

**Food ID:** R007**Food name and Description:** Hamburger sandwich w/ coleslaw**Scientific name:****Alternate/Common name(s):****Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	46.9
Energy, calculated (kcal)	246
Protein (g)	12.1
Total Fat (g)	8.4
Carbohydrate, total (g)	30.5
Ash, total (g)	2.1

**Other Carbohydrate** (Food Composition per 100g Edible Portion)

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

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	69
Phosphorus, P (mg)	125
Iron, Fe (mg)	2.4
Sodium, Na (mg)	481

**Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.21
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	2.2
Ascorbic Acid, Vitamin C (mg)	5

**Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.57
Fatty acids, monounsaturated, total (g)	3.3
Fatty acids, polyunsaturated, total(g)	1.61
Cholesterol (mg)	16