NDB No. 07269
BUTCHER BOY MEATS, INC., Turkey Franks

frankfurter, hot dog, wiener
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.06		0	MC	9		33.07		
Energy	kcal	239		0	MC	9		134		
Energy	kJ	1000				9		560		
Protein	g	13.45		0	MC	9		7.53		
Total lipid (fat)	g	18.17		0	MC	9		10.18		
Ash	g	4.66		0	MC	9		2.61		
Carbohydrate, by difference	g	4.66		0	MC	9		2.61		
Fiber, total dietary	g	0.2		0	MC	9		0.1		
Sugars, total	g	2.49		0	MC	9		1.39		
Starch	g									
Minerals:										
Calcium, Ca	mg	148		0	MC	9		83		
Iron, Fe	mg	1.83		0	MC	9		1.02		
Magnesium, Mg	mg	14		0	MC	9		8		
Phosphorus, P	mg	246		0	MC	9		138		
Potassium, K	mg	189		0	MC	9		106		
Sodium, Na	mg	1162		0	MC	9		651		
Zinc, Zn	mg	2.88		0	MC	9		1.61		
Copper, Cu	mg	0.098		0	MC	9		0.055		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.8		0	MC	9		0.4		
Thiamin	mg	0.057		0	MC	9		0.032		
Riboflavin	mg	0.145		0	MC	9		0.081		
Niacin	mg	2.089		0	MC	9		1.170		
Pantothenic acid	mg	0.669		0	MC	9		0.375		
Vitamin B-6	mg	0.208		0	MC	9		0.116		
Folate, total	mcg	7		0	MC	9		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	7		0	MC	9		4		
Folate, DFE	mcg_DFE	7		0	NC	4		4		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.25		0	MC	9		0.14		
Vitamin A, RAE	mcg_RAE	15		0	MC	9		8		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	297		0	MC	9		166		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.3		0	MC	9		0.2		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	12		0	MC	9		7		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.860		0	MC	9		3.282		
4:0	g									
6:0	g									
8:0	g									

NDB No. 07269
BUTCHER BOY MEATS, INC., Turkey Franks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g									
15:0.....g									
16:0.....g									
17:0.....g									
18:0.....g	1.823		0	MC	9		1.021		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.542		0	MC	9		3.104		
Fatty acids, total polyunsaturated.....g	5.046		0	MC	9		2.826		
Fatty acids, total trans.....g									
Cholesterol.....mg	104		0	MC	9		58		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07921
Bacon and beef sticks

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	21.60		1	A	1		6.05		
Energy....kcal	517		0	NC	4		145		
Energy....kJ	2165		0	NC	4		606		
Protein (N x 6.25)....g	29.10		1	A	1		8.15		
Total lipid (fat)....g	44.20		1	A	1		12.38		
Ash....g	4.30		1	A	1		1.20		
Carbohydrate, by difference....g	0.80		0	MC	9		0.22		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.80		1	A	1		0.22		
Starch....g									
Minerals:									
Calcium, Ca....mg	14		1	A	1		4		
Iron, Fe....mg	1.86		1	A	1		0.52		
Magnesium, Mg....mg	17		0	BFZN	4		5		
Phosphorus, P....mg	142		0	BFZN	4		40		
Potassium, K....mg	385		1	A	1		108		
Sodium, Na....mg	1420		1	A	1		398		
Zinc, Zn....mg	3.23		0	BFZN	4		0.90		
Copper, Cu....mg	0.080		0	BFZN	4		0.022		
Manganese, Mn....mg	0.038		0	BFZN	4		0.011		
Selenium, Se....mcg	26.1		0	BFZN	4		7.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.600		0	BFZN	4		0.168		
Riboflavin....mg	0.285		0	BFZN	4		0.080		
Niacin....mg	4.867		0	BFZN	4		1.363		
Pantothenic acid....mg	1.060		0	BFZN	4		0.297		
Vitamin B-6....mg	0.500		0	BFZN	4		0.140		
Folate, total....mcg	2		0	BFZN	4		1		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	2		0	BFZN	4		1		
Folate, DFE....mcg_DFE	2		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.90		0	BFZN	4		0.53		
Vitamin A, RAE....mcg_RAE	0		0	Z	7		0		
Retinol....mcg	0		0	BFZN	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	Z	7		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		0.4		
Lipids:									
Fatty acids, total saturated....g	16.000		1	A	1		4.480		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		

NDB No. 07921
Bacon and beef sticks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.060		0	BFZN	4		0.017		
12:0 g	0.040		0	BFZN	4		0.011		
13:0 g									
14:0 g	0.510		0	BFZN	4		0.143		
15:0 g									
16:0 g	7.600		0	BFZN	4		2.128		
17:0 g									
18:0 g	4.000		0	BFZN	4		1.120		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	21.900		1	A	1		6.132		
14:1 g									
15:1 g									
16:1 undifferentiated g	1.690		0	BFZN	4		0.473		
17:1 g									
18:1 undifferentiated g	15.400		0	BFZN	4		4.312		
20:1 g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated g	0.000		0	BFZN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	4.300		1	A	1		1.204		
18:2 undifferentiated g	2.870		0	BFZN	4		0.804		
18:3 undifferentiated g	0.330		0	BFZN	4		0.092		
18:4 g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	102		1	A	1		29		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.210		0	BFZN	4		0.059		
Threonine g	0.959		0	BFZN	4		0.269		
Isoleucine g	0.971		0	BFZN	4		0.272		
Leucine g	1.732		0	BFZN	4		0.485		
Lysine g	1.824		0	BFZN	4		0.511		
Methionine g	0.593		0	BFZN	4		0.166		
Cystine g	0.262		0	BFZN	4		0.073		
Phenylalanine g	0.868		0	BFZN	4		0.243		
Tyrosine g	0.710		0	BFZN	4		0.199		
Valine g	1.083		0	BFZN	4		0.303		
Arginine g	1.516		0	BFZN	4		0.424		
Histidine g	0.699		0	BFZN	4		0.196		
Alanine g	1.480		0	BFZN	4		0.414		
Aspartic acid g	2.073		0	BFZN	4		0.580		
Glutamic acid g	3.383		0	BFZN	4		0.947		
Glycine g	1.641		0	BFZN	4		0.459		
Proline g	1.188		0	BFZN	4		0.333		
Serine g	0.942		0	BFZN	4		0.264		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07921
Bacon and beef sticks

Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07001
Barbecue loaf, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.82	0.836	5		1		18.38	14.91	
Energy....kcal	173		0	NC	4		49	40	
Energy....kJ	724				4		205	166	
Protein (N x 6.25)....g	15.84	0.436	5		1		4.49	3.64	
Total lipid (fat)....g	8.90	1.046	5		1		2.52	2.05	
Ash....g	4.04	0.136	5		1		1.15	0.93	
Carbohydrate, by difference....g	6.40		0	NC	4		1.81	1.47	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	55	4.273	5		1		16	13	
Iron, Fe....mg	1.16	0.262	5		1		0.33	0.27	
Magnesium, Mg....mg	17	1.157	5		1		5	4	
Phosphorus, P....mg	132	12.840	5		1		37	30	
Potassium, K....mg	329	6.985	5		1		93	76	
Sodium, Na....mg	1334	47.217	5		1		378	307	
Zinc, Zn....mg	2.46	0.186	5		1		0.70	0.57	
Copper, Cu....mg	0.070	0.012	5		1		0.020	0.016	
Manganese, Mn....mg	0.040	0.005	5		1		0.011	0.009	
Selenium, Se....mcg	21.3		0	RF	4		6.0	4.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.360	0.012	5		1		0.102	0.083	
Riboflavin....mg	0.248	0.013	5		1		0.070	0.057	
Niacin....mg	2.266	0.197	5		1		0.642	0.521	
Pantothenic acid....mg	1.570		1		1		0.445	0.361	
Vitamin B-6....mg	0.260	0.030	5		1		0.074	0.060	
Folate, total....mcg	9		0		4		3	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		4		3	2	
Folate, DFE....mcg_DFE	9		0	NC	4		3	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.68	0.119	5		1		0.48	0.39	
Vitamin A, RAE....mcg_RAE	3		0		4		1	1	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	68		0		4		19	16	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.9		0	T	4		0.3	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	36		0	T	4		10	8	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.170		0		1		0.899	0.729	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 07001
Barbecue loaf, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.040	0.010	5		1		0.011	0.009	
12:0 g	0.020	0.004	5		1		0.006	0.005	
13:0 g									
14:0 g	0.140	0.008	5		1		0.040	0.032	
15:0 g									
16:0 g	1.890	0.246	5		1		0.536	0.435	
17:0 g									
18:0 g	1.090	0.134	5		1		0.309	0.251	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.140		0		1		1.174	0.952	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.350	0.033	5		1		0.099	0.081	
17:1 g									
18:1 undifferentiated g	3.800	0.491	5		1		1.077	0.874	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.810		0		1		0.230	0.186	
18:2 undifferentiated g	0.720	0.056	5		1		0.204	0.166	
18:3 undifferentiated g	0.090	0.015	5		1		0.026	0.021	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	37	3.572	5		1		10	9	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.171		0		4		0.048	0.039	
Threonine g	0.684		0		4		0.194	0.157	
Isoleucine g	0.732		0		4		0.208	0.168	
Leucine g	1.283		0		4		0.364	0.295	
Lysine g	1.319		0		4		0.374	0.303	
Methionine g	0.395		0		4		0.112	0.091	
Cystine g	0.196		0		4		0.056	0.045	
Phenylalanine g	0.640		0		4		0.181	0.147	
Tyrosine g	0.539		0		4		0.153	0.124	
Valine g	0.795		0		4		0.225	0.183	
Arginine g	0.972		0		4		0.276	0.224	
Histidine g	0.517		0		4		0.147	0.119	
Alanine g	0.886		0		4		0.251	0.204	
Aspartic acid g	1.399		0		4		0.397	0.322	
Glutamic acid g	2.522		0		4		0.715	0.580	
Glycine g	0.837		0		4		0.237	0.193	
Proline g	0.914		0		4		0.259	0.210	
Serine g	0.677		0		4		0.192	0.156	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice (5-7/8" x 3-1/2" x 1/16")

NDB No. 07001
Barbecue loaf, pork, beef

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07956
Beef sausage, fresh, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.12		1	A	1				
Energy	kcal	332		0	NC	4				
Energy	kJ	1387		0	NC	4				
Protein (N x 6.25)	g	18.21		1	A	1				
Total lipid (fat)	g	27.98		1	A	1				
Ash	g	2.34		1	A	1				
Carbohydrate, by difference	g	0.35		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1	A	1				
Iron, Fe	mg	1.57		1	A	1				
Magnesium, Mg	mg	14		1	A	1				
Phosphorus, P	mg	141		1	A	1				
Potassium, K	mg	258		1	A	1				
Sodium, Na	mg	652		1	A	1				
Zinc, Zn	mg	4.38		1	A	1				
Copper, Cu	mg	0.069		1	A	1				
Manganese, Mn	mg	0.000		1	A	1				
Selenium, Se	mcg	0.0		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.048		1	A	1				
Riboflavin	mg	0.150		1	A	1				
Niacin	mg	3.600		1	A	1				
Pantothenic acid	mg	0.515		1	A	1				
Vitamin B-6	mg	0.313		1	A	1				
Folate, total	mcg	3		1	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	3		1	A	1				
Folate, DFE	mcg_DFE	3		0	NC	4				
Choline, total	mg	51.4		0	AS	1				
Betaine	mg	10.4		1	A	1				
Vitamin B-12	mcg	2.01		1	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	13		0	AS	1				
Retinol	mcg	11		1	A	1				
Carotene, beta	mcg	15		1	A	1				
Carotene, alpha	mcg	11		1	A	1				
Cryptoxanthin, beta	mcg	11		1	A	1				
Vitamin A, IU	IU	81		0	AS	1				
Lycopene	mcg	11		1	A	1				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.24		2	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.08		2	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D (D2 + D3)	mcg	0.5		0	BFFN	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.5		0	BFFN	4				
Vitamin D	IU	18		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	1.1		2	A	1				
Lipids:										
Fatty acids, total saturated	g	10.905		1	A	1				
4:0	g	0.000		0	Z	7				

NDB No. 07956
Beef sausage, fresh, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7				
8:0 g	0.000		1	A	1				
10:0 g	0.000		1	A	1				
12:0 g	0.000		1	A	1				
13:0 g									
14:0 g	0.000		1	A	1				
15:0 g	0.130		1	A	1				
16:0 g	6.325		1	A	1				
17:0 g									
18:0 g	3.260		1	A	1				
20:0 g	0.000		1	A	1				
22:0 g	0.000		1	A	1				
24:0 g									
Fatty acids, total monounsaturated g	12.639		1	A	1				
14:1 g	0.255		1	A	1				
15:1 g	0.030		1	A	1				
16:1 undifferentiated g	0.000		0	Z	7				
17:1 g									
18:1 undifferentiated g	11.202		1	A	1				
20:1 g	0.101		1	A	1				
22:1 undifferentiated g	0.000		0	Z	7				
24:1 c g									
Fatty acids, total polyunsaturated g	0.663		1	A	1				
18:2 undifferentiated g	0.568		1	A	1				
18:3 undifferentiated g	0.000		0	Z	7				
18:3 n-3 c,c,c (ALA) g	0.050		1	A	1				
18:3 n-6 c,c,c g	0.050		1	A	1				
18:3i g									
18:4 g	0.000		0	Z	7				
20:2 n-6 c,c g	0.000		1	A	1				
20:3 undifferentiated g	0.000		1	A	1				
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.045		1	A	1				
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7				
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7				
22:6 n-3 (DHA) g	0.000		0	Z	7				
Fatty acids, total trans g	1.440		1	A	1				
Cholesterol mg	82		1	A	1				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.118		1	A	1				
Threonine g	0.805		1	A	1				
Isoleucine g	0.864		1	A	1				
Leucine g	1.492		1	A	1				
Lysine g	1.607		1	A	1				
Methionine g	0.408		1	A	1				
Cystine g	0.208		1	A	1				
Phenylalanine g	0.752		1	A	1				
Tyrosine g	0.579		1	A	1				
Valine g	0.989		1	A	1				
Arginine g	1.209		1	A	1				
Histidine g	0.653		1	A	1				
Alanine g	1.257		1	A	1				
Aspartic acid g	1.768		1	A	1				
Glutamic acid g	2.986		1	A	1				
Glycine g	1.280		1	A	1				
Proline g	0.921		1	A	1				
Serine g	0.770		1	A	1				

NDB No. 07956
Beef sausage, fresh, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.283		1	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07954
Beef sausage, pre-cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.75		1	A	1				
Energy	kcal	405		0	NC	4				
Energy	kJ	1695		0	NC	4				
Protein (N x 6.25)	g	15.50		1	A	1				
Total lipid (fat)	g	37.57		1	A	1				
Ash	g	3.16		1	A	1				
Carbohydrate, by difference	g	0.03		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	15		1	A	1				
Iron, Fe	mg	1.53		1	A	1				
Magnesium, Mg	mg	13		1	A	1				
Phosphorus, P	mg	185		1	A	1				
Potassium, K	mg	234		1	A	1				
Sodium, Na	mg	910		1	A	1				
Zinc, Zn	mg	2.92		1	A	1				
Copper, Cu	mg	0.066		1	A	1				
Manganese, Mn	mg	0.042		1	A	1				
Selenium, Se	mcg	0.0		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		1	A	1				
Thiamin	mg	0.028		1	A	1				
Riboflavin	mg	0.117		1	A	1				
Niacin	mg	3.210		1	A	1				
Pantothenic acid	mg	0.401		1	A	1				
Vitamin B-6	mg	0.192		1	A	1				
Folate, total	mcg	5		1	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	5		1	A	1				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg	42.8		0	AS	1				
Betaine	mg	7.3		1	A	1				
Vitamin B-12	mcg	2.03		1	A	1				
Vitamin B-12, added	mcg	0.00		0	Z	7				
Vitamin A, RAE	mcg_RAE	25		0	AS	1				
Retinol	mcg	23		1	A	1				
Carotene, beta	mcg	11		1	A	1				
Carotene, alpha	mcg	11		1	A	1				
Cryptoxanthin, beta	mcg	11		1	A	1				
Vitamin A, IU	IU	114		0	AS	1				
Lycopene	mcg	15		1	A	1				
Lutein + zeaxanthin	mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)	mg	0.49		2	A	1				
Vitamin E, added	mg	0.00		0	Z	7				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.10		2	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D (D2 + D3)	mcg	0.6		0	BFFN	4				
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.6		0	BFFN	4				
Vitamin D	IU	25		0	BFFN	4				
Vitamin K (phylloquinone)	mcg	2.1		2	A	1				
Lipids:										
Fatty acids, total saturated	g	15.098		1	A	1				
4:0	g	0.000		0	Z	7				

