

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



Food ID: F254 Food name and Description: Sausage, hotdog, smoked Scientific name: Alternate/Common name(s): Edible portion: 100%

# Proximates (Food Composition per 100g Edible Portion)

Water (g)	71.1
Energy, calculated (kcal)	160
Protein (g)	12.9
Total Fat (g)	10.8
Carbohydrate, total (g)	2.7
Ash, total (g)	2.5

### 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)	32
Phosphorus, P (mg)	130
Iron, Fe (mg)	1
Sodium, Na (mg)	572

## Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	135
beta-Carotene (μg)	280
Retinol Activity Equivalent, RAE (µg)	158
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	1.7
Ascorbic Acid, Vitamin C (mg)	0

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	3.67
Fatty acids, monounsaturated, total (g)	4.6
Fatty acids, polyunsaturated, total(g)	1.48
Cholesterol (mg)	22

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 9:57:24