



**Food ID:** A065

**Food name and Description:** Cake, sponge

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	29
Energy, calculated (kcal)	306
Protein (g)	8.2
Total Fat (g)	5.3
Carbohydrate, total (g)	56.3
Ash, total (g)	1.2

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.5
Sugars, total (g)	37

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	162
Phosphorus, P (mg)	156
Iron, Fe (mg)	3.7
Sodium, Na (mg)	629

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	86
beta-Carotene (µg)	8
Retinol Activity Equivalent, RAE (µg)	87
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.26
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.57
Fatty acids, monounsaturated, total (g)	1.86
Fatty acids, polyunsaturated, total(g)	0.88
Cholesterol (mg)	200