



Food ID: F229

Food name and Description: Ham, chopped, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	61.7
Energy, calculated (kcal)	220
Protein (g)	14.1
Total Fat (g)	16.1
Carbohydrate, total (g)	4.6
Ash, total (g)	3.5

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)	100
Phosphorus, P (mg)	184
Iron, Fe (mg)	1.7
Sodium, Na (mg)	1250

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.26
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	2.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.38
Fatty acids, monounsaturated, total (g)	7.83
Fatty acids, polyunsaturated, total(g)	1.76
Cholesterol (mg)	42