



**Food ID:** F225

**Food name and Description:** Corned beef loaf

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 99%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	62.8
Energy, calculated (kcal)	227
Protein (g)	13.3
Total Fat (g)	17.9
Carbohydrate, total (g)	3.1
Ash, total (g)	2.9

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	1.8

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	51
Phosphorus, P (mg)	168
Iron, Fe (mg)	1.7
Sodium, Na (mg)	689

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	125
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	125
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	3.4
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7.54
Fatty acids, monounsaturated, total (g)	6
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	114