

Full Report (All Nutrients) 18095, Cake, cherry fudge with chocolate frosting

Report Date: November 18, 2017 12:30 EST

Nutrient values and weights are for edible portion.

Food Group : Baked Products

Carbohydrate Factor: 3.8 Fat Factor: 8.8 Protein Factor:3.9 Nitrogen to Protein Conversion Factor:6.1

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 oz. 28.35g | 1 piece (1/8 cake) 71g |
|--------------------------------|------|------------------------|----------------|------------|-----------------|---------------------------|
| Proximates | | | | | | |
| Water | g | 46.10 | 1 | -- | 13.07 | 32.73 |
| Energy | kcal | 264 | -- | -- | 75 | 187 |
| Energy | kJ | 1104 | -- | -- | 313 | 784 |
| Protein | g | 2.40 | 1 | -- | 0.68 | 1.70 |
| Total lipid (fat) | g | 12.50 | 1 | -- | 3.54 | 8.88 |
| Ash | g | 1.00 | 1 | -- | 0.28 | 0.71 |
| 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 | 1 | -- | 14 | 34 |
| Iron, Fe | mg | 1.10 | 1 | -- | 0.31 | 0.78 |
| Magnesium, Mg | mg | 19 | 1 | -- | 5 | 13 |
| Phosphorus, P | mg | 105 | 1 | -- | 30 | 75 |
| Potassium, K | mg | 166 | 1 | -- | 47 | 118 |
| Sodium, Na | mg | 164 | -- | -- | 46 | 116 |
| Zinc, Zn | mg | 0.28 | -- | -- | 0.08 | 0.20 |
| Copper, Cu | mg | 0.057 | -- | -- | 0.016 | 0.040 |
| Manganese, Mn | mg | 0.067 | -- | -- | 0.019 | 0.048 |
| Selenium, Se | µg | 3.4 | -- | -- | 1.0 | 2.4 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 13.6 | 1 | -- | 3.9 | 9.7 |

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| Thiamin | mg | 0.030 | 1 | -- | 0.009 | 0.021 |
| Riboflavin | mg | 0.190 | 1 | -- | 0.054 | 0.135 |
| Niacin | mg | 0.700 | 1 | -- | 0.198 | 0.497 |
| Pantothenic acid | mg | 0.463 | -- | -- | 0.131 | 0.329 |
| Vitamin B-6 | mg | 0.060 | -- | -- | 0.017 | 0.043 |
| Folate, total | µg | 10 | -- | -- | 3 | 7 |
| Folic acid | µg | 2 | -- | -- | 1 | 1 |
| Folate, food | µg | 8 | -- | -- | 2 | 6 |
| Folate, DFE | µg | 11 | -- | -- | 3 | 8 |
| Choline, total | mg | 28.5 | -- | -- | 8.1 | 20.2 |
| Vitamin B-12 | µg | 0.21 | -- | -- | 0.06 | 0.15 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 80 | -- | -- | 23 | 57 |
| Retinol | µg | 69 | -- | -- | 20 | 49 |
| Carotene, beta | µg | 131 | -- | -- | 37 | 93 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 448 | -- | -- | 127 | 318 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | µg | 42 | -- | -- | 12 | 30 |
| Vitamin E (alpha-tocopherol) | mg | 0.75 | -- | -- | 0.21 | 0.53 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| 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 |
| 4:0 | g | 0.212 | -- | -- | 0.060 | 0.151 |
| 6:0 | g | 0.124 | -- | -- | 0.035 | 0.088 |
| 8:0 | g | 0.073 | -- | -- | 0.021 | 0.052 |
| 10:0 | g | 0.163 | -- | -- | 0.046 | 0.116 |
| 12:0 | g | 0.181 | -- | -- | 0.051 | 0.129 |
| 14:0 | g | 0.660 | -- | -- | 0.187 | 0.469 |

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| 16:0 | g | 2.384 | -- | -- | 0.676 | 1.693 |
| 18:0 | g | 1.123 | -- | -- | 0.318 | 0.797 |
| Fatty acids, total monounsaturated | g | 4.400 | -- | -- | 1.247 | 3.124 |
| 16:1 undifferentiated | g | 0.183 | -- | -- | 0.052 | 0.130 |
| 18:1 undifferentiated | g | 4.113 | -- | -- | 1.166 | 2.920 |
| 20:1 | g | 0.001 | -- | -- | 0.000 | 0.001 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 2.340 | -- | -- | 0.663 | 1.661 |
| 18:2 undifferentiated | g | 2.084 | -- | -- | 0.591 | 1.480 |
| 18:3 undifferentiated | g | 0.240 | -- | -- | 0.068 | 0.170 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.008 | -- | -- | 0.002 | 0.006 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.002 | -- | -- | 0.001 | 0.001 |
| Cholesterol | mg | 42 | -- | -- | 12 | 30 |
| Amino Acids | | | | | | |
| Tryptophan | g | 0.030 | -- | -- | 0.009 | 0.021 |
| Threonine | g | 0.104 | -- | -- | 0.029 | 0.074 |
| Isoleucine | g | 0.109 | -- | -- | 0.031 | 0.077 |
| Leucine | g | 0.180 | -- | -- | 0.051 | 0.128 |
| Lysine | g | 0.148 | -- | -- | 0.042 | 0.105 |
| Methionine | g | 0.047 | -- | -- | 0.013 | 0.033 |
| Cystine | g | 0.040 | -- | -- | 0.011 | 0.028 |
| Phenylalanine | g | 0.098 | -- | -- | 0.028 | 0.070 |
| Tyrosine | g | 0.074 | -- | -- | 0.021 | 0.053 |
| Valine | g | 0.124 | -- | -- | 0.035 | 0.088 |
| Arginine | g | 0.111 | -- | -- | 0.031 | 0.079 |
| Histidine | g | 0.046 | -- | -- | 0.013 | 0.033 |
| Alanine | g | 0.118 | -- | -- | 0.033 | 0.084 |
| Aspartic acid | g | 0.232 | -- | -- | 0.066 | 0.165 |
| Glutamic acid | g | 0.420 | -- | -- | 0.119 | 0.298 |
| Glycine | g | 0.116 | -- | -- | 0.033 | 0.082 |

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| Proline | g | 0.170 | -- | -- | 0.048 | 0.121 |
| Serine | g | 0.126 | -- | -- | 0.036 | 0.089 |
| Other | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 2 | -- | -- | 1 | 1 |