



Food ID: F259

Food name and Description: Sausage, pork, Chinese

Scientific name: N/A

Alternate/Common name(s): Longanisa, baboy, Chinese/Chorizo de Macau

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	25.3
Energy, calculated (kcal)	498
Protein (g)	15.6
Total Fat (g)	42.6
Carbohydrate, total (g)	13
Ash, total (g)	3.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	9.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	9
Phosphorus, P (mg)	28
Iron, Fe (mg)	1.9
Potassium, K (mg)	238
Sodium, Na (mg)	1001
Zinc, Zn (mg)	1.5

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	20
beta-Carotene (µg)	2
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	19.9
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Fatty acids, monounsaturated, total (g)	19.6
Fatty acids, polyunsaturated, total(g)	6.67
Cholesterol (mg)	94