



Food ID: R008

Food name and Description: Hamburger sandwich, reg

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	44.3
Energy, calculated (kcal)	265
Protein (g)	14
Total Fat (g)	9.9
Carbohydrate, total (g)	30.1
Ash, total (g)	1.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.5
Sugars, total (g)	4.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	63
Phosphorus, P (mg)	125
Iron, Fe (mg)	2.3
Sodium, Na (mg)	300

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	10
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	11
Thiamin, Vitamin B1 (mg)	0.17
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	2.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.68
Fatty acids, monounsaturated, total (g)	3.97
Fatty acids, polyunsaturated, total(g)	1.38
Cholesterol (mg)	27