



Food ID: F260

Food name and Description: Sausage, salami

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	59.6
Energy, calculated (kcal)	244
Protein (g)	16.2
Total Fat (g)	18.7
Carbohydrate, total (g)	2.7
Ash, total (g)	2.8

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	1.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	43
Phosphorus, P (mg)	111
Iron, Fe (mg)	1.4
Sodium, Na (mg)	1023

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	100
beta-Carotene (µg)	30
Retinol Activity Equivalent, RAE (µg)	103
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	3.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7.84
Fatty acids, monounsaturated, total (g)	7.34
Fatty acids, polyunsaturated, total(g)	2.11
Cholesterol (mg)	62