



Food ID: A057

Food name and Description: Cake, fruit

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	26
Energy, calculated (kcal)	365
Protein (g)	5
Total Fat (g)	14.6
Carbohydrate, total (g)	53.4
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.7
Sugars, total (g)	27.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	59
Phosphorus, P (mg)	123
Iron, Fe (mg)	3.6
Sodium, Na (mg)	100

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	11
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	12
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.68
Fatty acids, monounsaturated, total (g)	6.74
Fatty acids, polyunsaturated, total(g)	5.33
Cholesterol (mg)	8