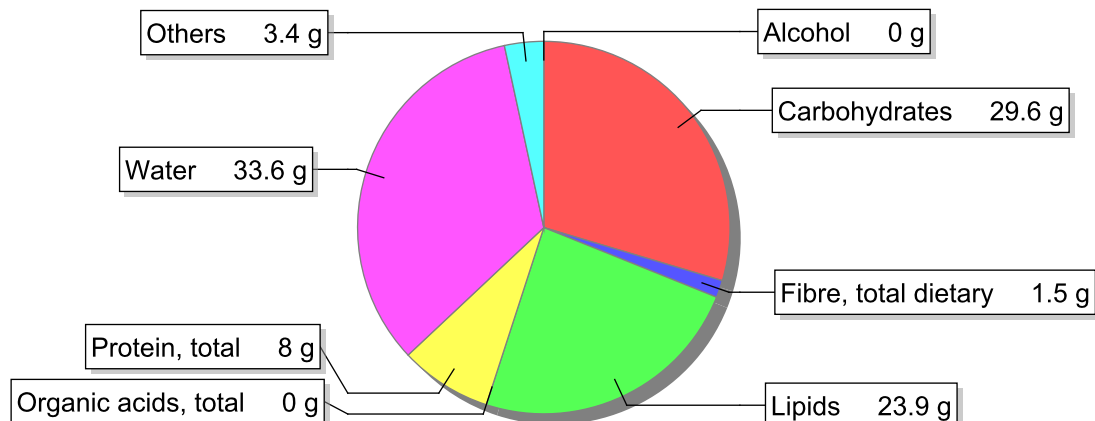


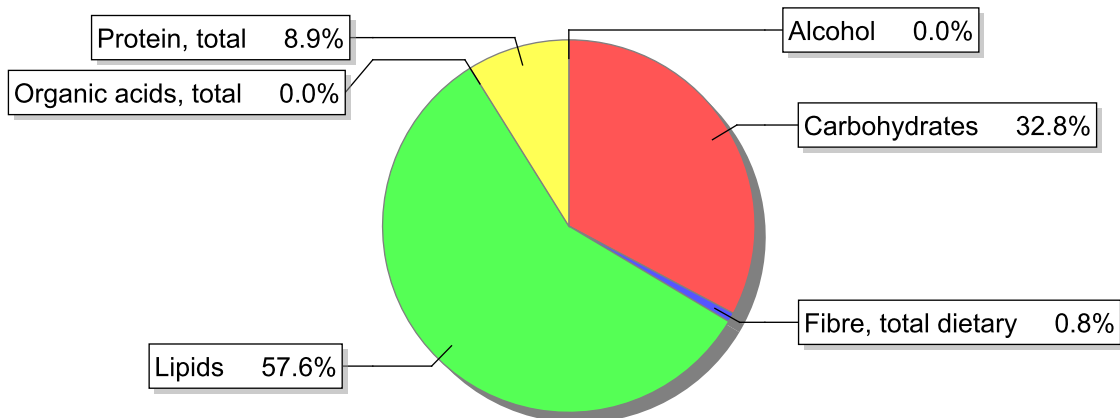
## Food

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

## Legend

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

## References