NDB No. 07954
Beef sausage, pre-cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7				
8:0 g	0.000		1	A	1				
10:0 g	0.000		1	A	1				
12:0 g	0.000		1	A	1				
13:0 g									
14:0 g	1.222		1	A	1				
15:0 g	0.194		1	A	1				
16:0 g	8.565		1	A	1				
17:0 g	0.486		1	A	1				
18:0 g	4.631		1	A	1				
20:0 g	0.000		1	A	1				
22:0 g	0.000		1	A	1				
24:0 g									
Fatty acids, total monounsaturated g	16.387		1	A	1				
14:1 g	0.316		1	A	1				
15:1 g	0.000		1	A	1				
16:1 undifferentiated g	1.271		1	A	1				
17:1 g									
18:1 undifferentiated g	14.670		1	A	1				
20:1 g	0.130		1	A	1				
22:1 undifferentiated g	0.000		0	Z	7				
24:1 c g									
Fatty acids, total polyunsaturated g	0.879		1	A	1				
18:2 undifferentiated g	0.773		1	A	1				
18:3 undifferentiated g	0.000		0	Z	7				
18:3 n-3 c,c,c (ALA) g	0.066		1	A	1				
18:3 n-6 c,c,c g	0.000		1	A	1				
18:3i g									
18:4 g	0.000		0	Z	7				
20:2 n-6 c,c g	0.040		1	A	1				
20:3 undifferentiated g	0.040		1	A	1				
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.040		1	A	1				
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7				
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7				
22:6 n-3 (DHA) g	0.000		0	Z	7				
Fatty acids, total trans g	2.420		1	A	1				
Cholesterol mg	83		1	A	1				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.097		1	A	1				
Threonine g	0.585		1	A	1				
Isoleucine g	0.609		1	A	1				
Leucine g	1.089		1	A	1				
Lysine g	1.141		1	A	1				
Methionine g	0.260		1	A	1				
Cystine g	0.146		1	A	1				
Phenylalanine g	0.551		1	A	1				
Tyrosine g	0.425		1	A	1				
Valine g	0.725		1	A	1				
Arginine g	0.940		1	A	1				
Histidine g	0.466		1	A	1				
Alanine g	0.984		1	A	1				
Aspartic acid g	0.000		1	A	1				
Glutamic acid g	2.229		1	A	1				
Glycine g	1.161		1	A	1				
Proline g	0.796		1	A	1				
Serine g	0.590		1	A	1				

NDB No. 07954
Beef sausage, pre-cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.323		1	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43384
Beef, bologna, reduced sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.80		0		4		75.62	15.34	
Energy	kcal	310		0	NC	4		428	87	
Energy	kJ	1299		0	NC	4		1792	364	
Protein	g	11.70		0		4		16.15	3.28	
Total lipid (fat)	g	28.40		0		4		39.19	7.95	
Ash	g	3.10		0	NR	4		4.28	0.87	
Carbohydrate, by difference	g	2.00		0		4		2.76	0.56	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		4		17	3	
Iron, Fe	mg	1.40		0		4		1.93	0.39	
Magnesium, Mg	mg	10		0		4		14	3	
Phosphorus, P	mg	82		0		4		113	23	
Potassium, K	mg	155		0		4		214	43	
Sodium, Na	mg	682		0		4		941	191	
Zinc, Zn	mg	2.00		0		4		2.76	0.56	
Copper, Cu	mg	0.030		0		4		0.041	0.008	
Manganese, Mn	mg									
Selenium, Se	mcg	11.7		0	BFNN	4		16.1	3.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.060		0		4		0.083	0.017	
Riboflavin	mg	0.130		0		4		0.179	0.036	
Niacin	mg	2.630		0		4		3.629	0.736	
Pantothenic acid	mg									
Vitamin B-6	mg	0.180		0		4		0.248	0.050	
Folate, total	mcg	5		0		4		7	1	
Folic acid	mcg	0		0	NR	4		0	0	
Folate, food	mcg	5		0		4		7	1	
Folate, DFE	mcg_DFE	5		0	NC	4		7	1	
Choline, total	mg	44.3		0	BFNN	4		61.1	12.4	
Betaine	mg	4.8		0	BFNN	4		6.7	1.4	
Vitamin B-12	mcg	1.41		0		4		1.95	0.39	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.19		0	NR	4		0.26	0.05	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.7		0	BFFN	4		1.0	0.2	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	28		0	BFFN	4		39	8	
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4	0.1	
Lipids:										
Fatty acids, total saturated	g	11.676		0		4		16.113	3.269	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 43384
Beef, bologna, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.070		0		4		0.097	0.020	
12:0 g	0.040		0		4		0.055	0.011	
13:0 g									
14:0 g	0.821		0		4		1.133	0.230	
15:0 g									
16:0 g	6.559		0		4		9.051	1.837	
17:0 g									
18:0 g	4.196		0		4		5.790	1.175	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.299		0		4		18.353	3.724	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.562		0		4		2.156	0.437	
17:1 g									
18:1 undifferentiated g	11.736		0		4		16.196	3.286	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.051		0		4		1.450	0.294	
18:2 undifferentiated g	0.811		0		4		1.119	0.227	
18:3 undifferentiated g	0.240		0		4		0.331	0.067	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	56		0		4		77	16	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 138g: 1 cup pieces

Measure 2 = 28g: 1 slice, medium

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13348
Beef, cured, corned beef, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.72	0.262	70		1		16.36	12.12	
Energy....kcal	250		0	NC	4		71	53	
Energy....kJ	1046		0		4		297	220	
Protein (N x 6.25)....g	27.10	0.247	69		1		7.68	5.69	
Total lipid (fat)....g	14.93	1.049	11		1		4.23	3.14	
Ash....g	2.90	0.041	6		1		0.82	0.61	
Carbohydrate, by difference....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0		4		3	3	
Iron, Fe....mg	2.08	0.181	29		1		0.59	0.44	
Magnesium, Mg....mg	14	0.653	6		1		4	3	
Phosphorus, P....mg	111	8.981	6		1		31	23	
Potassium, K....mg	136	9.798	6		1		39	29	
Sodium, Na....mg	1006	48.582	6		1		285	211	
Zinc, Zn....mg	3.57	0.188	29		1		1.01	0.75	
Copper, Cu....mg	0.064	0.004	23		1		0.018	0.013	
Manganese, Mn....mg	0.014	0.002	23		1		0.004	0.003	
Selenium, Se....mcg	42.9		0	BFNN	4		12.2	9.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.020	0.006	11		1		0.006	0.004	
Riboflavin....mg	0.147	0.010	8		1		0.042	0.031	
Niacin....mg	2.430	0.127	6		1		0.689	0.510	
Pantothenic acid....mg	0.626		0		4		0.177	0.131	
Vitamin B-6....mg	0.130	0.008	7		1		0.037	0.027	
Folate, total....mcg	9		0		4		3	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		0		4		3	2	
Folate, DFE....mcg_DFE	9		0	NC	4		3	2	
Choline, total....mg	89.2		0	BFNN	4		25.3	18.7	
Betaine....mg	11.7		0	BFNN	4		3.3	2.5	
Vitamin B-12....mcg	1.62	0.102	6		1		0.46	0.34	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		2		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.15		0	NR	4		0.04	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	BFFN	4		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.1	0.1	
Vitamin D....IU	10		0	BFFN	4		3	2	
Vitamin K (phylloquinone)....mcg	1.6		0	CASN	4		0.5	0.3	
Lipids:									
Fatty acids, total saturated....g	6.180		0		1		1.752	1.298	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 13348
Beef, cured, corned beef, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.100	0.029	6		1		0.028	0.021	
12:0 g	0.070	0.017	6		1		0.020	0.015	
13:0 g									
14:0 g	0.420	0.025	8		1		0.119	0.088	
15:0 g									
16:0 g	3.040	0.139	8		1		0.862	0.638	
17:0 g									
18:0 g	2.290	0.116	8		1		0.649	0.481	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.960		0		1		1.690	1.252	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.800	0.085	8		1		0.227	0.168	
17:1 g									
18:1 undifferentiated g	5.000	0.276	8		1		1.418	1.050	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.630		0		1		0.179	0.132	
18:2 undifferentiated g	0.420	0.071	8		1		0.119	0.088	
18:3 undifferentiated g	0.210	0.030	8		1		0.060	0.044	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	86	3.497	8		1		24	18	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.247		0		1		0.070	0.052	
Threonine g	1.023		0		1		0.290	0.215	
Isoleucine g	1.170		0		1		0.332	0.246	
Leucine g	1.990		0		1		0.564	0.418	
Lysine g	2.076		0		1		0.589	0.436	
Methionine g	0.629		0		1		0.178	0.132	
Cystine g	0.347		0		1		0.098	0.073	
Phenylalanine g	0.975		0		1		0.276	0.205	
Tyrosine g	0.884		0		1		0.251	0.186	
Valine g	1.192		0		1		0.338	0.250	
Arginine g	1.673		0		1		0.474	0.351	
Histidine g	0.863		0		1		0.245	0.181	
Alanine g	1.951		0		1		0.553	0.410	
Aspartic acid g	2.653		0		1		0.752	0.557	
Glutamic acid g	4.413		0		1		1.251	0.927	
Glycine g	2.263		0		1		0.642	0.475	
Proline g	1.951		0		1		0.553	0.410	
Serine g	1.092		0		1		0.310	0.229	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13348

Beef, cured, corned beef, canned

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice (3/4 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13350
Beef, cured, dried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.80		1	A	1		15.06		
Energy	kcal	153		0	NC	4		43		
Energy	kJ	640		0	NC	4		179		
Protein (N x 6.25)	g	31.10		1	A	1		8.71		
Total lipid (fat)	g	1.94		1	A	1		0.54		
Ash	g	10.40		1	A	1		2.91		
Carbohydrate, by difference	g	2.76		0	NC	4		0.77		
Fiber, total dietary	g	0.0		0	FLA	4		0.0		
Sugars, total	g	2.70		0	FLA	4		0.76		
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	FLA	4		2		
Iron, Fe	mg	2.42		0	FLA	4		0.68		
Magnesium, Mg	mg	19		0	FLA	4		5		
Phosphorus, P	mg	181		0	FLA	4		51		
Potassium, K	mg	235		0	FLA	4		66		
Sodium, Na	mg	2790		1	A	1		781		
Zinc, Zn	mg	4.93		0	FLA	4		1.38		
Copper, Cu	mg	0.074		0	FLA	4		0.021		
Manganese, Mn	mg	0.017		0	FLA	4		0.005		
Selenium, Se	mcg	32.4		0	FLA	4		9.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLA	4		0.0		
Thiamin	mg	0.065		0	FLA	4		0.018		
Riboflavin	mg	0.163		0	FLA	4		0.046		
Niacin	mg	5.164		0	FLA	4		1.446		
Pantothenic acid	mg	0.566		0	FLA	4		0.158		
Vitamin B-6	mg	0.386		0	FLA	4		0.108		
Folate, total	mcg	10		0	FLA	4		3		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	10		0	FLA	4		3		
Folate, DFE	mcg_DFE	10		0	NC	4		3		
Choline, total	mg	0.0		0	FLA	4		0.0		
Betaine	mg	0.0		0	FLA	4		0.0		
Vitamin B-12	mcg	1.59		0	FLA	4		0.44		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	FLA	4		0		
Carotene, beta	mcg	0		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	0		1	A	1		0		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.38		0	FLA	4		0.11		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg	0.00		0	FLA	4		0.00		
Tocopherol, gamma	mg	0.00		0	FLA	4		0.00		
Tocopherol, delta	mg	0.00		0	FLA	4		0.00		
Vitamin D (D2 + D3)	mcg	0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	BFFN	4		0.0		
Vitamin D	IU	1		0	BFFN	4		0		
Vitamin K (phylloquinone)	mcg	1.3		0	FLA	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.950		0	NC	4		0.266		
4:0	g	0.000		0	FLA	4		0.000		

NDB No. 13350
Beef, cured, dried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.000		0	FLA	4		0.000		
13:0....g									
14:0....g	0.070		0	FLA	4		0.020		
15:0....g									
16:0....g	0.588		0	FLA	4		0.165		
17:0....g									
18:0....g	0.292		0	FLA	4		0.082		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.840		0	NC	4		0.235		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.078		0	FLA	4		0.022		
17:1....g									
18:1 undifferentiated....g	0.762		0	FLA	4		0.213		
20:1....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.070		0	NC	4		0.020		
18:2 undifferentiated....g	0.055		0	FLA	4		0.015		
18:3 undifferentiated....g	0.005		0	FLA	4		0.001		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0	FLA	4		0.003		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	79		1	A	1		22		
Phytosterols....mg	0		0	FLA	4		0		
Amino Acids:									
Tryptophan....g	0.189		0	FLA	4		0.053		
Threonine....g	1.148		0	FLA	4		0.322		
Isoleucine....g	1.308		0	FLA	4		0.366		
Leucine....g	2.287		0	FLA	4		0.640		
Lysine....g	2.429		0	FLA	4		0.680		
Methionine....g	0.749		0	FLA	4		0.210		
Cystine....g	0.371		0	FLA	4		0.104		
Phenylalanine....g	1.135		0	FLA	4		0.318		
Tyrosine....g	0.916		0	FLA	4		0.256		
Valine....g	1.426		0	FLA	4		0.399		
Arginine....g	1.859		0	FLA	4		0.520		
Histidine....g	0.917		0	FLA	4		0.257		
Alanine....g	1.748		0	FLA	4		0.489		
Aspartic acid....g	2.618		0	FLA	4		0.733		
Glutamic acid....g	4.316		0	FLA	4		1.208		
Glycine....g	1.750		0	FLA	4		0.490		
Proline....g	1.370		0	FLA	4		0.384		
Serine....g	1.132		0	FLA	4		0.317		
Hydroxyproline....g	0.302		0	FLA	4		0.085		
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13350
Beef, cured, dried

Common Measures:

Measure 1 = 28g: 10 slices

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13353
Beef, cured, luncheon meat, jellied

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.60	0.302	15		1		20.89		
Energy	kcal	111		0	NC	4		31		
Energy	kJ	464				4		130		
Protein (N x 6.25)	g	19.00	0.235	15		1		5.32		
Total lipid (fat)	g	3.30	0.168	15		1		0.92		
Ash	g	3.40	0.033	15		1		0.95		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.552	7		1		3		
Iron, Fe	mg	3.45	0.409	7		1		0.97		
Magnesium, Mg	mg	18	0.389	7		1		5		
Phosphorus, P	mg	139		0		4		39		
Potassium, K	mg	402	22.527	7		1		113		
Sodium, Na	mg	1322	41.160	7		1		370		
Zinc, Zn	mg	3.55	0.214	7		1		0.99		
Copper, Cu	mg	0.120	0.018	7		1		0.034		
Manganese, Mn	mg	0.052		0		4		0.015		
Selenium, Se	mcg	16.4		0	BFNN	4		4.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.145		0		4		0.041		
Riboflavin	mg	0.291		0		4		0.081		
Niacin	mg	4.838		0		4		1.355		
Pantothenic acid	mg	0.687		0		4		0.192		
Vitamin B-6	mg	0.250		0		4		0.070		
Folate, total	mcg	7		0		4		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	7		0		4		2		
Folate, DFE	mcg_DFE	7		0	NC	4		2		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	5.14		0		4		1.44		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.410		0		4		0.395		
4:0	g	0.000		0		4		0.000		
6:0	g	0.000		0		4		0.000		
8:0	g	0.000		0		4		0.000		

NDB No. 13353
Beef, cured, luncheon meat, jellied

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010		0		4		0.003		
12:0 ... g	0.020		0		4		0.006		
13:0 ... g									
14:0 ... g	0.090		0		4		0.025		
15:0 ... g									
16:0 ... g	0.680		0		4		0.190		
17:0 ... g									
18:0 ... g	0.540		0		4		0.151		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.450		0		4		0.406		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.220		0		4		0.062		
17:1 ... g									
18:1 undifferentiated ... g	1.230		0		4		0.344		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.170		0		4		0.048		
18:2 undifferentiated ... g	0.130		0		4		0.036		
18:3 undifferentiated ... g	0.040		0		4		0.011		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	34		0		4		10		
Phytosterols ... mg	0		0		4		0		
Amino Acids:									
Tryptophan ... g	0.137		0		1		0.038		
Threonine ... g	0.742		0		1		0.208		
Isoleucine ... g	0.714		0		1		0.200		
Leucine ... g	1.313		0		1		0.368		
Lysine ... g	1.459		0		1		0.409		
Methionine ... g	0.420		0		1		0.118		
Cystine ... g	0.198		0		1		0.055		
Phenylalanine ... g	0.672		0		1		0.188		
Tyrosine ... g	0.511		0		1		0.143		
Valine ... g	0.824		0		1		0.231		
Arginine ... g	1.316		0		1		0.368		
Histidine ... g	0.499		0		1		0.140		
Alanine ... g	1.307		0		1		0.366		
Aspartic acid ... g	1.617		0		1		0.453		
Glutamic acid ... g	2.627		0		1		0.736		
Glycine ... g	1.800		0		1		0.504		
Proline ... g	1.246		0		1		0.349		
Serine ... g	0.760		0		1		0.213		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

