



Food ID: F251

Food name and Description: Sausage, frankfurter

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	63.8
Energy, calculated (kcal)	208
Protein (g)	13.3
Total Fat (g)	15.1
Carbohydrate, total (g)	4.8
Ash, total (g)	3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2
Sugars, total (g)	2.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	67
Phosphorus, P (mg)	110
Iron, Fe (mg)	2.3
Sodium, Na (mg)	899

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	115
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	116
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	2.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.88
Fatty acids, monounsaturated, total (g)	4.69
Fatty acids, polyunsaturated, total(g)	2.44
Cholesterol (mg)	53