

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: F230 Food name and Description: Ham, deviled spread Scientific name: N/AAlternate/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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 12:13:52