



**Food ID:** F256

**Food name and Description:** Sausage, mortadella

**Scientific name:**

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

**Edible portion:** 100%

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

Water (g)	60.3
Energy, calculated (kcal)	260
Protein (g)	8.6
Total Fat (g)	22.1
Carbohydrate, total (g)	6.7
Ash, total (g)	2.3

## **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)	38
Phosphorus, P (mg)	101
Iron, Fe (mg)	1.2
Sodium, Na (mg)	1037

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	2.1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	8.28
Fatty acids, monounsaturated, total (g)	9.91
Fatty acids, polyunsaturated, total(g)	2.72
Cholesterol (mg)	49