



**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