

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

Report Date: February 19, 2018 20:47 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