

**Basic Report 28297, Cake, snack cakes, not chocolate, with icing or filling, low-fat**

Report Date: January 29, 2015 19:25 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cake 1 serving 27g
<b>Proximates</b>			
Water	g	10.27	2.77
Energy	kcal	405	109
Protein	g	3.71	1.00
Total lipid (fat)	g	11.14	3.01
Carbohydrate, by difference	g	72.49	19.57
Fiber, total dietary	g	14.9	4.0
Sugars, total	g	29.71	8.02
<b>Minerals</b>			
Calcium, Ca	mg	223	60
Iron, Fe	mg	1.34	0.36
Magnesium, Mg	mg	142	38
Phosphorus, P	mg	302	82
Potassium, K	mg	326	88
Sodium, Na	mg	316	85
Zinc, Zn	mg	2.00	0.54
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.301	0.081
Riboflavin	mg	0.372	0.100
Niacin	mg	4.317	1.166
Vitamin B-6	mg	0.331	0.089
Folate, DFE	µg	90	24
Vitamin B-12	µg	0.24	0.06
Vitamin A, RAE	µg	5	1
Vitamin A, IU	IU	16	4
Vitamin E (alpha-tocopherol)	mg	1.15	0.31

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cake 1 serving 27g</b>
Vitamin D (D2 + D3)	µg	0.3	0.1
Vitamin D	IU	11	3
Vitamin K (phylloquinone)	µg	5.6	1.5
<b>Lipids</b>			
Fatty acids, total saturated	g	3.713	1.003
Fatty acids, total monounsaturated	g	3.375	0.911
Fatty acids, total polyunsaturated	g	2.994	0.808
Cholesterol	mg	93	25
<b>Other</b>			
Caffeine	mg	0	0