

**Food ID:** F235**Food name and Description:** Luncheon meat, cnd**Scientific name:** N/A**Alternate/Common name(s):** -**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	52.4
Energy, calculated (kcal)	307
Protein (g)	13.7
Total Fat (g)	26.4
Carbohydrate, total (g)	3.7
Ash, total (g)	3.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	3

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	6
Phosphorus, P (mg)	189
Iron, Fe (mg)	0.7
Potassium, K (mg)	427
Sodium, Na (mg)	956
Zinc, Zn (mg)	1.7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	8
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (μg)	8
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	8.9
Caproic, C6 (g)	0.02

Caprylic, C8 (g)	0
Capric, C10 (g)	0.02
Lauric, C12 (g)	0.01
Myristic, C14 (g)	0.32
Palmitic, C16 (g)	5.65
Stearic, C18 (g)	2.88
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	9.58
Oleic , C18:1 (g)	9.58
Fatty acids, polyunsaturated, total(g)	3.27
Linoleic, C18:2 (g)	3.07
Linolenic, C18:3 (g)	0.21
Cholesterol (mg)	83