

**Food ID:** F252**Food name and Description:** Sausage, ham**Scientific name:** -**Alternate/Common name(s):** -**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	69.6
Energy, calculated (kcal)	160
Protein (g)	14.1
Total Fat (g)	10.3
Carbohydrate, total (g)	2.8
Ash, total (g)	3.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	47
Phosphorus, P (mg)	114
Iron, Fe (mg)	0.8
Sodium, Na (mg)	1062

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	185
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	185
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	3.3
Niacin from tryptophan (mg)	5.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.52
Fatty acids, monounsaturated, total (g)	5.21
Fatty acids, polyunsaturated, total(g)	0.94

