

## Basic Report 18147, Cake, cheesecake, commercially prepared

Report Date: September 18, 2019 20:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 piece (1/6 of 17 oz cake) 80g	1 piece (1 NLEA serving) 125g
<b>Proximates</b>					
Water	g	45.60	12.93	36.48	57.00
Energy	kcal	321	91	257	401
Protein	g	5.50	1.56	4.40	6.88
Total lipid (fat)	g	22.50	6.38	18.00	28.12
Carbohydrate, by difference	g	25.50	7.23	20.40	31.88
Fiber, total dietary	g	0.4	0.1	0.3	0.5
Sugars, total	g	21.80	6.18	17.44	27.25
<b>Minerals</b>					
Calcium, Ca	mg	51	14	41	64
Iron, Fe	mg	0.63	0.18	0.50	0.79
Magnesium, Mg	mg	11	3	9	14
Phosphorus, P	mg	93	26	74	116
Potassium, K	mg	90	26	72	112
Sodium, Na	mg	438	124	350	548
Zinc, Zn	mg	0.51	0.14	0.41	0.64
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.4	0.1	0.3	0.5
Thiamin	mg	0.028	0.008	0.022	0.035
Riboflavin	mg	0.193	0.055	0.154	0.241
Niacin	mg	0.195	0.055	0.156	0.244
Vitamin B-6	mg	0.052	0.015	0.042	0.065
Folate, DFE	µg	20	6	16	25
Vitamin B-12	µg	0.17	0.05	0.14	0.21
Vitamin A, RAE	µg	159	45	127	199
Vitamin A, IU	IU	547	155	438	684
Vitamin E (alpha-tocopherol)	mg	0.56	0.16	0.45	0.70

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Vitamin D (D2 + D3)	µg	0.5	0.1	0.4	0.6
Vitamin D	IU	18	5	14	22
Vitamin K (phylloquinone)	µg	4.4	1.2	3.5	5.5
<b>Lipids</b>					
Fatty acids, total saturated	g	9.921	2.813	7.937	12.401
Fatty acids, total monounsaturated	g	8.634	2.448	6.907	10.793
Fatty acids, total polyunsaturated	g	1.602	0.454	1.282	2.002
Cholesterol	mg	55	16	44	69
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0