



**Food ID:** F237

**Food name and Description:** Luncheon meat, pork & ham

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	51.6
Energy, calculated (kcal)	321
Protein (g)	13.6
Total Fat (g)	28.6
Carbohydrate, total (g)	2.3
Ash, total (g)	3.9

## **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)	76
Phosphorus, P (mg)	155
Iron, Fe (mg)	1.2
Sodium, Na (mg)	1414

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	50
beta-Carotene (µg)	70
Retinol Activity Equivalent, RAE (µg)	56
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	2.1
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	10.74
Fatty acids, monounsaturated, total (g)	14.52
Fatty acids, polyunsaturated, total(g)	2.17
Cholesterol (mg)	76