

SweetWARE

Recipe/Formula Nutrition Analysis Report

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Chocolate Cake, Finished

Serving size: 1 slice (142g)
Servings per Container: 16

Nutrient	Amount	Nutrient	Amount
Calories	535.587 kCal	Thiamin (B1)	0.151 mg
Protein	7.895 grams	Riboflavin (B2)	0.210 mg
Carbohydrate	73.094 grams	Niacin (B3)	1.216 mg
Total Sugar	51.228 grams	Vitamin B6	0.025 mg
Added Sugar	47.484 grams	Vitamin B12	0.088 µg
Fiber	4.095 grams	Betaine	0.385 mg
Sugar Alcohols	n/a grams	Biotin	n/a µg
Other Carbohydrate	0.232 grams	Choline	22.398 mg
Total Fat	25.223 grams	Total Folate	37.921 µg
Saturated Fat	15.545 grams	Food Folate	8.397 µg
Monounsaturated Fat	7.434 grams	Folic Acid	29.523 µg
Polyunsaturated Fat	0.864 grams	Inositol	n/a mg
Omega-3 Fat	0.074 grams	Pantothenic	0.270 mg
Omega-6 Fat	0.611 grams	Vitamin C	0.630 mg
Trans Fat	0.000 grams	Vitamin D	0.673 µg
Cholesterol	49.861 mg	Total Vitamin E	0.524 mg
Other Fats	n/a mg	d-Alpha-Tocopherol	n/a mg
Sodium	432.111 mg	dl-Alpha-Tocopherol	n/a mg
Water	32.877 grams	Beta-Tocopherol	0.000 mg
Ash	1.974 grams	Gamma-Tocopherol	0.862 mg
Alcohol	0.000 grams	Delta-Tocopherol	0.000 mg
Caffeine	17.906 mg	Alpha-Tocotrienol	0.000 mg
Theobromine	245.871 mg	Beta-Tocotrienol	0.000 mg
Other Organic	n/a g	Gamma-Tocotrienol	0.000 mg
		Delta-Tocotrienol	0.000 mg
Vitamins:		Vitamin K	2.904 µg
Vitamin A	143.551 µg RAE	Other Vitamins	n/a mg
Retinol	140.916 µg RAE		
Carotene	2.666 µg RAE	Minerals:	
Beta-Carotene	2.665 µg RAE	Calcium	110.192 mg
Alpha-Carotene	0.000 µg RAE	Chlorine	n/a mg
Beta-Cryptoxanthin	0.002 µg RAE	Chromium	n/a µg
Lycopene	0.000 µg RAE	Copper	0.590 mg
Lutein + Zeaxanthin	0.380 µg RAE	Fluoride	10.510 µg

