



Food ID: A058
Food name and Description: Cake, jelly roll
Scientific name:
Alternate/Common name(s): Pianono
Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	21.6
Energy, calculated (kcal)	326
Protein (g)	5.3
Total Fat (g)	2.8
Carbohydrate, total (g)	69.9
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.6
Sugars, total (g)	47.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	49
Phosphorus, P (mg)	83
Iron, Fe (mg)	2
Sodium, Na (mg)	160

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	46
beta-Carotene (µg)	4
Retinol Activity Equivalent, RAE (µg)	46
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	1.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-