



**Food ID:** A054

**Food name and Description:** Cake, chiffon

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	29.8
Energy, calculated (kcal)	332
Protein (g)	7.2
Total Fat (g)	11.6
Carbohydrate, total (g)	49.8
Ash, total (g)	1.6

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.5
Sugars, total (g)	36.6

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	143
Phosphorus, P (mg)	97
Iron, Fe (mg)	2.5
Sodium, Na (mg)	622

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	100
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	101
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	0.07
Niacin (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.9
Fatty acids, monounsaturated, total (g)	4.08
Fatty acids, polyunsaturated, total(g)	1.92
Cholesterol (mg)	131