

**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

