

Basic Report 18095, Cake, cherry fudge with chocolate frosting

Report Date: August 20, 2017 17:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 piece (1/8 cake) 71g
Proximates				
Water	g	46.10	13.07	32.73
Energy	kcal	264	75	187
Protein	g	2.40	0.68	1.70
Total lipid (fat)	g	12.50	3.54	8.88
Carbohydrate, by difference	g	38.00	10.77	26.98
Fiber, total dietary	g	0.5	0.1	0.4
Sugars, total	g	32.94	9.34	23.39
Minerals				
Calcium, Ca	mg	48	14	34
Iron, Fe	mg	1.10	0.31	0.78
Magnesium, Mg	mg	19	5	13
Phosphorus, P	mg	105	30	75
Potassium, K	mg	166	47	118
Sodium, Na	mg	164	46	116
Zinc, Zn	mg	0.28	0.08	0.20
Vitamins				
Vitamin C, total ascorbic acid	mg	13.6	3.9	9.7
Thiamin	mg	0.030	0.009	0.021
Riboflavin	mg	0.190	0.054	0.135
Niacin	mg	0.700	0.198	0.497
Vitamin B-6	mg	0.060	0.017	0.043
Folate, DFE	µg	11	3	8
Vitamin B-12	µg	0.21	0.06	0.15
Vitamin A, RAE	µg	80	23	57
Vitamin A, IU	IU	448	127	318
Vitamin E (alpha-tocopherol)	mg	0.75	0.21	0.53

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 piece (1/8 cake) 71g
Vitamin D (D2 + D3)	µg	0.3	0.1	0.2
Vitamin D	IU	14	4	10
Vitamin K (phylloquinone)	µg	2.4	0.7	1.7
Lipids				
Fatty acids, total saturated	g	5.066	1.436	3.597
Fatty acids, total monounsaturated	g	4.400	1.247	3.124
Fatty acids, total polyunsaturated	g	2.340	0.663	1.661
Cholesterol	mg	42	12	30
Amino Acids				
Other				
Caffeine	mg	0	0	0