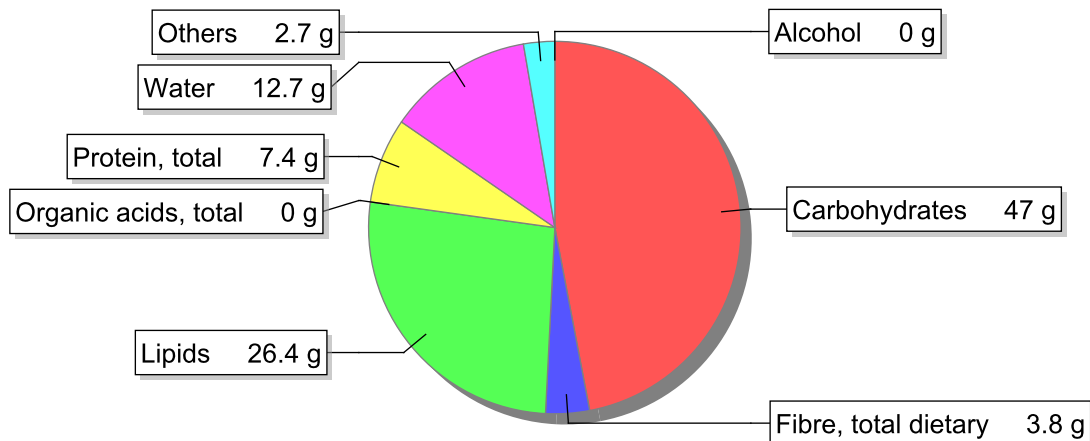


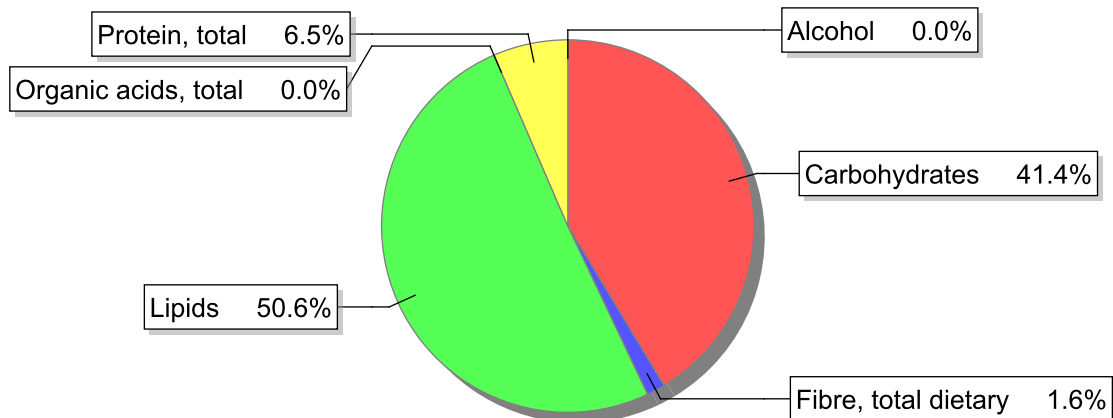
Food

Name: Chocolate cake
Group: Cereal and cereal products
Subgroup: Cakes and pastries
Edible Part: 100%
Code: IS475
FoodEX2 Code: A00BG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	463	kcal	
energy kJ, total metabolisable	1930	kJ	
fatty acids, total saturated	11.1	g	
fatty acids, total monounsaturated	11.3	g	
fatty acids, total polyunsaturated	4.7	g	
fatty acid 18:2 n-6 cis,cis	4.3	g	
fatty acids, total trans	1	g	
sugars, total	26.8	g	
sucrose	26.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	3.8	g	57
protein, total	7.4	g	57
alcohol	0	g	
water	12.7	g	57
organic acids, total	0	g	
cholesterol	125	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	270	µg	57
carotene, total (vitamin A precursors)	30	µg	
vitamin D	2.5	µg	57
alpha-tocopherol	2.7	mg	
thiamin	0.09	mg	57
riboflavin	0.12	mg	57
niacin, preformed	0.9	mg	
niacin equivalents, total	2.5	mg	
niacin equivalents from tryptophan	1.6	mg	
vitamin B-6, total	0.06	mg	57
vitamin B-12	1	µg	57
vitamin C	0	mg	57
folate, total	11	µg	57
ash	2.50	g	
sodium	430	mg	57
potassium	190	mg	57
calcium	75	mg	57
phosphorus	210	mg	57
magnesium	46	mg	57
iron, total	1.9	mg	57
zinc	1.2	mg	57

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB