



Food ID: A061

Food name and Description: Cake, mamon, toasted

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	3.5
Energy, calculated (kcal)	416
Protein (g)	10.4
Total Fat (g)	6.7
Carbohydrate, total (g)	78.5
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3.9
Sugars, total (g)	7.3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	49
Phosphorus, P (mg)	189
Iron, Fe (mg)	3.4
Sodium, Na (mg)	258

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.29
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.28
Fatty acids, monounsaturated, total (g)	2.56
Fatty acids, polyunsaturated, total(g)	2.15
Cholesterol (mg)	73