NDB No. 13353
Beef, cured, luncheon meat, jellied

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13355
Beef, cured, pastrami

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.53		4	A	1		49.36	19.47	
Energy	kcal	147		0	NC	4		104	41	
Energy	kJ	615		0	NC	4		437	172	
Protein (N x 6.25)	g	21.80		5	A	1		15.48	6.10	
Total lipid (fat)	g	5.82		5	A	1		4.13	1.63	
Ash	g	3.40		4	A	1		2.41	0.95	
Carbohydrate, by difference	g	0.36		0	FLA	4		0.25	0.10	
Fiber, total dietary	g	0.0		0	FLA	4		0.0	0.0	
Sugars, total	g	0.10		0	FLA	4		0.07	0.03	
Sucrose	g	0.00		0	FLA	4		0.00	0.00	
Glucose (dextrose)	g	0.00		0	FLA	4		0.00	0.00	
Fructose	g	0.01		0	FLA	4		0.00	0.00	
Lactose	g	0.00		0	FLA	4		0.00	0.00	
Maltose	g	0.00		0	FLA	4		0.00	0.00	
Galactose	g	0.00		0	FLA	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		4	A	1		7	3	
Iron, Fe	mg	2.22		5	A	1		1.58	0.62	
Magnesium, Mg	mg	17		0	FLA	4		12	5	
Phosphorus, P	mg	175		0	FLA	4		124	49	
Potassium, K	mg	210		0	FLA	4		149	59	
Sodium, Na	mg	885		5	A	1		629	248	
Zinc, Zn	mg	4.98		0	FLA	4		3.53	1.39	
Copper, Cu	mg	0.091		0	FLA	4		0.065	0.025	
Manganese, Mn	mg	0.027		0	FLA	4		0.019	0.008	
Selenium, Se	mcg	17.7		0	FLA	4		12.6	5.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.3		0	FLA	4		0.2	0.1	
Thiamin	mg	0.052		0	FLA	4		0.037	0.015	
Riboflavin	mg	0.161		0	FLA	4		0.114	0.045	
Niacin	mg	4.260		2	A	1		3.025	1.193	
Pantothenic acid	mg	0.265		0	FLA	4		0.188	0.074	
Vitamin B-6	mg	0.221		0	FLA	4		0.157	0.062	
Folate, total	mcg	6		0	FLA	4		4	2	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	6		0	FLA	4		4	2	
Folate, DFE	mcg_DFE	6		0	NC	4		4	2	
Choline, total	mg	81.6		0	FLA	4		58.0	22.9	
Betaine	mg	10.7		0	FLA	4		7.6	3.0	
Vitamin B-12	mcg	1.87		0	FLA	4		1.33	0.52	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	2		0	FLA	4		1	1	
Retinol	mcg	0		0	FLA	4		0	0	
Carotene, beta	mcg	22		0	FLA	4		16	6	
Carotene, alpha	mcg	0		0	FLA	4		0	0	
Cryptoxanthin, beta	mcg	6		0	FLA	4		5	2	
Vitamin A, IU	IU	42		0	FLA	4		30	12	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	11		0	FLA	4		8	3	
Vitamin E (alpha-tocopherol)	mg	0.12		0	FLA	4		0.09	0.03	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, delta	mg	0.00		0	FLA	4		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.1		0	BFFN	4		0.1	0.0	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 13355
Beef, cured, pastrami

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.1		0	BFFN	4		0.1	0.0	
Vitamin D.....IU	4		0	BFFN	4		3	1	
Vitamin K (phylloquinone).....mcg	0.7		0	CAZN	4		0.5	0.2	
Lipids:									
Fatty acids, total saturated.....g	2.681		0	NC	4		1.903	0.751	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.006		0	FLA	4		0.004	0.002	
12:0.....g	0.006		0	FLA	4		0.004	0.002	
13:0.....g									
14:0.....g	0.223		0	FLA	4		0.158	0.062	
15:0.....g									
16:0.....g	1.654		0	FLA	4		1.175	0.463	
17:0.....g									
18:0.....g	0.792		0	FLA	4		0.562	0.222	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.118		0	NC	4		1.504	0.593	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.209		0	FLA	4		0.149	0.059	
17:1.....g									
18:1 undifferentiated.....g	1.905		0	FLA	4		1.353	0.534	
20:1.....g	0.004		0	FLA	4		0.003	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0	NC	4		0.103	0.041	
18:2 undifferentiated.....g	0.116		0	FLA	4		0.082	0.032	
18:3 undifferentiated.....g	0.011		0	FLA	4		0.008	0.003	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	FLA	4		0.013	0.005	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		5	A	1		48	19	
Phytosterols.....mg	0		0	FLA	4		0	0	
Amino Acids:									
Tryptophan.....g	0.141		0	FLA	4		0.100	0.040	
Threonine.....g	0.857		0	FLA	4		0.608	0.240	
Isoleucine.....g	0.976		0	FLA	4		0.693	0.273	
Leucine.....g	1.706		0	FLA	4		1.211	0.478	
Lysine.....g	1.812		0	FLA	4		1.287	0.507	
Methionine.....g	0.558		0	FLA	4		0.396	0.156	
Cystine.....g	0.277		0	FLA	4		0.197	0.078	
Phenylalanine.....g	0.847		0	FLA	4		0.602	0.237	
Tyrosine.....g	0.683		0	FLA	4		0.485	0.191	
Valine.....g	1.065		0	FLA	4		0.756	0.298	
Arginine.....g	1.390		0	FLA	4		0.987	0.389	
Histidine.....g	0.684		0	FLA	4		0.486	0.192	
Alanine.....g	1.303		0	FLA	4		0.925	0.365	
Aspartic acid.....g	1.955		0	FLA	4		1.388	0.547	
Glutamic acid.....g	3.221		0	FLA	4		2.287	0.902	
Glycine.....g	1.306		0	FLA	4		0.927	0.366	
Proline.....g	1.022		0	FLA	4		0.726	0.286	
Serine.....g	0.845		0	FLA	4		0.600	0.237	
Hydroxyproline.....g	0.225		0	FLA	4		0.160	0.063	
Others:									

NDB No. 13355
Beef, cured, pastrami

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 package, 2.5 oz

Measure 2 = 28g: 1 slice (1 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13357
Beef, cured, sausage, cooked, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.56	1.004	16		1		23.03	15.18	
Energy	kcal	312		0	NC	4		134	88	
Energy	kJ	1305				4		561	370	
Protein (N x 6.25)	g	14.11	0.283	18		1		6.07	4.00	
Total lipid (fat)	g	26.91	1.169	7		1		11.57	7.63	
Ash	g	3.00	0.000	5		1		1.29	0.85	
Carbohydrate, by difference	g	2.42		0	NC	4		1.04	0.69	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7	1.333	8		1		3	2	
Iron, Fe	mg	1.76	0.103	5		1		0.76	0.50	
Magnesium, Mg	mg	13	0.313	5		1		6	4	
Phosphorus, P	mg	105	3.130	5		1		45	30	
Potassium, K	mg	176	8.050	5		1		76	50	
Sodium, Na	mg	1131	69.658	7		1		486	321	
Zinc, Zn	mg	2.80	0.036	5		1		1.20	0.79	
Copper, Cu	mg	0.072		0		4		0.031	0.020	
Manganese, Mn	mg	0.009		0		4		0.004	0.003	
Selenium, Se	mcg	14.6		0	BFNN	4		6.3	4.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.050	0.004	5		1		0.022	0.014	
Riboflavin	mg	0.140	0.009	5		1		0.060	0.040	
Niacin	mg	3.190	0.255	5		1		1.372	0.904	
Pantothenic acid	mg	0.188		0		4		0.081	0.053	
Vitamin B-6	mg	0.110	0.004	5		1		0.047	0.031	
Folate, total	mcg	4		0		4		2	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		2	1	
Folate, DFE	mcg_DFE	4		0	NC	4		2	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.86	0.072	5		1		0.80	0.53	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	11.440		0		1		4.919	3.243	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 13357
Beef, cured, sausage, cooked, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.090	0.024	5		1		0.039	0.026	
12:0 ... g	0.060	0.014	5		1		0.026	0.017	
13:0 ... g									
14:0 ... g	0.880	0.057	5		1		0.378	0.249	
15:0 ... g									
16:0 ... g	6.030	0.280	5		1		2.593	1.710	
17:0 ... g									
18:0 ... g	3.860	0.209	5		1		1.660	1.094	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	12.970		0		1		5.577	3.677	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.530	0.100	5		1		0.658	0.434	
17:1 ... g									
18:1 undifferentiated ... g	11.440	0.300	5		1		4.919	3.243	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.050		0		1		0.452	0.298	
18:2 undifferentiated ... g	0.960	0.138	5		1		0.413	0.272	
18:3 undifferentiated ... g	0.090	0.048	5		1		0.039	0.026	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	67	4.472	5		1		29	19	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.129		0		1		0.055	0.037	
Threonine ... g	0.533		0		1		0.229	0.151	
Isoleucine ... g	0.609		0		1		0.262	0.173	
Leucine ... g	1.036		0		1		0.445	0.294	
Lysine ... g	1.081		0		1		0.465	0.306	
Methionine ... g	0.327		0		1		0.141	0.093	
Cystine ... g	0.181		0		1		0.078	0.051	
Phenylalanine ... g	0.508		0		1		0.218	0.144	
Tyrosine ... g	0.460		0		1		0.198	0.130	
Valine ... g	0.621		0		1		0.267	0.176	
Arginine ... g	0.871		0		1		0.375	0.247	
Histidine ... g	0.449		0		1		0.193	0.127	
Alanine ... g	1.016		0		1		0.437	0.288	
Aspartic acid ... g	1.381		0		1		0.594	0.392	
Glutamic acid ... g	2.298		0		1		0.988	0.651	
Glycine ... g	1.178		0		1		0.507	0.334	
Proline ... g	1.016		0		1		0.437	0.288	
Serine ... g	0.569		0		1		0.245	0.161	
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 sausage

Measure 2 = 28.35g: 1 oz

NDB No. 13357
Beef, cured, sausage, cooked, smoked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13358
Beef, cured, smoked, chopped beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.93	0.202	31		1		19.30		
Energy....kcal	133		0	NC	4		37		
Energy....kJ	556				4		156		
Protein (N x 6.25)....g	20.19	0.185	31		1		5.65		
Total lipid (fat)....g	4.42	0.187	33		1		1.24		
Ash....g	4.60	0.038	7		1		1.29		
Carbohydrate, by difference....g	1.86		0	NC	4		0.52		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		4		2		
Iron, Fe....mg	2.85	0.154	19		1		0.80		
Magnesium, Mg....mg	21	1.021	7		1		6		
Phosphorus, P....mg	181	8.693	7		1		51		
Potassium, K....mg	377	17.386	7		1		106		
Sodium, Na....mg	1258	33.904	33		1		352		
Zinc, Zn....mg	3.93	0.370	7		1		1.10		
Copper, Cu....mg	0.026		0		4		0.007		
Manganese, Mn....mg	0.029		0		4		0.008		
Selenium, Se....mcg	19.7		0	BFNN	4		5.5		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.083	0.008	13		1		0.023		
Riboflavin....mg	0.175	0.004	31		1		0.049		
Niacin....mg	4.577	0.088	31		1		1.282		
Pantothenic acid....mg	0.590		1		1		0.165		
Vitamin B-6....mg	0.350	0.016	33		1		0.098		
Folate, total....mcg	8		0		4		2		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	8		0		4		2		
Folate, DFE....mcg_DFE	8		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.73	0.073	37		1		0.48		
Vitamin A, RAE....mcg_RAE	0		0		4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.810		0		1		0.507		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		

NDB No. 13358
Beef, cured, smoked, chopped beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.020	0.008	7		1		0.006		
12:0 ... g	0.020	0.008	7		1		0.006		
13:0 ... g									
14:0 ... g	0.110	0.017	7		1		0.031		
15:0 ... g									
16:0 ... g	0.940	0.074	7		1		0.263		
17:0 ... g									
18:0 ... g	0.660	0.074	7		1		0.185		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.830		0		1		0.512		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.260	0.037	7		1		0.073		
17:1 ... g									
18:1 undifferentiated ... g	1.570	0.124	7		1		0.440		
20:1 ... g	0.000		0		4		0.000		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.230		0		1		0.064		
18:2 undifferentiated ... g	0.190	0.037	7		1		0.053		
18:3 undifferentiated ... g	0.040	0.017	7		1		0.011		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	46	3.609	8		1		13		
Phytosterols ... mg	0		0		4		0		
Amino Acids:									
Tryptophan ... g	0.165		0		1		0.046		
Threonine ... g	0.846		0		1		0.237		
Isoleucine ... g	0.827		0		1		0.232		
Leucine ... g	1.508		0		1		0.422		
Lysine ... g	1.647		0		1		0.461		
Methionine ... g	0.488		0		1		0.137		
Cystine ... g	0.239		0		1		0.067		
Phenylalanine ... g	0.756		0		1		0.212		
Tyrosine ... g	0.610		0		1		0.171		
Valine ... g	0.927		0		1		0.260		
Arginine ... g	1.363		0		1		0.382		
Histidine ... g	0.585		0		1		0.164		
Alanine ... g	1.334		0		1		0.374		
Aspartic acid ... g	1.793		0		1		0.502		
Glutamic acid ... g	2.910		0		1		0.815		
Glycine ... g	1.499		0		1		0.420		
Proline ... g	1.098		0		1		0.307		
Serine ... g	0.824		0		1		0.231		
Hydroxyproline ... g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 slice (1 oz)

NDB No. 13358
Beef, cured, smoked, chopped beef

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 13360
Beef, cured, thin-sliced beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.10	1.082	24		1		16.47	12.20	
Energy....kcal	176		0	NC	4		50	37	
Energy....kJ	735		0	NC	4		208	154	
Protein (N x 6.25)....g	28.11	0.597	24		1		7.97	5.90	
Total lipid (fat)....g	3.84	0.270	9		1		1.09	0.81	
Ash....g	4.24	0.105	10		1		1.20	0.89	
Carbohydrate, by difference....g	5.71		0	NC	4		1.62	1.20	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	1.194	7		1		3	2	
Iron, Fe....mg	2.70	0.144	10		1		0.77	0.57	
Magnesium, Mg....mg	19	0.198	10		1		5	4	
Phosphorus, P....mg	168	15.496	3		1		48	35	
Potassium, K....mg	429	18.054	10		1		122	90	
Sodium, Na....mg	1439	53.346	10		1		408	302	
Zinc, Zn....mg	3.98	0.218	10		1		1.13	0.84	
Copper, Cu....mg	0.034	0.013	10		1		0.010	0.007	
Manganese, Mn....mg	0.038	0.008	3		1		0.011	0.008	
Selenium, Se....mcg	28.2		0	BFZN	4		8.0	5.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.080	0.006	3		1		0.023	0.017	
Riboflavin....mg	0.190	0.023	3		1		0.054	0.040	
Niacin....mg	5.270	0.341	3		1		1.494	1.107	
Pantothenic acid....mg	0.590		1		1		0.167	0.124	
Vitamin B-6....mg	0.340	0.115	3		1		0.096	0.071	
Folate, total....mcg	11		0		4		3	2	
Folic acid....mcg	0		0	NR	4		0	0	
Folate, food....mcg	11		0		4		3	2	
Folate, DFE....mcg_DFE	11		0	NC	4		3	2	
Choline, total....mg	83.4		0	BFNN	4		23.7	17.5	
Betaine....mg	10.1		0	BFNN	4		2.9	2.1	
Vitamin B-12....mcg	2.57	0.439	3		1		0.73	0.54	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.00		0	Z	7		0.00	0.00	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	BFFN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.0	
Vitamin D....IU	3		0	BFFN	4		1	1	
Vitamin K (phylloquinone)....mcg	0.0		0	Z	7		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	1.650		0		1		0.468	0.347	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 13360
Beef, cured, thin-sliced beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.010	0.009	3		1		0.003	0.002	
12:0 g	0.010	0.007	3		1		0.003	0.002	
13:0 g									
14:0 g	0.090	0.031	3		1		0.026	0.019	
15:0 g									
16:0 g	0.870	0.104	3		1		0.247	0.183	
17:0 g									
18:0 g	0.610	0.087	3		1		0.173	0.128	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.680		0		1		0.476	0.353	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.220	0.055	3		1		0.062	0.046	
17:1 g									
18:1 undifferentiated g	1.460	0.159	3		1		0.414	0.307	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.200		0		1		0.057	0.042	
18:2 undifferentiated g	0.170	0.055	3		1		0.048	0.036	
18:3 undifferentiated g	0.020	0.007	3		1		0.006	0.004	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	41	5.541	4		1		12	9	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.229		0		1		0.065	0.048	
Threonine g	1.178		0		1		0.334	0.247	
Isoleucine g	1.151		0		1		0.326	0.242	
Leucine g	2.100		0		1		0.595	0.441	
Lysine g	2.293		0		1		0.650	0.482	
Methionine g	0.679		0		1		0.192	0.143	
Cystine g	0.333		0		1		0.094	0.070	
Phenylalanine g	1.052		0		1		0.298	0.221	
Tyrosine g	0.850		0		1		0.241	0.179	
Valine g	1.291		0		1		0.366	0.271	
Arginine g	1.898		0		1		0.538	0.399	
Histidine g	0.814		0		1		0.231	0.171	
Alanine g	1.857		0		1		0.526	0.390	
Aspartic acid g	2.496		0		1		0.708	0.524	
Glutamic acid g	4.052		0		1		1.149	0.851	
Glycine g	2.087		0		1		0.592	0.438	
Proline g	1.529		0		1		0.433	0.321	
Serine g	1.147		0		1		0.325	0.241	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 13360
Beef, cured, thin-sliced beef

