



Food ID: A062

Food name and Description: Cake, marshmallow roll

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	21.4
Energy, calculated (kcal)	338
Protein (g)	6.5
Total Fat (g)	5.1
Carbohydrate, total (g)	66.4
Ash, total (g)	0.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	39.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	46
Phosphorus, P (mg)	124
Iron, Fe (mg)	2.3
Sodium, Na (mg)	164

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	405
beta-Carotene (µg)	40
Retinol Activity Equivalent, RAE (µg)	408
Thiamin, Vitamin B1 (mg)	0.11
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.42
Fatty acids, monounsaturated, total (g)	2.82
Fatty acids, polyunsaturated, total(g)	0.59
Cholesterol (mg)	0