



Republic of the Philippines

Department of Science and Technology

FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: F232

Food name and Description: Hamburger patty

Scientific name: N/A

Alternate/Common name(s): -

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	43.3
Energy, calculated (kcal)	319
Protein (g)	10.8
Total Fat (g)	20.1
Carbohydrate, total (g)	23.8
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.7
Sugars, total (g)	1.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	23
Phosphorus, P (mg)	1090
Iron, Fe (mg)	1.7
Potassium, K (mg)	259
Sodium, Na (mg)	128
Zinc, Zn (mg)	1.6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	9
beta-Carotene (µg)	43
Retinol Activity Equivalent, RAE (µg)	13
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7.35
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0.51
Palmitic, C16 (g)	4.03
Stearic, C18 (g)	2.81
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	6.91
Oleic , C18:1 (g)	6.91
Fatty acids, polyunsaturated, total(g)	0.09
Linoleic, C18:2 (g)	0.09
Linolenic, C18:3 (g)	0
Cholesterol (mg)	51