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 5 slices

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07003
Beerwurst, beer salami, pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	61.46	0.702	5		1		14.14	3.69	
Energy....kcal	238		0	NC	4		55	14	
Energy....kJ	996		0		4		229	60	
Protein (N x 6.25)....g	14.24	0.306	5		1		3.28	0.85	
Total lipid (fat)....g	18.80	0.698	5		1		4.32	1.13	
Ash....g	3.44	0.068	5		1		0.79	0.21	
Carbohydrate, by difference....g	2.06		0	NC	4		0.47	0.12	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.837	5		1		2	0	
Iron, Fe....mg	0.76	0.182	5		1		0.17	0.05	
Magnesium, Mg....mg	13	0.735	5		1		3	1	
Phosphorus, P....mg	103	8.908	5		1		24	6	
Potassium, K....mg	253	15.783	5		1		58	15	
Sodium, Na....mg	1240	27.018	5		1		285	74	
Zinc, Zn....mg	1.72	0.124	5		1		0.40	0.10	
Copper, Cu....mg	0.050	0.018	5		1		0.012	0.003	
Manganese, Mn....mg	0.032	0.007	3		1		0.007	0.002	
Selenium, Se....mcg	20.9		0	RF	4		4.8	1.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.554	0.034	5		1		0.127	0.033	
Riboflavin....mg	0.192	0.010	5		1		0.044	0.012	
Niacin....mg	3.254	0.307	5		1		0.748	0.195	
Pantothenic acid....mg	0.490		1		1		0.113	0.029	
Vitamin B-6....mg	0.350	0.083	5		1		0.081	0.021	
Folate, total....mcg	3	0.400	4		1		1	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3	0.400	4		1		1	0	
Folate, DFE....mcg_DFE	3		0	NC	4		1	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.87	0.019	5		1		0.20	0.05	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.9		0	T	4		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	36		0	T	4		8	2	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.280		0		1		1.444	0.377	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 07003
Beerwurst, beer salami, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.090	0.017	4		1		0.021	0.005	
12:0 g	0.090	0.015	4		1		0.021	0.005	
13:0 g									
14:0 g	0.270	0.014	5		1		0.062	0.016	
15:0 g									
16:0 g	3.890	0.180	5		1		0.895	0.233	
17:0 g									
18:0 g	1.940	0.080	5		1		0.446	0.116	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.980		0		1		2.065	0.539	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.770	0.045	5		1		0.177	0.046	
17:1 g									
18:1 undifferentiated g	8.210	0.429	5		1		1.888	0.493	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.360		0		1		0.543	0.142	
18:2 undifferentiated g	1.940	0.106	5		1		0.446	0.116	
18:3 undifferentiated g	0.420	0.059	5		1		0.097	0.025	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	59	4.734	4		1		14	4	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.112		1		1		0.026	0.007	
Threonine g	0.565		1		1		0.130	0.034	
Isoleucine g	0.485		1		1		0.112	0.029	
Leucine g	0.943		1		1		0.217	0.057	
Lysine g	1.032		1		1		0.237	0.062	
Methionine g	0.355		1		1		0.082	0.021	
Cystine g	0.107		1		1		0.025	0.006	
Phenylalanine g	0.451		1		1		0.104	0.027	
Tyrosine g	0.403		1		1		0.093	0.024	
Valine g	0.510		1		1		0.117	0.031	
Arginine g	0.809		1		1		0.186	0.049	
Histidine g	0.419		1		1		0.096	0.025	
Alanine g	0.770		1		1		0.177	0.046	
Aspartic acid g	1.198		1		1		0.276	0.072	
Glutamic acid g	2.141		1		1		0.492	0.128	
Glycine g	0.781		1		1		0.180	0.047	
Proline g	0.640		1		1		0.147	0.038	
Serine g	0.569		1		1		0.131	0.034	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 23g: 1 slice (4" dia x 1/8" thick)

Measure 2 = 6.0g: 1 slice (2-3/4" dia x 1/16")

NDB No. 07003
Beerwurst, beer salami, pork

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07002
Beerwurst, beer salami, pork and beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.71		0	FLC	4		31.76		
Energy....kcal	277		0	NC	4		155		
Energy....kJ	1159		0	NC	4		649		
Protein (N x 6.25)....g	14.00		0	FLC	4		7.84		
Total lipid (fat)....g	22.53		0	FLC	4		12.61		
Ash....g	2.50		0	FLC	4		1.40		
Carbohydrate, by difference....g	3.76		0	FLC	4		2.11		
Fiber, total dietary....g	0.9		0	FLC	4		0.5		
Sugars, total....g	0.00		0	FLC	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0	FLC	4		15		
Iron, Fe....mg	1.73		0	FLC	4		0.97		
Magnesium, Mg....mg	19		0	FLC	4		11		
Phosphorus, P....mg	135		0	FLC	4		76		
Potassium, K....mg	244		0	FLC	4		137		
Sodium, Na....mg	732		0	FLC	4		410		
Zinc, Zn....mg	2.21		0	FLC	4		1.24		
Copper, Cu....mg	0.103		0	FLC	4		0.058		
Manganese, Mn....mg	0.155		0	FLC	4		0.087		
Selenium, Se....mcg	17.4		0	FLC	4		9.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	FLC	4		0.3		
Thiamin....mg	0.246		0	FLC	4		0.138		
Riboflavin....mg	0.173		0	FLC	4		0.097		
Niacin....mg	2.975		0	FLC	4		1.666		
Pantothenic acid....mg	0.297		0	FLC	4		0.166		
Vitamin B-6....mg	0.230		0	FLC	4		0.129		
Folate, total....mcg	5		0	FLC	4		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	5		0	FLC	4		3		
Folate, DFE....mcg_DFE	5		0	NC	4		3		
Choline, total....mg	67.1		0	BFNN	4		37.6		
Betaine....mg	3.1		0	BFNN	4		1.7		
Vitamin B-12....mcg	1.16		0	FLC	4		0.65		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	3		0	NC	4		2		
Retinol....mcg	3		0	NR	4		2		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	10		0	FLC	4		5		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.19		0	NR	4		0.11		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.9		0	T	4		0.5		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	36		0	T	4		20		
Vitamin K (phylloquinone)....mcg	1.3		0	BFZN	4		0.7		
Lipids:									
Fatty acids, total saturated....g	8.438		0	FLC	4		4.725		
4:0....g	0.000		0	FLC	4		0.000		

NDB No. 07002
Beerwurst, beer salami, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	FLC	4		0.000		
8:0 g	0.000		0	FLC	4		0.000		
10:0 g	0.012		0	FLC	4		0.007		
12:0 g	0.024		0	FLC	4		0.013		
13:0 g									
14:0 g	0.691		0	FLC	4		0.387		
15:0 g									
16:0 g	4.961		0	FLC	4		2.778		
17:0 g									
18:0 g	2.669		0	FLC	4		1.495		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.105		0	FLC	4		5.659		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.683		0	FLC	4		0.382		
17:1 g									
18:1 undifferentiated g	9.191		0	FLC	4		5.147		
20:1 g	0.171		0	FLC	4		0.096		
22:1 undifferentiated g	0.028		0	FLC	4		0.016		
24:1 c g									
Fatty acids, total polyunsaturated g	2.080		0	FLC	4		1.165		
18:2 undifferentiated g	1.837		0	FLC	4		1.029		
18:3 undifferentiated g	0.154		0	FLC	4		0.086		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.065		0	FLC	4		0.036		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	62		0	FLC	4		35		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 2 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07931
Beerwurst, pork and beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.71		0	FLC	4		31.76		
Energy....kcal	276		0	NC	4		154		
Energy....kJ	1154		0	NC	4		646		
Protein (N x 6.25)....g	14.00		0	FLC	4		7.84		
Total lipid (fat)....g	22.53		0	FLC	4		12.61		
Ash....g	2.50		0	FLC	4		1.40		
Carbohydrate, by difference....g	4.27		0	NC	4		2.39		
Fiber, total dietary....g	0.9		0	FLC	4		0.5		
Sugars, total....g	0.00		0	FLC	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	27		0	FLC	4		15		
Iron, Fe....mg	1.73		0	FLC	4		0.97		
Magnesium, Mg....mg	19		0	FLC	4		11		
Phosphorus, P....mg	135		0	FLC	4		76		
Potassium, K....mg	244		0	FLC	4		137		
Sodium, Na....mg	732		0	FLC	4		410		
Zinc, Zn....mg	2.21		0	FLC	4		1.24		
Copper, Cu....mg	0.103		0	FLC	4		0.058		
Manganese, Mn....mg	0.155		0	FLC	4		0.087		
Selenium, Se....mcg	17.4		0	FLC	4		9.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.6		0	FLC	4		0.3		
Thiamin....mg	0.246		0	FLC	4		0.138		
Riboflavin....mg	0.173		0	FLC	4		0.097		
Niacin....mg	2.975		0	FLC	4		1.666		
Pantothenic acid....mg	0.297		0	FLC	4		0.166		
Vitamin B-6....mg	0.230		0	FLC	4		0.129		
Folate, total....mcg	5		0	FLC	4		3		
Folic acid....mcg	0		0	NR	4		0		
Folate, food....mcg	5		0	FLC	4		3		
Folate, DFE....mcg_DFE	5		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.16		0	FLC	4		0.65		
Vitamin A, RAE....mcg_RAE	3		0	NC	4		2		
Retinol....mcg	3		0	NR	4		2		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	10		0	FLC	4		5		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		0.9		
Lipids:									
Fatty acids, total saturated....g	8.438		0	FLC	4		4.725		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		

NDB No. 07931
Beerwurst, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.012		0	FLC	4		0.007		
12:0 g	0.024		0	FLC	4		0.013		
13:0 g									
14:0 g	0.691		0	FLC	4		0.387		
15:0 g									
16:0 g	4.961		0	FLC	4		2.778		
17:0 g									
18:0 g	2.669		0	FLC	4		1.495		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.105		0	FLC	4		5.659		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.683		0	FLC	4		0.382		
17:1 g									
18:1 undifferentiated g	9.191		0	FLC	4		5.147		
20:1 g	0.171		0	FLC	4		0.096		
22:1 undifferentiated g	0.028		0	FLC	4		0.016		
24:1 c g									
Fatty acids, total polyunsaturated g	2.080		0	FLC	4		1.165		
18:2 undifferentiated g	1.837		0	FLC	4		1.029		
18:3 undifferentiated g	0.154		0	FLC	4		0.086		
18:4 g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.065		0	FLC	4		0.036		
20:5 n-3 (EPA) g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLC	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLC	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	62		0	FLC	4		35		
Phytosterols mg	3			FLM	4		2		
Amino Acids:									
Tryptophan g	0.174			FLM	4		0.097		
Threonine g	0.668			FLM	4		0.374		
Isoleucine g	0.682			FLM	4		0.382		
Leucine g	1.202			FLM	4		0.673		
Lysine g	1.300			FLM	4		0.728		
Methionine g	0.387			FLM	4		0.217		
Cystine g	0.178			FLM	4		0.100		
Phenylalanine g	0.598			FLM	4		0.335		
Tyrosine g	0.507			FLM	4		0.284		
Valine g	0.769			FLM	4		0.431		
Arginine g	0.979			FLM	4		0.548		
Histidine g	0.537			FLM	4		0.301		
Alanine g	0.917			FLM	4		0.514		
Aspartic acid g	1.385			FLM	4		0.775		
Glutamic acid g	2.286			FLM	4		1.280		
Glycine g	0.880			FLM	4		0.493		
Proline g	0.702			FLM	4		0.393		
Serine g	0.602			FLM	4		0.337		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	FLC	4		0.0		
Caffeine mg	0		0	FLC	4		0		
Theobromine mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07931
Beerwurst, pork and beef

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07005
Blood sausage

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.30		0	MC	9		47.30		
Energy	kcal	379		0	NC	4		379		
Energy	kJ	1584		0	NC	4		1584		
Protein (N x 6.25)	g	14.60		0	MC	9		14.60		
Total lipid (fat)	g	34.50		0	MC	9		34.50		
Ash	g	2.31		0	MC	9		2.31		
Carbohydrate, by difference	g	1.29		0	NC	4		1.29		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	1.29		0	MC	9		1.29		
Sucrose	g	1.30		0	FLM	4		1.30		
Glucose (dextrose)	g									
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	MC	9		6		
Iron, Fe	mg	6.40		0	MC	9		6.40		
Magnesium, Mg	mg	8		0	MC	9		8		
Phosphorus, P	mg	22		0	MC	9		22		
Potassium, K	mg	38		0	MC	9		38		
Sodium, Na	mg	680		0	MC	9		680		
Zinc, Zn	mg	1.30		0	MC	9		1.30		
Copper, Cu	mg	0.040		0	MC	9		0.040		
Manganese, Mn	mg	0.010		0	MC	9		0.010		
Selenium, Se	mcg	15.5		0	FLM	4		15.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.070		0	MC	9		0.070		
Riboflavin	mg	0.130		0	MC	9		0.130		
Niacin	mg	1.200		0	MC	9		1.200		
Pantothenic acid	mg	0.600		0	MC	9		0.600		
Vitamin B-6	mg	0.040		0	MC	9		0.040		
Folate, total	mcg	5		0	MC	9		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0	MC	9		5		
Folate, DFE	mcg_DFE	5		0	NC	4		5		
Choline, total	mg	72.8		0	BFNN	4		72.8		
Betaine	mg	2.2		0	BFNN	4		2.2		
Vitamin B-12	mcg	1.00		0	MC	9		1.00		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.13		0	FLM	4		0.13		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.3		0	BFFN	4		1.3		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 07005
Blood sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	52		0	BFFN	4		52		
Vitamin K (phylloquinone).....mcg	0.0		0	FLM	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	13.400		0	MC	9		13.400		
4:0.....g	0.000		0	MC	9		0.000		
6:0.....g	0.000		0	MC	9		0.000		
8:0.....g	0.000		0	MC	9		0.000		
10:0.....g	0.000		0	MC	9		0.000		
12:0.....g	0.030		0	MC	9		0.030		
13:0.....g									
14:0.....g	0.620		0	MC	9		0.620		
15:0.....g									
16:0.....g	8.300		0	MC	9		8.300		
17:0.....g									
18:0.....g	4.410		0	MC	9		4.410		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.900		0	MC	9		15.900		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.880		0	MC	9		0.880		
17:1.....g									
18:1 undifferentiated.....g	15.000		0	MC	9		15.000		
20:1.....g	0.000		0	MC	9		0.000		
22:1 undifferentiated.....g	0.000		0	MC	9		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.460		0	MC	9		3.460		
18:2 undifferentiated.....g	3.200		0	MC	9		3.200		
18:3 undifferentiated.....g	0.260		0	MC	9		0.260		
18:4.....g	0.000		0	MC	9		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MC	9		0.000		
20:5 n-3 (EPA).....g	0.000		0	MC	9		0.000		
22:5 n-3 (DPA).....g	0.000		0	MC	9		0.000		
22:6 n-3 (DHA).....g	0.000		0	MC	9		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	120		0	MC	9		120		
Phytosterols.....mg	0		0	FLM	4		0		
Amino Acids:									
Tryptophan.....g	0.180		0	MC	9		0.180		
Threonine.....g	0.570		0	MC	9		0.570		
Isoleucine.....g	0.320		0	MC	9		0.320		
Leucine.....g	1.390		0	MC	9		1.390		
Lysine.....g	1.050		0	MC	9		1.050		
Methionine.....g	0.200		0	MC	9		0.200		
Cystine.....g	0.180		0	MC	9		0.180		
Phenylalanine.....g	0.820		0	MC	9		0.820		
Tyrosine.....g	0.340		0	MC	9		0.340		
Valine.....g	1.020		0	MC	9		1.020		
Arginine.....g	0.680		0	MC	9		0.680		
Histidine.....g	0.710		0	MC	9		0.710		
Alanine.....g	1.050		0	MC	9		1.050		
Aspartic acid.....g	1.350		0	MC	9		1.350		
Glutamic acid.....g	2.120		0	MC	9		2.120		
Glycine.....g	0.910		0	MC	9		0.910		
Proline.....g	1.000		0	MC	9		1.000		
Serine.....g	0.680		0	MC	9		0.680		
Hydroxyproline.....g									
Others:									

