



Food ID: F258

Food name and Description: Sausage, pork & beef

Scientific name: N/A

Alternate/Common name(s): Longanisa, baboy at baka

Edible portion: 95%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	37
Energy, calculated (kcal)	432
Protein (g)	13.5
Total Fat (g)	38.5
Carbohydrate, total (g)	7.8
Ash, total (g)	3.2

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)	30
Phosphorus, P (mg)	78
Iron, Fe (mg)	1.7
Sodium, Na (mg)	1055

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	155
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	156
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	1.6
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	13.76
Fatty acids, monounsaturated, total (g)	18.25
Fatty acids, polyunsaturated, total(g)	4.14
Cholesterol (mg)	75