



Food ID: F236

Food name and Description: Luncheon meat, deviled spread

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	54.7
Energy, calculated (kcal)	308
Protein (g)	12.1
Total Fat (g)	28.4
Carbohydrate, total (g)	1
Ash, total (g)	3.8

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)	59
Phosphorus, P (mg)	168
Iron, Fe (mg)	0.9
Sodium, Na (mg)	1302

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	40
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	40
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	9.23
Fatty acids, monounsaturated, total (g)	13.11
Fatty acids, polyunsaturated, total(g)	4.92
Cholesterol (mg)	68