NDB No. 07005
Blood sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	MC	9		0.0		
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 4 slices

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07006
Bockwurst, pork, veal, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.47		0	FLM	4		49.57		
Energy....kcal	301		0	FLM	4		274		
Energy....kJ	1258		0	FLM	4		1145		
Protein (N x 6.25)....g	14.03		0	FLM	4		12.77		
Total lipid (fat)....g	25.87		0	FLM	4		23.54		
Ash....g	2.26		0	FLM	4		2.06		
Carbohydrate, by difference....g	2.95		0	FLM	4		2.69		
Fiber, total dietary....g	1.0		0	FLM	4		0.9		
Sugars, total....g	1.33		0	FLM	4		1.21		
Sucrose....g	0.08		0	FLM	4		0.07		
Glucose (dextrose)....g	0.40		0	FLM	4		0.36		
Fructose....g	0.37		0	FLM	4		0.34		
Lactose....g	0.00		0	FLM	4		0.00		
Maltose....g	0.00		0	FLM	4		0.00		
Galactose....g	0.48		0	FLM	4		0.44		
Starch....g	0.00		0	FLM	4		0.00		
Minerals:									
Calcium, Ca....mg	41		1	A	1		37		
Iron, Fe....mg	1.15		1	A	1		1.05		
Magnesium, Mg....mg	26		0	FLM	4		23		
Phosphorus, P....mg	169		0	FLM	4		153		
Potassium, K....mg	270		0	FLM	4		246		
Sodium, Na....mg	497		1	A	1		452		
Zinc, Zn....mg	2.07		0	FLM	4		1.88		
Copper, Cu....mg	0.100		0	FLM	4		0.091		
Manganese, Mn....mg	0.171		0	FLM	4		0.155		
Selenium, Se....mcg	11.3		0	FLM	4		10.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2		0	FLM	4		2.9		
Thiamin....mg	0.193		0	FLM	4		0.176		
Riboflavin....mg	0.233		0	FLM	4		0.212		
Niacin....mg	5.616		0	FLM	4		5.110		
Pantothenic acid....mg	0.891		0	FLM	4		0.811		
Vitamin B-6....mg	0.378		0	FLM	4		0.344		
Folate, total....mcg	17		0	FLM	4		16		
Folic acid....mcg	0		0	FLM	4		0		
Folate, food....mcg	17		0	FLM	4		16		
Folate, DFE....mcg_DFE	17		0	NC	4		16		
Choline, total....mg	46.4		0	FLM	4		42.3		
Betaine....mg	6.7		0	FLM	4		6.1		
Vitamin B-12....mcg	0.86		0	FLM	4		0.78		
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE....mcg_RAE	77		0	NC	4		70		
Retinol....mcg	2		0	FLM	4		2		
Carotene, beta....mcg	148		0	FLM	4		134		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	2		0	FLM	4		1		
Vitamin A, IU....IU	256		0	FLM	4		233		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	108		0	FLM	4		98		
Vitamin E (alpha-tocopherol)....mg	0.38		0	FLM	4		0.34		
Vitamin E, added....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg	0.00		0	FLM	4		0.00		
Tocopherol, gamma....mg	0.01		0	FLM	4		0.01		
Tocopherol, delta....mg	0.00		0	FLM	4		0.00		
Vitamin D (D2 + D3)....mcg	0.0		0	NR	4		0.0		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 07006
Bockwurst, pork, veal, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	FLM	4		0		
Vitamin K (phylloquinone)....mcg	70.2		0	FLM	4		63.9		
Lipids:									
Fatty acids, total saturated....g	10.256		0	NC	4		9.333		
4:0....g	0.003		0	FLM	4		0.003		
6:0....g	0.002		0	FLM	4		0.002		
8:0....g	0.012		0	FLM	4		0.011		
10:0....g	0.031		0	FLM	4		0.028		
12:0....g	0.061		0	FLM	4		0.055		
13:0....g									
14:0....g	0.485		0	FLM	4		0.441		
15:0....g									
16:0....g	6.099		0	FLM	4		5.550		
17:0....g									
18:0....g	3.562		0	FLM	4		3.241		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.138		0	NC	4		11.955		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.929		0	FLM	4		0.845		
17:1....g									
18:1 undifferentiated....g	12.013		0	FLM	4		10.932		
20:1....g	0.196		0	FLM	4		0.178		
22:1 undifferentiated....g	0.000		0	FLM	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.328		0	NC	4		2.119		
18:2 undifferentiated....g	2.084		0	FLM	4		1.897		
18:3 undifferentiated....g	0.184		0	FLM	4		0.168		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060		0	FLM	4		0.054		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	93		0	MC	9		85		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.153		0	FLM	4		0.139		
Threonine....g	0.613		0	FLM	4		0.558		
Isoleucine....g	0.677		0	FLM	4		0.616		
Leucine....g	1.107		0	FLM	4		1.007		
Lysine....g	1.166		0	FLM	4		1.061		
Methionine....g	0.333		0	FLM	4		0.303		
Cystine....g	0.161		0	FLM	4		0.146		
Phenylalanine....g	0.556		0	FLM	4		0.506		
Tyrosine....g	0.452		0	FLM	4		0.412		
Valine....g	0.767		0	FLM	4		0.698		
Arginine....g	0.820		0	FLM	4		0.746		
Histidine....g	0.513		0	FLM	4		0.467		
Alanine....g	0.813		0	FLM	4		0.740		
Aspartic acid....g	1.214		0	FLM	4		1.105		
Glutamic acid....g	2.176		0	FLM	4		1.980		
Glycine....g	0.690		0	FLM	4		0.628		
Proline....g	0.576		0	FLM	4		0.525		
Serine....g	0.534		0	FLM	4		0.486		
Hydroxyproline....g									
Others:									

NDB No. 07006
Bockwurst, pork, veal, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 91g: 1 sausage

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07007
Bologna, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.26		2	A	1		15.19	15.19	
Energy....kcal	311		2	A	1		87	87	
Energy....kJ	1301		0	A	1		364	364	
Protein (N x 6.25)....g	10.27		2	A	1		2.88	2.88	
Total lipid (fat)....g	28.19		2	A	1		7.89	7.89	
Ash....g	3.29		2	A	1		0.92	0.92	
Carbohydrate, by difference....g	3.98		0	NC	4		1.12	1.12	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	31		2	A	1		9	9	
Iron, Fe....mg	1.10		2	A	1		0.31	0.31	
Magnesium, Mg....mg	14		2	A	1		4	4	
Phosphorus, P....mg	172		2	A	1		48	48	
Potassium, K....mg	172		2	A	1		48	48	
Sodium, Na....mg	1080		2	A	1		302	302	
Zinc, Zn....mg	9.10		2	A	1		2.55	2.55	
Copper, Cu....mg	0.068		2	A	1		0.019	0.019	
Manganese, Mn....mg	0.044		2	A	1		0.012	0.012	
Selenium, Se....mcg	0.0		2	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	15.2		2	A	1		4.2	4.2	
Thiamin....mg	0.026		2	A	1		0.007	0.007	
Riboflavin....mg	0.099		2	A	1		0.028	0.028	
Niacin....mg	2.515		2	A	1		0.704	0.704	
Pantothenic acid....mg	0.406		2	A	1		0.114	0.114	
Vitamin B-6....mg	0.170		2	A	1		0.048	0.048	
Folate, total....mcg	9		2	A	1		3	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	9		2	A	1		3	3	
Folate, DFE....mcg_DFE	9		0	NC	4		3	3	
Choline, total....mg	46.3		0	AS	1		13.0	13.0	
Betaine....mg	5.0		2	A	1		1.4	1.4	
Vitamin B-12....mcg	1.27		2	A	1		0.35	0.35	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		4	4	
Retinol....mcg	11		2	A	1		3	3	
Carotene, beta....mcg	11		2	A	1		3	3	
Carotene, alpha....mcg	6		2	A	1		2	2	
Cryptoxanthin, beta....mcg	11		2	A	1		3	3	
Vitamin A, IU....IU	70		0	AS	1		20	20	
Lycopene....mcg	11		2	A	1		3	3	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.35		2	A	1		0.10	0.10	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.19		2	A	1		0.05	0.05	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.7		0	NR	4		0.2	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	28		0	T	4		8	8	
Vitamin K (phylloquinone)....mcg	1.7		2	A	1		0.5	0.5	
Lipids:									
Fatty acids, total saturated....g	11.134		2	A	1		3.118	3.118	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 07007
Bologna, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.900		2	A	1		0.252	0.252	
15:0....g	0.138		2	A	1		0.039	0.039	
16:0....g	3.164		2	A	1		0.886	0.886	
17:0....g	0.324		2	A	1		0.091	0.091	
18:0....g	3.481		2	A	1		0.975	0.975	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	12.218		2	A	1		3.421	3.421	
14:1....g	0.239		2	A	1		0.067	0.067	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.981		2	A	1		0.275	0.275	
17:1....g									
18:1 undifferentiated....g	10.881		2	A	1		3.047	3.047	
20:1....g	0.118		2	A	1		0.033	0.033	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.776		2	A	1		0.217	0.217	
18:2 undifferentiated....g	0.666		2	A	1		0.186	0.186	
18:3 undifferentiated....g	0.081		0	AS	1		0.023	0.023	
18:3 n-3 c,c,c (ALA)....g	0.081		2	A	1		0.023	0.023	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.030		2	A	1		0.008	0.008	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	1.485		2	A	1		0.416	0.416	
Cholesterol....mg	56		2	A	1		16	16	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g	0.208		2	A	1		0.058	0.058	

NDB No. 07007
Bologna, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07008
Bologna, beef and pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.87		0	MC	9		51.87		
Energy....kcal	308		0	NC	4		308		
Energy....kJ	1288		0	NC	4		1288		
Protein (N x 6.25)....g	15.20		0	MC	9		15.20		
Total lipid (fat)....g	24.59		0	MC	9		24.59		
Ash....g	2.85		0	NC	4		2.85		
Carbohydrate, by difference....g	5.49		0	NC	4		5.49		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	4.42		0	MC	9		4.42		
Starch....g									
Minerals:									
Calcium, Ca....mg	85		0	MC	9		85		
Iron, Fe....mg	1.21		0	MC	9		1.21		
Magnesium, Mg....mg	17		0	MC	9		17		
Phosphorus, P....mg	163		0	MC	9		163		
Potassium, K....mg	315		0	MC	9		315		
Sodium, Na....mg	736		0	MC	9		736		
Zinc, Zn....mg	2.30		0	MC	9		2.30		
Copper, Cu....mg	0.052		0	MC	9		0.052		
Manganese, Mn....mg	0.018		0	FLM	4		0.018		
Selenium, Se....mcg	24.6		0	FLM	4		24.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.8		0	MC	9		0.8		
Thiamin....mg	0.217		0	MC	9		0.217		
Riboflavin....mg	0.185		0	MC	9		0.185		
Niacin....mg	2.521		0	MC	9		2.521		
Pantothenic acid....mg	0.415		0	MC	9		0.415		
Vitamin B-6....mg	0.297		0	MC	9		0.297		
Folate, total....mcg	6		0	MC	9		6		
Folic acid....mcg	0		0	NR	4		0		
Folate, food....mcg	6		0	MC	9		6		
Folate, DFE....mcg_DFE	6		0	NC	4		6		
Choline, total....mg	65.6		0	BFNN	4		65.6		
Betaine....mg	5.8		0	BFNN	4		5.8		
Vitamin B-12....mcg	1.82		0	MC	9		1.82		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	25		0	NC	4		25		
Retinol....mcg	25		0	NR	4		25		
Carotene, beta....mcg	0		0	FLM	4		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	84		0	MC	9		84		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLM	4		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg	0.00		0	NR	4		0.00		
Tocopherol, gamma....mg	0.00		0	NR	4		0.00		
Tocopherol, delta....mg	0.00		0	NR	4		0.00		
Vitamin D (D2 + D3)....mcg	0.8		0	MC	9		0.8		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	32		0	MC	9		32		
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4		0.3		
Lipids:									
Fatty acids, total saturated....g	9.301		0	NC	4		9.301		
4:0....g	0.001		0	FLM	4		0.001		

NDB No. 07008
Bologna, beef and pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		
10:0....g	0.012		0	FLM	4		0.012		
12:0....g	0.013		0	FLM	4		0.013		
13:0....g									
14:0....g	0.323		0	FLM	4		0.323		
15:0....g									
16:0....g	5.986		0	FLM	4		5.986		
17:0....g									
18:0....g	2.964		0	MC	9		2.964		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.526		0	NC	4		10.526		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.598		0	FLM	4		0.598		
17:1....g									
18:1 undifferentiated....g	9.712		0	FLM	4		9.712		
20:1....g	0.186		0	FLM	4		0.186		
22:1 undifferentiated....g	0.031		0	FLM	4		0.031		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.120		0	NC	4		1.120		
18:2 undifferentiated....g	1.015		0	FLM	4		1.015		
18:3 undifferentiated....g	0.055		0	FLM	4		0.055		
18:4....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.050		0	FLM	4		0.050		
20:5 n-3 (EPA)....g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans....g	0.000		0	NR	4		0.000		
Cholesterol....mg	60		0	MC	9		60		
Phytosterols....mg	0		0	FLM	4		0		
Amino Acids:									
Tryptophan....g	0.214		0	FLM	4		0.214		
Threonine....g	0.770		0	FLM	4		0.770		
Isoleucine....g	0.809		0	FLM	4		0.809		
Leucine....g	1.385		0	FLM	4		1.385		
Lysine....g	1.499		0	FLM	4		1.499		
Methionine....g	0.445		0	FLM	4		0.445		
Cystine....g	0.209		0	FLM	4		0.209		
Phenylalanine....g	0.689		0	FLM	4		0.689		
Tyrosine....g	0.606		0	FLM	4		0.606		
Valine....g	0.927		0	FLM	4		0.927		
Arginine....g	1.030		0	FLM	4		1.030		
Histidine....g	0.646		0	FLM	4		0.646		
Alanine....g	0.966		0	FLM	4		0.966		
Aspartic acid....g	1.550		0	FLM	4		1.550		
Glutamic acid....g	2.718		0	FLM	4		2.718		
Glycine....g	0.805		0	FLM	4		0.805		
Proline....g	0.782		0	FLM	4		0.782		
Serine....g	0.714		0	FLM	4		0.714		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07008
Bologna, beef and pork

Common Measures:

