



Food ID: R030

Food name and Description: Beef hamburger w/ tomato sce, cnd

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	67.4
Energy, calculated (kcal)	145
Protein (g)	9.4
Total Fat (g)	4.6
Carbohydrate, total (g)	16.5
Ash, total (g)	2.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.9
Sugars, total (g)	4.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	43
Phosphorus, P (mg)	81
Iron, Fe (mg)	2.4
Sodium, Na (mg)	467

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	-
beta-Carotene (µg)	-
Retinol Activity Equivalent, RAE (µg)	-
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	-
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	-
Cholesterol (mg)	-