



**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)	-