Measure 1 = 100g: 3.527 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42129
Bologna, beef and pork, low fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.40		0		12		87.49	8.88	17.75
Energy....kcal	230		0		4		317	32	64
Energy....kJ	962		0		4		1328	135	269
Protein....g	11.50		0		12		15.87	1.61	3.22
Total lipid (fat)....g	19.30		0		12		26.63	2.70	5.40
Ash....g	3.20		0	NR	4		4.42	0.45	0.90
Carbohydrate, by difference....g	2.60		0		9		3.59	0.36	0.73
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0		12		15	2	3
Iron, Fe....mg	0.66		0		12		0.91	0.09	0.18
Magnesium, Mg....mg	12		0		12		17	2	3
Phosphorus, P....mg	181		0		12		250	25	51
Potassium, K....mg	156		0		12		215	22	44
Sodium, Na....mg	1108		0		12		1529	155	310
Zinc, Zn....mg	1.50		0		12		2.07	0.21	0.42
Copper, Cu....mg	0.080		0		4		0.110	0.011	0.022
Manganese, Mn....mg									
Selenium, Se....mcg	11.2		0	BFNN	4		15.5	1.6	3.1
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.170		0		4		0.235	0.024	0.048
Riboflavin....mg	0.130		0		4		0.179	0.018	0.036
Niacin....mg	2.540		0		4		3.505	0.356	0.711
Pantothenic acid....mg									
Vitamin B-6....mg	0.180		0		4		0.248	0.025	0.050
Folate, total....mcg	5		0		4		7	1	1
Folic acid....mcg	0		0	NR	4		0	0	0
Folate, food....mcg	5		0		4		7	1	1
Folate, DFE....mcg_DFE	5		0	NC	4		7	1	1
Choline, total....mg	48.2		0	BFNN	4		66.5	6.7	13.5
Betaine....mg	4.3		0	BFNN	4		5.9	0.6	1.2
Vitamin B-12....mcg	1.31		0		4		1.81	0.18	0.37
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.22		0	NR	4		0.30	0.03	0.06
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	BFFN	4		0.7	0.1	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	19		0	BFFN	4		26	3	5
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4		0.4	0.0	0.1
Lipids:									
Fatty acids, total saturated....g	7.308		0		4		10.085	1.023	2.046
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 42129
Bologna, beef and pork, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.041		0		4		0.057	0.006	0.011
12:0 g	0.027		0		4		0.037	0.004	0.008
13:0 g									
14:0 g	0.423		0		4		0.584	0.059	0.118
15:0 g									
16:0 g	4.282		0		4		5.909	0.599	1.199
17:0 g									
18:0 g	2.527		0		4		3.487	0.354	0.708
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.145		0		4		12.620	1.280	2.561
14:1 g									
15:1 g									
16:1 undifferentiated g	0.943		0		4		1.301	0.132	0.264
17:1 g									
18:1 undifferentiated g	8.202		0		4		11.319	1.148	2.297
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	1.639		0		4		2.262	0.229	0.459
18:2 undifferentiated g	1.359		0		4		1.875	0.190	0.381
18:3 undifferentiated g	0.280		0		4		0.386	0.039	0.078
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	39		0		12		54	5	11
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 138g: 1 cup pieces

Measure 2 = 14.0g: 1 cubic inch

Measure 3 = 28g: 1 slice, medium

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42161
Bologna, beef, low fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.00		1	A	1		18.20	9.10	18.20
Energy....kcal	204		0	NC	4		57	29	57
Energy....kJ	854		0	NC	4		239	119	239
Protein (N x 6.25)....g	11.80		1	A	1		3.30	1.65	3.30
Total lipid (fat)....g	14.80		1	A	1		4.14	2.07	4.14
Ash....g	3.20		1	A	1		0.90	0.45	0.90
Carbohydrate, by difference....g	5.20		0	NC	4		1.46	0.73	1.46
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	9		0		12		3	1	3
Iron, Fe....mg	1.00		0		12		0.28	0.14	0.28
Magnesium, Mg....mg	12		0		12		3	2	3
Phosphorus, P....mg	178		0		12		50	25	50
Potassium, K....mg	147		0		12		41	21	41
Sodium, Na....mg	1180		1	A	1		330	165	330
Zinc, Zn....mg	1.83		0		12		0.51	0.26	0.51
Copper, Cu....mg	0.030		0		4		0.008	0.004	0.008
Manganese, Mn....mg									
Selenium, Se....mcg	12.4		0	BFNN	4		3.5	1.7	3.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		0		4		0.3	0.1	0.3
Thiamin....mg	0.050		0		4		0.014	0.007	0.014
Riboflavin....mg	0.100		0		4		0.028	0.014	0.028
Niacin....mg	2.500		0		4		0.700	0.350	0.700
Pantothenic acid....mg									
Vitamin B-6....mg	0.150		0		4		0.042	0.021	0.042
Folate, total....mcg	5		0		4		1	1	1
Folic acid....mcg	0		0	NR	4		0	0	0
Folate, food....mcg	5		0		4		1	1	1
Folate, DFE....mcg_DFE	5		0	NC	4		1	1	1
Choline, total....mg	53.3		0	BFNN	4		14.9	7.5	14.9
Betaine....mg	5.8		0	BFNN	4		1.6	0.8	1.6
Vitamin B-12....mcg	1.40		0		4		0.39	0.20	0.39
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	NR	4		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		1	A	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.19		0	NR	4		0.05	0.03	0.05
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	BFFN	4		0.1	0.1	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	15		0	BFFN	4		4	2	4
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4		0.1	0.0	0.1
Lipids:									
Fatty acids, total saturated....g	5.464		0	NC	4		1.530	0.765	1.530
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 42161
Bologna, beef, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.037		0		4		0.010	0.005	0.010
12:0 g	0.019		0		4		0.005	0.003	0.005
13:0 g									
14:0 g	0.407		0		4		0.114	0.057	0.114
15:0 g									
16:0 g	3.106		0		4		0.870	0.435	0.870
17:0 g									
18:0 g	1.894		0		4		0.530	0.265	0.530
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.455		0	NC	4		1.808	0.904	1.808
14:1 g									
15:1 g									
16:1 undifferentiated g	0.767		0		4		0.215	0.107	0.215
17:1 g									
18:1 undifferentiated g	5.688		0		4		1.593	0.796	1.593
20:1 g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.510		0	NC	4		0.143	0.071	0.143
18:2 undifferentiated g	0.398		0		4		0.111	0.056	0.111
18:3 undifferentiated g	0.112		0		4		0.031	0.016	0.031
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	44		1	A	1		12	6	12
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 slice

Measure 2 = 14.0g: 1 cubic inch

Measure 3 = 28g: 1 slice, medium

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07960
Bologna, chicken, pork

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.85		1	A	1		14.24	14.24	
Energy	kcal	336		1	NC	4		94	94	
Energy	kJ	1407		0	NC	4		394	394	
Protein (N x 6.25)	g	10.31		1	A	1		2.89	2.89	
Total lipid (fat)	g	30.61		1	A	1		8.57	8.57	
Ash	g	4.04		1	A	1		1.13	1.13	
Carbohydrate, by difference	g	4.19		0	NC	4		1.17	1.17	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	196		1	A	1		55	55	
Iron, Fe	mg	1.12		1	A	1		0.31	0.31	
Magnesium, Mg	mg	16		1	A	1		5	5	
Phosphorus, P	mg	223		1	A	1		62	62	
Potassium, K	mg	162		1	A	1		45	45	
Sodium, Na	mg	1240		1	A	1		347	347	
Zinc, Zn	mg	1.04		1	A	1		0.29	0.29	
Copper, Cu	mg	0.039		1	A	1		0.011	0.011	
Manganese, Mn	mg	0.042		1	A	1		0.012	0.012	
Selenium, Se	mcg	0.0		1	A	1		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.2		1	A	1		3.7	3.7	
Thiamin	mg	0.063		1	A	1		0.018	0.018	
Riboflavin	mg	0.129		1	A	1		0.036	0.036	
Niacin	mg	3.680		1	A	1		1.030	1.030	
Pantothenic acid	mg	0.776		1	A	1		0.217	0.217	
Vitamin B-6	mg	0.190		1	A	1		0.053	0.053	
Folate, total	mcg	13		1	A	1		4	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		1	A	1		4	4	
Folate, DFE	mcg_DFE	13		0	NC	4		4	4	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.50		1	A	1		0.14	0.14	
Vitamin A, RAE	mcg_RAE	13		0	AS	1		4	4	
Retinol	mcg	11		1	A	1		3	3	
Carotene, beta	mcg	11		1	A	1		3	3	
Carotene, alpha	mcg	11		1	A	1		3	3	
Cryptoxanthin, beta	mcg	11		1	A	1		3	3	
Vitamin A, IU	IU	75		0	AS	1		21	21	
Lycopene	mcg	11		1	A	1		3	3	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.64		2	A	1		0.18	0.18	
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.29		2	A	1		0.08	0.08	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		2	A	1		0.2	0.2	
Lipids:										
Fatty acids, total saturated	g	9.863		1	A	1		2.762	2.762	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	

NDB No. 07960
Bologna, chicken, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.000		1	A	1		0.000	0.000	
13:0 g									
14:0 g	0.321		1	A	1		0.090	0.090	
15:0 g	0.000		1	A	1		0.000	0.000	
16:0 g	6.584		1	A	1		1.844	1.844	
17:0 g	0.082		1	A	1		0.023	0.023	
18:0 g	2.829		1	A	1		0.792	0.792	
20:0 g	0.047		1	A	1		0.013	0.013	
22:0 g	0.000		1	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	13.172		1	A	1		3.688	3.688	
14:1 g	0.000		1	A	1		0.000	0.000	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	1.114		1	A	1		0.312	0.312	
17:1 g									
18:1 undifferentiated g	11.825		1	A	1		3.311	3.311	
20:1 g	0.233		1	A	1		0.065	0.065	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	4.348		1	A	1		1.217	1.217	
18:2 undifferentiated g	3.872		1	A	1		1.084	1.084	
18:3 undifferentiated g	0.238		0	AS	1		0.067	0.067	
18:3 n-3 c,c,c (ALA) g	0.205		1	A	1		0.057	0.057	
18:3 n-6 c,c,c g	0.033		1	A	1		0.009	0.009	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.131		1	A	1		0.037	0.037	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.107		1	A	1		0.030	0.030	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.283		1	A	1		0.079	0.079	
Cholesterol mg	87		1	A	1		24	24	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.081		1	A	1		0.023	0.023	
Threonine g	0.401		1	A	1		0.112	0.112	
Isoleucine g	0.465		1	A	1		0.130	0.130	
Leucine g	0.775		1	A	1		0.217	0.217	
Lysine g	0.824		1	A	1		0.231	0.231	
Methionine g	0.216		1	A	1		0.060	0.060	
Cystine g	0.108		1	A	1		0.030	0.030	
Phenylalanine g	0.413		1	A	1		0.116	0.116	
Tyrosine g	0.323		1	A	1		0.090	0.090	
Valine g	0.527		1	A	1		0.148	0.148	
Arginine g	0.672		1	A	1		0.188	0.188	
Histidine g	0.315		1	A	1		0.088	0.088	
Alanine g	0.657		1	A	1		0.184	0.184	
Aspartic acid g	0.923		1	A	1		0.258	0.258	
Glutamic acid g	1.548		1	A	1		0.433	0.433	
Glycine g	0.704		1	A	1		0.197	0.197	
Proline g	0.505		1	A	1		0.141	0.141	
Serine g	0.397		1	A	1		0.111	0.111	
Hydroxyproline g	0.134		1	A	1		0.038	0.038	
Others:									

NDB No. 07960
Bologna, chicken, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07959
Bologna, chicken, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.42	2.003	3	A	1		15.80	15.80	
Energy....kcal	272	15.177	3	A	1		76	76	
Energy....kJ	1138		0	A	1		319	319	
Protein (N x 6.25)....g	11.33	0.550	3	A	1		3.17	3.17	
Total lipid (fat)....g	22.73	1.313	3	A	1		6.36	6.36	
Ash....g	3.93	0.167	3	A	1		1.10	1.10	
Carbohydrate, by difference....g	5.61		0	NC	4		1.57	1.57	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	92	14.358	3	A	1		26	26	
Iron, Fe....mg	1.25	0.060	3	A	1		0.35	0.35	
Magnesium, Mg....mg	15	1.068	3	A	1		4	4	
Phosphorus, P....mg	227	11.795	3	A	1		63	63	
Potassium, K....mg	313	59.803	3	A	1		88	88	
Sodium, Na....mg	1120	20.817	3	A	1		314	314	
Zinc, Zn....mg	1.22	0.081	3	A	1		0.34	0.34	
Copper, Cu....mg	0.064	0.013	3	A	1		0.018	0.018	
Manganese, Mn....mg	0.043	0.011	3	A	1		0.012	0.012	
Selenium, Se....mcg	0.0	0.001	3	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	15.8	0.328	3	A	1		4.4	4.4	
Thiamin....mg	0.074	0.017	3	A	1		0.021	0.021	
Riboflavin....mg	0.135	0.003	3	A	1		0.038	0.038	
Niacin....mg	3.463	0.319	3	A	1		0.970	0.970	
Pantothenic acid....mg	0.721	0.032	3	A	1		0.202	0.202	
Vitamin B-6....mg	0.227	0.042	3	A	1		0.064	0.064	
Folate, total....mcg	7	0.333	3	A	1		2	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7	0.333	3	A	1		2	2	
Folate, DFE....mcg_DFE	7		0	NC	4		2	2	
Choline, total....mg	59.1		0	AS	1		16.5	16.5	
Betaine....mg	4.2	0.426	3	A	1		1.2	1.2	
Vitamin B-12....mcg	0.59	0.050	3	A	1		0.16	0.16	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	13		0	AS	1		4	4	
Retinol....mcg	11	0.000	3	A	1		3	3	
Carotene, beta....mcg	11	0.000	3	A	1		3	3	
Carotene, alpha....mcg	11	0.000	3	A	1		3	3	
Cryptoxanthin, beta....mcg	11	0.000	3	A	1		3	3	
Vitamin A, IU....IU	75		0	AS	1		21	21	
Lycopene....mcg	11	0.000	3	A	1		3	3	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25	0.094	3	A	1		0.07	0.07	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.21	0.097	3	A	1		0.06	0.06	
Tocopherol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.1	0.067	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	6.997	0.443	3	A	1		1.959	1.959	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 07959
Bologna, chicken, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000	0.000	3	A	1		0.000	0.000	
10:0 g	0.000	0.000	3	A	1		0.000	0.000	
12:0 g	0.000	0.000	3	A	1		0.000	0.000	
13:0 g									
14:0 g	0.249	0.031	3	A	1		0.070	0.070	
15:0 g	0.023	0.003	3	A	1		0.006	0.006	
16:0 g	4.742	0.209	3	A	1		1.328	1.328	
17:0 g	0.071	0.010	3	A	1		0.020	0.020	
18:0 g	1.892	0.197	3	A	1		0.530	0.530	
20:0 g	0.027	0.003	3	A	1		0.008	0.008	
22:0 g	0.000	0.000	3	A	1		0.000	0.000	
24:0 g									
Fatty acids, total monounsaturated g	9.698	0.396	3	A	1		2.715	2.715	
14:1 g	0.036	0.001	3	A	1		0.010	0.010	
15:1 g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated g	1.002	0.048	3	A	1		0.281	0.281	
17:1 g									
18:1 undifferentiated g	8.507	0.419	3	A	1		2.382	2.382	
20:1 g	0.152	0.022	3	A	1		0.043	0.043	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.475	0.289	3	A	1		0.973	0.973	
18:2 undifferentiated g	3.112	0.263	3	A	1		0.871	0.871	
18:3 undifferentiated g	0.189		0	AS	1		0.053	0.053	
18:3 n-3 c,c,c (ALA) g	0.168	0.017	3	A	1		0.047	0.047	
18:3 n-6 c,c,c g	0.021	0.011	3	A	1		0.006	0.006	
18:3i g									
18:4 g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c g	0.085	0.017	3	A	1		0.024	0.024	
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.090	0.003	3	A	1		0.025	0.025	
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans g	0.237	0.121	3	A	1		0.066	0.066	
Cholesterol mg	83	3.753	3	A	1		23	23	
Phytosterols mg									
Amino Acids:									
Tryptophan g									
Threonine g									
Isoleucine g									
Leucine g									
Lysine g									
Methionine g									
Cystine g									
Phenylalanine g									
Tyrosine g									
Valine g									
Arginine g									
Histidine g									
Alanine g									
Aspartic acid g									
Glutamic acid g									
Glycine g									
Proline g									
Serine g									
Hydroxyproline g	0.108	0.003	3	A	1		0.030	0.030	

NDB No. 07959
Bologna, chicken, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07952
Bologna, chicken, turkey, pork

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.25		2	A	1		15.47	15.47	
Energy	kcal	298		2	A	1		83	83	
Energy	kJ	1245		0	A	1		349	349	
Protein (N x 6.25)	g	9.88		2	A	1		2.77	2.77	
Total lipid (fat)	g	26.18		2	A	1		7.33	7.33	
Ash	g	3.03		2	A	1		0.85	0.85	
Carbohydrate, by difference	g	5.65		0	NC	4		1.58	1.58	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	82		2	A	1		23	23	
Iron, Fe	mg	1.16		2	A	1		0.32	0.32	
Magnesium, Mg	mg	15		2	A	1		4	4	
Phosphorus, P	mg	185		2	A	1		52	52	
Potassium, K	mg	152		2	A	1		43	43	
Sodium, Na	mg	922		2	A	1		258	258	
Zinc, Zn	mg	1.28		2	A	1		0.36	0.36	
Copper, Cu	mg	0.060		2	A	1		0.017	0.017	
Manganese, Mn	mg	0.044		2	A	1		0.012	0.012	
Selenium, Se	mcg	0.0		2	A	1		0.0	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	19.7		2	A	1		5.5	5.5	
Thiamin	mg	0.042		2	A	1		0.012	0.012	
Riboflavin	mg	0.132		2	A	1		0.037	0.037	
Niacin	mg	3.320		2	A	1		0.930	0.930	
Pantothenic acid	mg	0.696		2	A	1		0.195	0.195	
Vitamin B-6	mg	0.180		2	A	1		0.050	0.050	
Folate, total	mcg	9		2	A	1		2	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		2	A	1		2	2	
Folate, DFE	mcg_DFE	9		0	NC	4		2	2	
Choline, total	mg	53.3		0	AS	1		14.9	14.9	
Betaine	mg	4.8		2	A	1		1.4	1.4	
Vitamin B-12	mcg	0.79		2	A	1		0.22	0.22	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	13		0	AS	1		4	4	
Retinol	mcg	11		2	A	1		3	3	
Carotene, beta	mcg	11		2	A	1		3	3	
Carotene, alpha	mcg	11		2	A	1		3	3	
Cryptoxanthin, beta	mcg	11		2	A	1		3	3	
Vitamin A, IU	IU	75		0	AS	1		21	21	
Lycopene	mcg	11		2	A	1		3	3	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.41		2	A	1		0.11	0.11	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.31		2	A	1		0.09	0.09	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	7.990		2	A	1		2.237	2.237	
4:0	g	0.000		0	Z	7		0.000	0.000	

