



Food ID: A060

Food name and Description: Cake, mamon

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	20.6
Energy, calculated (kcal)	368
Protein (g)	5.4
Total Fat (g)	10.7
Carbohydrate, total (g)	62.6
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.6
Sugars, total (g)	41.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	83
Phosphorus, P (mg)	87
Iron, Fe (mg)	1.7
Sodium, Na (mg)	704

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	80
Retinol Activity Equivalent, RAE (µg)	7
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	6.11
Fatty acids, monounsaturated, total (g)	3.76
Fatty acids, polyunsaturated, total(g)	1.78
Cholesterol (mg)	168