

**Food ID:** F230**Food name and Description:** Ham, deviled spread**Scientific name:** N/A**Alternate/Common name(s):** N/A**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	58.2
Energy, calculated (kcal)	254
Protein (g)	13.8
Total Fat (g)	18.9
Carbohydrate, total (g)	7.2
Ash, total (g)	1.9

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)	28
Phosphorus, P (mg)	162
Iron, Fe (mg)	1.6
Sodium, Na (mg)	1201

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	30
Retinol Activity Equivalent, RAE (µg)	73
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	2.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	6.14
Fatty acids, monounsaturated, total (g)	8.73
Fatty acids, polyunsaturated, total(g)	3.27
Cholesterol (mg)	45