NDB No. 07952
Bologna, chicken, turkey, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.251		2	A	1		0.070	0.070	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	5.335		2	A	1		1.494	1.494	
17:0....g	0.072		2	A	1		0.020	0.020	
18:0....g	2.292		2	A	1		0.642	0.642	
20:0....g	0.041		2	A	1		0.011	0.011	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	10.555		2	A	1		2.955	2.955	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.921		2	A	1		0.258	0.258	
17:1....g									
18:1 undifferentiated....g	9.444		2	A	1		2.644	2.644	
20:1....g	0.190		2	A	1		0.053	0.053	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.672		2	A	1		1.308	1.308	
18:2 undifferentiated....g	4.186		2	A	1		1.172	1.172	
18:3 undifferentiated....g	0.284		0	AS	1		0.079	0.079	
18:3 n-3 c,c,c (ALA)....g	0.252		2	A	1		0.071	0.071	
18:3 n-6 c,c,c....g	0.032		2	A	1		0.009	0.009	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.101		2	A	1		0.028	0.028	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.102		2	A	1		0.029	0.029	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.430		2	A	1		0.120	0.120	
Cholesterol....mg	80		2	A	1		22	22	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g	0.084		2	A	1		0.024	0.024	

NDB No. 07952
Bologna, chicken, turkey, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07010
Bologna, pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.60	0.839	3		1		16.97	13.94	
Energy....kcal	247		0	NC	4		69	57	
Energy....kJ	1033		0		4		289	238	
Protein (N x 6.25)....g	15.30	0.153	3		1		4.28	3.52	
Total lipid (fat)....g	19.87	1.267	3		1		5.56	4.57	
Ash....g	3.50	0.058	3		1		0.98	0.81	
Carbohydrate, by difference....g	0.73		0	NC	4		0.20	0.17	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	1.000	3		1		3	3	
Iron, Fe....mg	0.77	0.097	3		1		0.22	0.18	
Magnesium, Mg....mg	14	0.577	3		1		4	3	
Phosphorus, P....mg	139	3.712	3		1		39	32	
Potassium, K....mg	281	18.475	3		1		79	65	
Sodium, Na....mg	1184	20.177	3		1		332	272	
Zinc, Zn....mg	2.03	0.111	4		1		0.57	0.47	
Copper, Cu....mg	0.080	0.013	4		1		0.022	0.018	
Manganese, Mn....mg	0.036		2		1		0.010	0.008	
Selenium, Se....mcg	12.7		0	BFNN	4		3.6	2.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.523	0.009	3		1		0.146	0.120	
Riboflavin....mg	0.157	0.020	3		1		0.044	0.036	
Niacin....mg	3.900	0.156	3		1		1.092	0.897	
Pantothenic acid....mg	0.720		1		1		0.202	0.166	
Vitamin B-6....mg	0.270	0.014	3		1		0.076	0.062	
Folate, total....mcg	5		0		1		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		1		1	1	
Folate, DFE....mcg_DFE	5		0	NC	4		1	1	
Choline, total....mg	54.4		0	BFNN	4		15.2	12.5	
Betaine....mg	4.8		0	BFNN	4		1.3	1.1	
Vitamin B-12....mcg	0.93	0.041	3		1		0.26	0.21	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26		0	NR	4		0.07	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.4		0	T	4		0.4	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	56		0	T	4		16	13	
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4		0.1	0.1	
Lipids:									
Fatty acids, total saturated....g	6.839		0	NC	4		1.915	1.573	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 07010
Bologna, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.020	0.003	3		1		0.006	0.005	
12:0....g	0.020	0.003	3		1		0.006	0.005	
13:0....g									
14:0....g	0.239	0.021	3		1		0.067	0.055	
15:0....g									
16:0....g	4.304	0.289	3		1		1.205	0.990	
17:0....g									
18:0....g	2.256	0.158	3		1		0.632	0.519	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.732		0	NC	4		2.725	2.238	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.716	0.050	3		1		0.200	0.165	
17:1....g									
18:1 undifferentiated....g	9.016	0.522	3		1		2.524	2.074	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.107		0	NC	4		0.590	0.485	
18:2 undifferentiated....g	1.829	0.124	3		1		0.512	0.421	
18:3 undifferentiated....g	0.278	0.031	3		1		0.078	0.064	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	59	3.528	3		1		17	14	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.149		0		1		0.042	0.034	
Threonine....g	0.641		0		1		0.179	0.147	
Isoleucine....g	0.663		0		1		0.186	0.152	
Leucine....g	1.168		0		1		0.327	0.269	
Lysine....g	1.204		0		1		0.337	0.277	
Methionine....g	0.412		0		1		0.115	0.095	
Cystine....g	0.171		0		1		0.048	0.039	
Phenylalanine....g	0.585		0		1		0.164	0.135	
Tyrosine....g	0.482		0		1		0.135	0.111	
Valine....g	0.737		0		1		0.206	0.170	
Arginine....g	1.004		0		1		0.281	0.231	
Histidine....g	0.482		0		1		0.135	0.111	
Alanine....g	0.979		0		1		0.274	0.225	
Aspartic acid....g	1.403		0		1		0.393	0.323	
Glutamic acid....g	2.296		0		1		0.643	0.528	
Glycine....g	1.077		0		1		0.302	0.248	
Proline....g	0.773		0		1		0.216	0.178	
Serine....g	0.634		0		1		0.178	0.146	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07010
Bologna, pork

Common Measures:

Measure 1 = 28g: 1 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)

Measure 2 = 23g: 1 slice (4" dia x 1/8" thick)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07936
Bologna, pork and turkey, lite

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.87		1	A	1		36.33		
Energy	kcal	211		0	MC	9		118		
Energy	kJ	881		0	MC	9		493		
Protein (N x 6.25)	g	13.06		1	A	1		7.31		
Total lipid (fat)	g	16.06		1	A	1		8.99		
Ash	g	2.56		1	A	1		1.43		
Carbohydrate, by difference	g	3.45		0	MC	9		1.93		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.00		0	MC	9		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	48		1	A	1		27		
Iron, Fe	mg	1.15		1	A	1		0.64		
Magnesium, Mg	mg	17			FLM	4		10		
Phosphorus, P	mg	94			FLM	4		53		
Potassium, K	mg	138			FLM	4		77		
Sodium, Na	mg	716		1	A	1		401		
Zinc, Zn	mg	0.73			FLM	4		0.41		
Copper, Cu	mg	0.082			FLM	4		0.046		
Manganese, Mn	mg	0.155			FLM	4		0.087		
Selenium, Se	mcg	5.6			FLM	4		3.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.159			FLM	4		0.089		
Riboflavin	mg	0.097			FLM	4		0.054		
Niacin	mg	3.072			FLM	4		1.720		
Pantothenic acid	mg	0.340			FLM	4		0.190		
Vitamin B-6	mg	0.163			FLM	4		0.091		
Folate, total	mcg	18			FLM	4		10		
Folic acid	mcg	0			FLM	4		0		
Folate, food	mcg	18			FLM	4		10		
Folate, DFE	mcg_DFE	18		0	NC	4		10		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.29			FLM	4		0.16		
Vitamin A, RAE	mcg_RAE	1		0	AS	1		0		
Retinol	mcg	1		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	2		0	MC	9		1		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.460		0	MC	9		3.058		
4:0	g	0.000			FLM	4		0.000		
6:0	g	0.000			FLM	4		0.000		
8:0	g	0.000			FLM	4		0.000		

NDB No. 07936
Bologna, pork and turkey, lite

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.010			FLM	4		0.006		
12:0 ... g	0.031			FLM	4		0.018		
13:0 ... g									
14:0 ... g	0.188			FLM	4		0.106		
15:0 ... g									
16:0 ... g	3.312			FLM	4		1.855		
17:0 ... g									
18:0 ... g	1.905			FLM	4		1.067		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.548		0	MC	9		4.227		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.517			FLM	4		0.290		
17:1 ... g									
18:1 undifferentiated ... g	6.900			FLM	4		3.864		
20:1 ... g	0.124			FLM	4		0.070		
22:1 undifferentiated ... g	0.000			FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.051		0	MC	9		1.709		
18:2 undifferentiated ... g	2.786			FLM	4		1.560		
18:3 undifferentiated ... g	0.219			FLM	4		0.122		
18:4 ... g	0.000			FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.037			FLM	4		0.020		
20:5 n-3 (EPA) ... g	0.000			FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.003			FLM	4		0.002		
22:6 n-3 (DHA) ... g	0.003			FLM	4		0.002		
Fatty acids, total trans ... g									
Cholesterol ... mg	79		0	MC	9		44		
Phytosterols ... mg	0			FLM	4		0		
Amino Acids:									
Tryptophan ... g	0.101			FLM	4		0.056		
Threonine ... g	0.357			FLM	4		0.200		
Isoleucine ... g	0.419			FLM	4		0.234		
Leucine ... g	0.714			FLM	4		0.400		
Lysine ... g	0.664			FLM	4		0.372		
Methionine ... g	0.217			FLM	4		0.122		
Cystine ... g	0.151			FLM	4		0.085		
Phenylalanine ... g	0.402			FLM	4		0.225		
Tyrosine ... g	0.303			FLM	4		0.170		
Valine ... g	0.470			FLM	4		0.263		
Arginine ... g	0.629			FLM	4		0.352		
Histidine ... g	0.236			FLM	4		0.132		
Alanine ... g	0.507			FLM	4		0.284		
Aspartic acid ... g	0.766			FLM	4		0.429		
Glutamic acid ... g	2.109			FLM	4		1.181		
Glycine ... g	0.461			FLM	4		0.258		
Proline ... g	0.610			FLM	4		0.341		
Serine ... g	0.430			FLM	4		0.241		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07936
Bologna, pork and turkey, lite

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07937
Bologna, pork, turkey and beef

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.37		0	FLA	4		12.86		
Energy	kcal	336		0	NC	4		95		
Energy	kJ	1406		0	NC	4		399		
Protein (N x 6.25)	g	11.56		1	A	1		3.28		
Total lipid (fat)	g	29.25		1	A	1		8.29		
Ash	g	7.15		0	FLA	4		2.03		
Carbohydrate, by difference	g	6.66		0	NC	4		1.89		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	1.35		1	A	1		0.38		
Starch	g									
Minerals:										
Calcium, Ca	mg	31		1	A	1		9		
Iron, Fe	mg	1.20		1	A	1		0.34		
Magnesium, Mg	mg	14		0	FLA	4		4		
Phosphorus, P	mg	128		0	FLA	4		36		
Potassium, K	mg	222		0	FLA	4		63		
Sodium, Na	mg	1055		1	A	1		299		
Zinc, Zn	mg	2.22		0	FLA	4		0.63		
Copper, Cu	mg	0.093		0	FLA	4		0.026		
Manganese, Mn	mg	0.265		0	FLA	4		0.075		
Selenium, Se	mcg	12.4		0	FLA	4		3.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.0		1	A	1		3.1		
Thiamin	mg	0.152		0	FLA	4		0.043		
Riboflavin	mg	0.150		0	FLA	4		0.043		
Niacin	mg	3.310		0	FLA	4		0.938		
Pantothenic acid	mg	0.360		0	FLA	4		0.102		
Vitamin B-6	mg	0.388		0	FLA	4		0.110		
Folate, total	mcg	4		0	FLA	4		1		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	4		0	FLA	4		1		
Folate, DFE	mcg_DFE	4		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.08		0	FLA	4		0.31		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	Z	7		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	11.700		1	A	1		3.317		
4:0	g	0.000		0	FLA	4		0.000		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		

NDB No. 07937
Bologna, pork, turkey and beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.060		0	FLA	4		0.017		
12:0 g	0.073		0	FLA	4		0.021		
13:0 g									
14:0 g	0.645		0	FLA	4		0.183		
15:0 g									
16:0 g	7.090		0	FLA	4		2.010		
17:0 g									
18:0 g	3.800		0	FLA	4		1.077		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.789		0	FLA	4		3.626		
14:1 g									
15:1 g									
16:1 undifferentiated g	1.146		0	FLA	4		0.325		
17:1 g									
18:1 undifferentiated g	11.497		0	FLA	4		3.259		
20:1 g	0.144		0	FLA	4		0.041		
22:1 undifferentiated g	0.001		0	FLA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.512		0	FLA	4		0.712		
18:2 undifferentiated g	2.171		0	FLA	4		0.615		
18:3 undifferentiated g	0.288		0	FLA	4		0.082		
18:4 g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.046		0	FLA	4		0.013		
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) g	0.003		0	FLA	4		0.001		
22:6 n-3 (DHA) g	0.004		0	FLA	4		0.001		
Fatty acids, total trans g									
Cholesterol mg	75		1	A	1		21		
Phytosterols mg	0		0	FLA	4		0		
Amino Acids:									
Tryptophan g	0.126		0	FLA	4		0.036		
Threonine g	0.509		0	FLA	4		0.144		
Isoleucine g	0.540		0	FLA	4		0.153		
Leucine g	0.937		0	FLA	4		0.266		
Lysine g	1.024		0	FLA	4		0.290		
Methionine g	0.298		0	FLA	4		0.085		
Cystine g	0.135		0	FLA	4		0.038		
Phenylalanine g	0.474		0	FLA	4		0.134		
Tyrosine g	0.388		0	FLA	4		0.110		
Valine g	0.614		0	FLA	4		0.174		
Arginine g	0.908		0	FLA	4		0.258		
Histidine g	0.361		0	FLA	4		0.102		
Alanine g	0.724		0	FLA	4		0.205		
Aspartic acid g	1.143		0	FLA	4		0.324		
Glutamic acid g	1.889		0	FLA	4		0.536		
Glycine g	0.664		0	FLA	4		0.188		
Proline g	0.522		0	FLA	4		0.148		
Serine g	0.493		0	FLA	4		0.140		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07937
Bologna, pork, turkey and beef

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07011
Bologna, turkey

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.55		4	A	1		18.07	18.07	293.04
Energy....kcal	209		0	NC	4		58	58	948
Energy....kJ	874		0	NC	4		245	245	3968
Protein (N x 6.25)....g	11.42		4	A	1		3.20	3.20	51.86
Total lipid (fat)....g	16.05		4	A	1		4.50	4.50	72.89
Ash....g	3.30		1	A	1		0.92	0.92	14.98
Carbohydrate, by difference....g	4.68		0	NC	4		1.31	1.31	21.23
Fiber, total dietary....g	0.5		3	A	1		0.1	0.1	2.1
Sugars, total....g	2.90		3	A	1		0.81	0.81	13.17
Starch....g									
Minerals:									
Calcium, Ca....mg	123		3	A	1		34	34	557
Iron, Fe....mg	3.00		3	A	1		0.84	0.84	13.62
Magnesium, Mg....mg	16		0	FLA	4		4	4	72
Phosphorus, P....mg	114		0	FLA	4		32	32	516
Potassium, K....mg	135		3	A	1		38	38	613
Sodium, Na....mg	1252		4	A	1		350	350	5682
Zinc, Zn....mg	1.30		0	FLA	4		0.36	0.36	5.91
Copper, Cu....mg	0.072		0	FLA	4		0.020	0.020	0.326
Manganese, Mn....mg	0.051		0	FLA	4		0.014	0.014	0.234
Selenium, Se....mcg	15.4		0	FLA	4		4.3	4.3	69.8
Vitamins:									
Vitamin C, total ascorbic acid....mg	13.3		3	A	1		3.7	3.7	60.4
Thiamin....mg	0.049		0	FLA	4		0.014	0.014	0.223
Riboflavin....mg	0.095		0	FLA	4		0.027	0.027	0.430
Niacin....mg	2.607		0	FLA	4		0.730	0.730	11.835
Pantothenic acid....mg	0.466		0	FLA	4		0.130	0.130	2.114
Vitamin B-6....mg	0.243		0	FLA	4		0.068	0.068	1.102
Folate, total....mcg	9		0	FLA	4		2	2	39
Folic acid....mcg	0		0	FLA	4		0	0	0
Folate, food....mcg	9		0	FLA	4		2	2	39
Folate, DFE....mcg_DFE	9		0	NC	4		2	2	39
Choline, total....mg	54.0		0	BFNN	4		15.1	15.1	245.3
Betaine....mg	4.8		0	BFNN	4		1.3	1.3	21.7
Vitamin B-12....mcg	0.23		0	FLA	4		0.06	0.06	1.03
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	9		0	NR	4		3	3	43
Retinol....mcg	9		0	NR	4		3	3	43
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	32		3	A	1		9	9	143
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.45		0	FLA	4		0.13	0.13	2.04
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	BFFN	4		0.2	0.2	2.9
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFFN	4		0.2	0.2	2.9
Vitamin D....IU	26		0	NR	4		7	7	117
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4		0.1	0.1	1.4
Lipids:									
Fatty acids, total saturated....g	4.355		0	NC	4		1.219	1.219	19.770
4:0....g	0.000		0	FLA	4		0.000	0.000	0.000

