



Food ID: F228

Food name and Description: Ham

Scientific name:

Alternate/Common name(s): Hamon

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	42.4
Energy, calculated (kcal)	421
Protein (g)	16.4
Total Fat (g)	39.5
Carbohydrate, total (g)	0
Ash, total (g)	1.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	25
Phosphorus, P (mg)	74
Iron, Fe (mg)	1.4
Sodium, Na (mg)	1836

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	70
Thiamin, Vitamin B1 (mg)	0.37
Riboflavin, Vitamin B2 (mg)	0.27
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	14.12
Fatty acids, monounsaturated, total (g)	18.56
Fatty acids, polyunsaturated, total(g)	3.5
Cholesterol (mg)	119