Nutrient	Amount	Nutrient	Amount
Iodine	n/a µg	Insoluble Fiber	n/a grams
Iron	3.833 mg		
Magnesium	69.933 mg	Other Carbohydrate:	
Manganese	0.721 mg	Glycerin	n/a grams
Molybdenum	n/a µg	Non-Net Carbs	n/a grams
Phosphorus	151.047 mg	Starch	n/a grams
Potassium	269.368 mg		
Selenium	2.957 µg	Amino Acids:	
Silicon	n/a mg	Alanine	0.181 grams
Sodium	432.111 mg	Arginine	0.241 grams
Sulfur	n/a mg	Aspartic Acid	0.429 grams
Zinc	1.883 mg	Cystine	0.063 grams
Other Minerals	n/a mg	Glutamic Acid	0.867 grams
		Glycine	0.151 grams
Sugars:		Histidine	0.108 grams
Fructose	0.000 grams	Hydroxyproline	0.000 grams
Galactose	0.000 grams	Isoleucine	0.230 grams
Glucose	0.002 grams	Leucine	0.375 grams
Lactose	0.000 grams	Lysine	0.291 grams
Maltose	0.000 grams	Methionine	0.088 grams
Sucrose	29.594 grams	Phenylalaine	0.222 grams
Other Sugars	n/a grams	Proline	0.388 grams
		Serine	0.236 grams
Added Sugars:		Threonine	0.186 grams
Added Fructose	n/a grams	Tryptophan	0.062 grams
Added Galactose	n/a grams	Tyrosine	0.201 grams
Added Glucose	n/a grams	Valine	0.293 grams
Added Lactose	n/a grams	Other Amino Acids	n/a grams
Added Maltose	n/a grams		
Added Sucrose	n/a grams	Fatty Acids:	
		Fatty Acid 4:0	0.636 grams
Sugar Alcohols:		Fatty Acid 6:0	0.400 grams
Maltitol	n/a grams	Fatty Acid 8:0	0.229 grams
Mannitol	n/a grams	Fatty Acid 10:0	0.485 grams
Sorbitol	n/a grams	Fatty Acid 12:0	0.512 grams
Xylitol	n/a grams	Fatty Acid 13:0	0.000 grams
Lactitol	n/a grams	Fatty Acid 14:0	1.566 grams
Isomalt	n/a grams	Fatty Acid 15:0	0.000 grams
Erythritol	n/a grams	Fatty Acid 16:0	6.588 grams
HSH	n/a grams	Fatty Acid 17:0	0.114 grams
		Fatty Acid 18:0	4.882 grams
Fiber:		Fatty Acid 19:0	n/a grams
Soluble Fiber	n/a grams	Fatty Acid 20:0	0.106 grams

Nutrient	Amount	Nutrient	Amount
Fatty Acid 22:0	0.007 grams	Campesterol	1.916 mg
Fatty Acid 24:0	0.000 grams	Stigmasterol	5.602 mg
Fatty Acid 14:1	0.000 grams		
Fatty Acid 15:1	0.000 grams	Allergens:	
Fatty Acid 16:1	0.391 grams	Egg (Egg Oeuf Huevo)	Yes
16:1 cis	0.171 grams	Fish	n/a
16:1 trans	0.000 grams	Milk (Milk Lait Leche)	Yes
Fatty Acid 17:1	0.000 grams	Peanuts	n/a
Fatty Acid 18:1	6.804 grams	Shellfish	n/a
18:1 cis	5.379 grams	Soybeans	n/a
18:1 trans	0.528 grams	Treenuts	n/a
Fatty Acid 20:1	0.018 grams	Wheat (Wheat Blé Trigo)	Yes
Fatty Acid 22:1	0.000 grams	Gluten (Gluten Gluten Gluten)	Yes
22:1 cis	0.000 grams	Mustard	n/a
22:1 trans	0.000 grams	Sesame	n/a
Fatty Acid 24:1	0.000 grams	Sulphites	n/a
Fatty Acid 16:2	n/a grams		
Fatty Acid 18:2	0.611 grams		
18:2 cis cis	0.391 grams		
18:2 cis trans	n/a grams		
18:2 trans cis	n/a grams		
18:2 trans trans	n/a grams		
18:2 other	0.052 grams		
Fatty Acid 18:3	0.252 grams		
18:3 omega 3	0.073 grams		
18:3 omega 6	0.000 grams		
Fatty Acid 18:4	0.000 grams		
Fatty Acid 20:2	0.000 grams		
Fatty Acid 20:3	0.000 grams		
20:3 omega 3	0.000 grams		
20:3 omega 6	0.000 grams		
Fatty Acid 20:4	0.001 grams		
20:4 omega 3	n/a grams		
20:4 omega 6	n/a grams		
Fatty Acid 20:5	0.000 grams		
Fatty Acid 22:2	n/a grams		
Fatty Acid 22:5	0.000 grams		
Fatty Acid 22:6	0.000 grams		
Sterols:			
Cholesterol (Animal Sterols)	49.861 mg		
Phytosterols (Total Plant Sterols)	0.000 mg		
Betasterol	13.239 mg		