

**Food ID:** F226**Food name and Description:** Corned beef, cnd**Scientific name:** N/A**Alternate/Common name(s):** Karne norte**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	69.4
Energy, calculated (kcal)	168
Protein (g)	17.9
Total Fat (g)	10.7
Carbohydrate, total (g)	0
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	5
Phosphorus, P (mg)	105
Iron, Fe (mg)	1.9
Potassium, K (mg)	89
Sodium, Na (mg)	567
Zinc, Zn (mg)	4.1

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	7
beta-Carotene (µg)	21
Retinol Activity Equivalent, RAE (µg)	9
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.51
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0.27
Palmitic, C16 (g)	2.34
Stearic, C18 (g)	1.9
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	3.58
Oleic , C18:1 (g)	3.58
Fatty acids, polyunsaturated, total(g)	0.12
Linoleic, C18:2 (g)	0.12
Linolenic, C18:3 (g)	0
Cholesterol (mg)	68