

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 15:17:26