



Food ID: F240

Food name and Description: Meat loaf

Scientific name: N/A

Alternate/Common name(s): -

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.5
Energy, calculated (kcal)	161
Protein (g)	9.7
Total Fat (g)	7.7
Carbohydrate, total (g)	13.1
Ash, total (g)	3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	2.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	16
Phosphorus, P (mg)	144
Iron, Fe (mg)	3.6
Potassium, K (mg)	97
Sodium, Na (mg)	725
Zinc, Zn (mg)	1.6

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	1
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.27
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0.06
Palmitic, C16 (g)	0.81
Stearic, C18 (g)	0.39
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	1.42
Oleic , C18:1 (g)	1.42
Fatty acids, polyunsaturated, total(g)	0.44
Linoleic, C18:2 (g)	0.44
Linolenic, C18:3 (g)	0
Cholesterol (mg)	55