

**Food ID:** F262**Food name and Description:** Sausage, Vienna, tidbits**Scientific name:** N/A**Alternate/Common name(s):** N/A**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	74.6
Energy, calculated (kcal)	127
Protein (g)	8.3
Total Fat (g)	6.6
Carbohydrate, total (g)	8.5
Ash, total (g)	2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.6

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	39
Phosphorus, P (mg)	78
Iron, Fe (mg)	0.2
Sodium, Na (mg)	614

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	105
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	105
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	1.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.41
Fatty acids, monounsaturated, total (g)	2.28
Fatty acids, polyunsaturated, total(g)	0.66
Cholesterol (mg)	28