



Food ID: F257

Food name and Description: Sausage, pork

Scientific name: N/A

Alternate/Common name(s): Longanisa, baboy

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	47.3
Energy, calculated (kcal)	315
Protein (g)	11.8
Total Fat (g)	22.7
Carbohydrate, total (g)	15.8
Ash, total (g)	2.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.9
Sugars, total (g)	-

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	23
Phosphorus, P (mg)	43
Iron, Fe (mg)	1.5
Potassium, K (mg)	165
Sodium, Na (mg)	714
Zinc, Zn (mg)	1.7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	58
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	58
Thiamin, Vitamin B1 (mg)	0.23
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	6.93
Fatty acids, monounsaturated, total (g)	9.01

Fatty acids, polyunsaturated, total(g)	4.06
Cholesterol (mg)	65