



Food ID: F250

Food name and Description: Sausage, chorizo, Bilbao style

Scientific name: N/A

Alternate/Common name(s): Longanisa, chorizo de Bilbao

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	37.2
Energy, calculated (kcal)	436
Protein (g)	18
Total Fat (g)	40.3
Carbohydrate, total (g)	0.2
Ash, total (g)	4.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	12
Phosphorus, P (mg)	95
Iron, Fe (mg)	3.2
Potassium, K (mg)	339
Sodium, Na (mg)	1265
Zinc, Zn (mg)	3.3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	85
Retinol Activity Equivalent, RAE (µg)	37
Thiamin, Vitamin B1 (mg)	0.19
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	4.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	14.79
Fatty acids, monounsaturated, total (g)	14.12

Fatty acids, polyunsaturated, total(g)	3.81
Cholesterol (mg)	128