



**Food ID:** A056

**Food name and Description:** Cake, cream-filled roll

**Scientific name:** N/A

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

**Edible portion:** 100%

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

Water (g)	27.9
Energy, calculated (kcal)	366
Protein (g)	9.2
Total Fat (g)	16.3
Carbohydrate, total (g)	45.6
Ash, total (g)	1

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

Fiber, total dietary (g)	0.9
Sugars, total (g)	33.4

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

Calcium, Ca (mg)	63
Phosphorus, P (mg)	163
Iron, Fe (mg)	2.7
Sodium, Na (mg)	421

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

Retinol, Vitamin A (µg)	7
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	7
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	5.85
Fatty acids, monounsaturated, total (g)	6.93
Fatty acids, polyunsaturated, total(g)	2.63
Cholesterol (mg)	58