

## Basic Report 18095, Cake, cherry fudge with chocolate frosting

Report Date: June 29, 2017 03:28 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
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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

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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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0