



Food ID: F233

Food name and Description: Liver pate, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	60.3
Energy, calculated (kcal)	232
Protein (g)	14.5
Total Fat (g)	17.5
Carbohydrate, total (g)	4
Ash, total (g)	3.7

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)	86
Phosphorus, P (mg)	183
Iron, Fe (mg)	5.5
Sodium, Na (mg)	600

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	80
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.42
Niacin (mg)	4.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.98
Fatty acids, monounsaturated, total (g)	7.73
Fatty acids, polyunsaturated, total(g)	1.98
Cholesterol (mg)	159