



Food ID: F249

Food name and Description: Sausage, chorizo

Scientific name:

Alternate/Common name(s): Longanisa, chorizo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	25.8
Energy, calculated (kcal)	440
Protein (g)	29.6
Total Fat (g)	33.2
Carbohydrate, total (g)	5.8
Ash, total (g)	5.6

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)	91
Phosphorus, P (mg)	250
Iron, Fe (mg)	5.3
Sodium, Na (mg)	1345

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	195
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	195
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.36
Niacin (mg)	5.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	12.47
Fatty acids, monounsaturated, total (g)	15.96
Fatty acids, polyunsaturated, total(g)	3
Cholesterol (mg)	76