



Food ID: A055

Food name and Description: Cake, chocolate

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	21.2
Energy, calculated (kcal)	373
Protein (g)	5.6
Total Fat (g)	12.6
Carbohydrate, total (g)	59.3
Ash, total (g)	1.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.2
Sugars, total (g)	40.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	63
Phosphorus, P (mg)	102
Iron, Fe (mg)	3
Sodium, Na (mg)	352

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	240
beta-Carotene (µg)	40
Retinol Activity Equivalent, RAE (µg)	243
Thiamin, Vitamin B1 (mg)	0.21
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.72
Fatty acids, monounsaturated, total (g)	4.61
Fatty acids, polyunsaturated, total(g)	2.9
Cholesterol (mg)	14