



**Food ID:** F255

**Food name and Description:** Sausage, hotdog, w/ cheese

**Scientific name:** N/A

**Alternate/Common name(s):** Cheese dog

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	57.6
Energy, calculated (kcal)	245
Protein (g)	11.7
Total Fat (g)	18.1
Carbohydrate, total (g)	8.8
Ash, total (g)	3.8

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	3
Sugars, total (g)	5

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	142
Phosphorus, P (mg)	211
Iron, Fe (mg)	2
Potassium, K (mg)	176
Sodium, Na (mg)	1088
Zinc, Zn (mg)	1.3

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

Retinol, Vitamin A (µg)	26
beta-Carotene (µg)	15
Retinol Activity Equivalent, RAE (µg)	27
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	1.9
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	6.19
Fatty acids, monounsaturated, total (g)	4.95

Fatty acids, polyunsaturated, total(g)	2.25
Cholesterol (mg)	64