



**Food ID:** R041

**Food name and Description:** Corned beef hash, cnd

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	75.7
Energy, calculated (kcal)	104
Protein (g)	8.4
Total Fat (g)	3.1
Carbohydrate, total (g)	10.7
Ash, total (g)	2.1

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

Fiber, total dietary (g)	0.9
Sugars, total (g)	1.4

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

Calcium, Ca (mg)	22
Phosphorus, P (mg)	58
Iron, Fe (mg)	2.1
Sodium, Na (mg)	315

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

Retinol, Vitamin A (µg)	70
beta-Carotene (µg)	30
Retinol Activity Equivalent, RAE (µg)	73
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	2.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.31
Fatty acids, monounsaturated, total (g)	1.59
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	10