



Food ID: A053

Food name and Description: Cake, cheese cupcake

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	16.2
Energy, calculated (kcal)	410
Protein (g)	5.6
Total Fat (g)	16.4
Carbohydrate, total (g)	60
Ash, total (g)	1.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.2
Sugars, total (g)	2.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	162
Phosphorus, P (mg)	139
Iron, Fe (mg)	1.3
Sodium, Na (mg)	797

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	120
Retinol Activity Equivalent, RAE (µg)	80
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.43
Fatty acids, monounsaturated, total (g)	8.12
Fatty acids, polyunsaturated, total(g)	1.82
Cholesterol (mg)	68