



Food ID: F234

Food name and Description: Liver spread

Scientific name: N/A

Alternate/Common name(s): N/A

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	63.6
Energy, calculated (kcal)	185
Protein (g)	9.3
Total Fat (g)	9.8
Carbohydrate, total (g)	14.9
Ash, total (g)	2.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	3.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	27
Phosphorus, P (mg)	47
Iron, Fe (mg)	4.8
Potassium, K (mg)	210
Sodium, Na (mg)	699
Zinc, Zn (mg)	1.9

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	2067
beta-Carotene (µg)	6
Retinol Activity Equivalent, RAE (µg)	2068
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.36
Niacin (mg)	2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.37
Caproic, C6 (g)	0.05

Caprylic, C8 (g)	0.6
Capric, C10 (g)	0.46
Lauric, C12 (g)	3.66
Myristic, C14 (g)	1.52
Palmitic, C16 (g)	1.24
Stearic, C18 (g)	0.64
Arachidic, C20 (g)	0
Behenic, C22 (g)	0.15
Lignoceric, C24 (g)	0.06
Fatty acids, monounsaturated, total (g)	1.15
Oleic , C18:1 (g)	1.15
Fatty acids, polyunsaturated, total(g)	0.6
Linoleic, C18:2 (g)	0.57
Linolenic, C18:3 (g)	0.04
Cholesterol (mg)	93