



Food ID: A063

Food name and Description: Cake, mocha roll

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	22
Energy, calculated (kcal)	353
Protein (g)	6.7
Total Fat (g)	9
Carbohydrate, total (g)	61.2
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1
Sugars, total (g)	36.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	101
Phosphorus, P (mg)	136
Iron, Fe (mg)	3.1
Sodium, Na (mg)	456

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	55
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.23
Fatty acids, monounsaturated, total (g)	3.83
Fatty acids, polyunsaturated, total(g)	1.45
Cholesterol (mg)	32