NDB No. 07011
Bologna, turkey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0....g	0.000		0	FLA	4		0.000	0.000	0.000
12:0....g	0.012		0	FLA	4		0.003	0.003	0.055
13:0....g									
14:0....g	0.133		0	FLA	4		0.037	0.037	0.604
15:0....g									
16:0....g	3.247		0	FLA	4		0.909	0.909	14.741
17:0....g									
18:0....g	0.962		0	FLA	4		0.269	0.269	4.370
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.836		0	NC	4		1.914	1.914	31.035
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.950		0	FLA	4		0.266	0.266	4.312
17:1....g									
18:1 undifferentiated....g	5.747		0	FLA	4		1.609	1.609	26.090
20:1....g	0.134		0	FLA	4		0.038	0.038	0.609
22:1 undifferentiated....g	0.006		0	FLA	4		0.002	0.002	0.025
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.854		0	NC	4		1.079	1.079	17.498
18:2 undifferentiated....g	3.557		0	FLA	4		0.996	0.996	16.147
18:3 undifferentiated....g	0.200		0	FLA	4		0.056	0.056	0.909
18:4....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.073		0	FLA	4		0.021	0.021	0.333
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.012		0	FLA	4		0.003	0.003	0.054
22:6 n-3 (DHA)....g	0.012		0	FLA	4		0.003	0.003	0.054
Fatty acids, total trans....g	0.123		0	FLA	4		0.034	0.034	0.558
Cholesterol....mg	75		4	A	1		21	21	342
Phytosterols....mg	2		0	FLA	4		0	0	8
Amino Acids:									
Tryptophan....g	0.129		0	FLA	4		0.036	0.036	0.585
Threonine....g	0.498		0	FLA	4		0.139	0.139	2.260
Isoleucine....g	0.569		0	FLA	4		0.159	0.159	2.583
Leucine....g	0.890		0	FLA	4		0.249	0.249	4.039
Lysine....g	1.019		0	FLA	4		0.285	0.285	4.625
Methionine....g	0.318		0	FLA	4		0.089	0.089	1.444
Cystine....g	0.137		0	FLA	4		0.038	0.038	0.622
Phenylalanine....g	0.457		0	FLA	4		0.128	0.128	2.075
Tyrosine....g	0.431		0	FLA	4		0.121	0.121	1.958
Valine....g	0.596		0	FLA	4		0.167	0.167	2.706
Arginine....g	0.835		0	FLA	4		0.234	0.234	3.792
Histidine....g	0.341		0	FLA	4		0.095	0.095	1.548
Alanine....g	0.741		0	FLA	4		0.208	0.208	3.366
Aspartic acid....g	1.102		0	FLA	4		0.309	0.309	5.004
Glutamic acid....g	1.915		0	FLA	4		0.536	0.536	8.693
Glycine....g	0.754		0	FLA	4		0.211	0.211	3.423
Proline....g	0.596		0	FLA	4		0.167	0.167	2.706
Serine....g	0.514		0	FLA	4		0.144	0.144	2.335
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07011
Bologna, turkey

Common Measures:

Measure 1 = 28g: .99 oz 1 serving
Measure 2 = 28g: 1 serving
Measure 3 = 454g: 1 package

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07922
Bratwurst, beef and pork, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.65	0.277	13	A	1		37.39		
Energy	kcal	297		0	NC	4		196		
Energy	kJ	1244		0	NC	4		821		
Protein (N x 6.25)	g	12.20	0.064	13	A	1		8.05		
Total lipid (fat)	g	26.34	0.299	13	A	1		17.38		
Ash	g	2.81		0	NC	4		1.85		
Carbohydrate, by difference	g	2.00		0	NC	4		1.32		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.00		0	MC	9		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	MC	9		5		
Iron, Fe	mg	1.00		0	MC	9		0.66		
Magnesium, Mg	mg	15		0	BFZN	4		10		
Phosphorus, P	mg	130		0	BFZN	4		86		
Potassium, K	mg	283		0	BFZN	4		187		
Sodium, Na	mg	848		0	MC	9		560		
Zinc, Zn	mg	2.47		0	BFZN	4		1.63		
Copper, Cu	mg	0.080		0	BFZN	4		0.053		
Manganese, Mn	mg	0.041		0	BFZN	4		0.027		
Selenium, Se	mcg	14.1		0	BFZN	4		9.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.380		0	BFZN	4		0.251		
Riboflavin	mg	0.213		0	BFZN	4		0.141		
Niacin	mg	3.110		0	BFZN	4		2.053		
Pantothenic acid	mg	0.690		0	BFZN	4		0.455		
Vitamin B-6	mg	0.200		0	BFZN	4		0.132		
Folate, total	mcg	4		0	MC	9		3		
Folic acid	mcg	0		0	NR	4		0		
Folate, food	mcg	4		0	MC	9		3		
Folate, DFE	mcg_DFE	4		0	NC	4		3		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.67		0	BFZN	4		1.76		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	Z	7		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.080		0	BFZN	4		4.013		
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		

NDB No. 07922
Bratwurst, beef and pork, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		0	BFZN	4		0.013		
12:0 g	0.010		0	BFZN	4		0.007		
13:0 g									
14:0 g	0.220		0	BFZN	4		0.145		
15:0 g									
16:0 g	3.690		0	BFZN	4		2.435		
17:0 g									
18:0 g	2.140		0	BFZN	4		1.412		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.000		0	BFZN	4		5.280		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.660		0	BFZN	4		0.436		
17:1 g									
18:1 undifferentiated g	7.340		0	BFZN	4		4.844		
20:1 g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated g	0.000		0	BFZN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.580		0	BFZN	4		1.043		
18:2 undifferentiated g	1.400		0	BFZN	4		0.924		
18:3 undifferentiated g	0.180		0	BFZN	4		0.119		
18:4 g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	78		0	MC	9		52		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.107		0	BFZN	4		0.071		
Threonine g	0.465		0	BFZN	4		0.307		
Isoleucine g	0.485		0	BFZN	4		0.320		
Leucine g	0.810		0	BFZN	4		0.535		
Lysine g	0.903		0	BFZN	4		0.596		
Methionine g	0.364		0	BFZN	4		0.240		
Cystine g	0.105		0	BFZN	4		0.069		
Phenylalanine g	0.405		0	BFZN	4		0.267		
Tyrosine g	0.386		0	BFZN	4		0.255		
Valine g	0.464		0	BFZN	4		0.306		
Arginine g	0.765		0	BFZN	4		0.505		
Histidine g	0.395		0	BFZN	4		0.261		
Alanine g	0.774		0	BFZN	4		0.511		
Aspartic acid g	1.136		0	BFZN	4		0.750		
Glutamic acid g	1.994		0	BFZN	4		1.316		
Glycine g	0.857		0	BFZN	4		0.566		
Proline g	0.673		0	BFZN	4		0.444		
Serine g	0.510		0	BFZN	4		0.337		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07922

Bratwurst, beef and pork, smoked

Common Measures:

Measure 1 = 66g: 1 serving 2.33 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07923
Bratwurst, chicken, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.28		0	MC	9		59.04		
Energy	kcal	176		0	NC	4		148		
Energy	kJ	738		0	NC	4		620		
Protein (N x 6.25)	g	19.44		0	MC	9		16.33		
Total lipid (fat)	g	10.35		0	MC	9		8.69		
Ash	g	0.88		0	MC	9		0.74		
Carbohydrate, by difference	g	0.00		0	MC	9		0.00		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.00		0	MC	9		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0	MC	9		10		
Iron, Fe	mg	0.87		0	MC	9		0.73		
Magnesium, Mg	mg	23		0	MC	9		19		
Phosphorus, P	mg	160		0	MC	9		134		
Potassium, K	mg	211		0	MC	9		177		
Sodium, Na	mg	72		0	MC	9		60		
Zinc, Zn	mg	1.43		0	MC	9		1.20		
Copper, Cu	mg	0.050		0	MC	9		0.042		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0	MC	9		1.7		
Thiamin	mg	0.067		0	MC	9		0.056		
Riboflavin	mg	0.133		0	MC	9		0.111		
Niacin	mg	7.551		0	MC	9		6.343		
Pantothenic acid	mg	0.964		0	MC	9		0.809		
Vitamin B-6	mg	0.385		0	MC	9		0.323		
Folate, total	mcg	6		0	MC	9		5		
Folic acid	mcg	0		0	NR	4		0		
Folate, food	mcg	6		0	MC	9		5		
Folate, DFE	mcg_DFE	6		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.34		0	MC	9		0.28		
Vitamin A, RAE	mcg_RAE	30		0	AS	1		25		
Retinol	mcg	30		0	NR	4		25		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	101		0	MC	9		85		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
Fatty acids, total monounsaturated	g									
Fatty acids, total polyunsaturated	g									
Fatty acids, total trans	g									

NDB No. 07923
Bratwurst, chicken, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol.....mg	71		0	MC	9		59		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 84g: 1 serving 2.96 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07924
Bratwurst, pork, beef and turkey, lite, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.89	0.031	9	A	1		43.49		
Energy	kcal	186		0	NC	4		123		
Energy	kJ	778		0	NC	4		514		
Protein (N x 6.25)	g	14.45	0.090	9	A	1		9.54		
Total lipid (fat)	g	13.53	0.212	9	A	1		8.93		
Ash	g	4.51		0	NC	4		2.98		
Carbohydrate, by difference	g	1.62		0	NC	4		1.07		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	1.57		0	MC	9		1.04		
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	MC	9		9		
Iron, Fe	mg	0.94		0	MC	9		0.62		
Magnesium, Mg	mg	14		0	BFZN	4		10		
Phosphorus, P	mg	132		0	BFZN	4		87		
Potassium, K	mg	246		0	BFZN	4		163		
Sodium, Na	mg	982		0	MC	9		648		
Zinc, Zn	mg	2.68		0	BFZN	4		1.77		
Copper, Cu	mg	0.063		0	BFZN	4		0.042		
Manganese, Mn	mg	0.015		0	BFZN	4		0.010		
Selenium, Se	mcg	20.2		0	BFZN	4		13.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.090		0	BFZN	4		0.059		
Riboflavin	mg	0.166		0	BFZN	4		0.109		
Niacin	mg	1.847		0	BFZN	4		1.219		
Pantothenic acid	mg	0.413		0	BFZN	4		0.273		
Vitamin B-6	mg	0.213		0	BFZN	4		0.141		
Folate, total	mcg	5		0	MC	9		3		
Folic acid	mcg	0		0	NR	4		0		
Folate, food	mcg	5		0	MC	9		3		
Folate, DFE	mcg_DFE	5		0	NC	4		3		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.60		0	BFZN	4		1.06		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	1		0	MC	9		1		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		

NDB No. 07924
Bratwurst, pork, beef and turkey, lite, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.036		0	BFZN	4		0.024		
12:0 ... g	0.031		0	BFZN	4		0.020		
13:0 ... g									
14:0 ... g	0.352		0	BFZN	4		0.233		
15:0 ... g									
16:0 ... g	2.875		0	BFZN	4		1.898		
17:0 ... g									
18:0 ... g	1.493		0	BFZN	4		0.985		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.165		0	BFZN	4		4.729		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.795		0	BFZN	4		0.525		
17:1 ... g									
18:1 undifferentiated ... g	6.330		0	BFZN	4		4.177		
20:1 ... g	0.040		0	BFZN	4		0.026		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.846		0	BFZN	4		0.558		
18:2 undifferentiated ... g	0.640		0	BFZN	4		0.423		
18:3 undifferentiated ... g	0.186		0	BFZN	4		0.123		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.018		0	BFZN	4		0.012		
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) ... g	0.001		0	BFZN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	56		0	MC	9		37		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.145		0	BFZN	4		0.096		
Threonine ... g	0.565		0	BFZN	4		0.373		
Isoleucine ... g	0.613		0	BFZN	4		0.405		
Leucine ... g	1.044		0	BFZN	4		0.689		
Lysine ... g	1.092		0	BFZN	4		0.721		
Methionine ... g	0.334		0	BFZN	4		0.220		
Cystine ... g	0.155		0	BFZN	4		0.103		
Phenylalanine ... g	0.519		0	BFZN	4		0.342		
Tyrosine ... g	0.448		0	BFZN	4		0.296		
Valine ... g	0.661		0	BFZN	4		0.436		
Arginine ... g	0.855		0	BFZN	4		0.564		
Histidine ... g	0.426		0	BFZN	4		0.281		
Alanine ... g	0.804		0	BFZN	4		0.530		
Aspartic acid ... g	1.184		0	BFZN	4		0.781		
Glutamic acid ... g	2.036		0	BFZN	4		1.344		
Glycine ... g	0.814		0	BFZN	4		0.537		
Proline ... g	0.770		0	BFZN	4		0.508		
Serine ... g	0.562		0	BFZN	4		0.371		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07924

Bratwurst, pork, beef and turkey, lite, smoked

Common Measures:

Measure 1 = 66g: 1 serving 2.33 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07013
Bratwurst, pork, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.45		23	JO	11		43.73		
Energy	kcal	333		0	NC	4		283		
Energy	kJ	1393		0	NC	4		1184		
Protein (N x 6.25)	g	13.72		23	JO	11		11.66		
Total lipid (fat)	g	29.18		23	JO	11		24.81		
Ash	g	2.80		1	A	1		2.38		
Carbohydrate, by difference	g	2.85		0	NC	4		2.43		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.00		0	MC	9		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0	MC	9		24		
Iron, Fe	mg	0.53		0	MC	9		0.45		
Magnesium, Mg	mg	21		0	FLA	4		18		
Phosphorus, P	mg	208		0	FLA	4		177		
Potassium, K	mg	348		0	FLA	4		296		
Sodium, Na	mg	846		1	JO	11		719		
Zinc, Zn	mg	3.25		0	FLA	4		2.76		
Copper, Cu	mg	0.104		0	FLA	4		0.089		
Manganese, Mn	mg	0.014		0	FLA	4		0.012		
Selenium, Se	mcg	39.7		0	FLA	4		33.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.459		0	FLA	4		0.390		
Riboflavin	mg	0.307		0	FLA	4		0.261		
Niacin	mg	4.795		0	FLA	4		4.076		
Pantothenic acid	mg	0.666		0	FLA	4		0.566		
Vitamin B-6	mg	0.327		0	FLA	4		0.278		
Folate, total	mcg	3		0	MC	9		3		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	3		0	MC	9		3		
Folate, DFE	mcg_DFE	3		0	NC	4		3		
Choline, total	mg	94.0		0	FLA	4		79.9		
Betaine	mg	3.6		0	FLA	4		3.1		
Vitamin B-12	mcg	0.73		0	FLA	4		0.62		
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE	mcg_RAE	2		0	FLA	4		2		
Retinol	mcg	2		0	FLA	4		2		
Carotene, beta	mcg	0		0	FLA	4		0		
Carotene, alpha	mcg	0		0	FLA	4		0		
Cryptoxanthin, beta	mcg	0		0	FLA	4		0		
Vitamin A, IU	IU	6		1	JO	11		5		
Lycopene	mcg	0		0	FLA	4		0		
Lutein + zeaxanthin	mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)	mg	0.26		0	FLA	4		0.22		
Vitamin E, added	mg	0.00		0	FLA	4		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.1		0	T	4		0.9		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	44		0	T	4		37		
Vitamin K (phylloquinone)	mcg	3.4		0	BFZN	4		2.9		
Lipids:										
Fatty acids, total saturated	g	9.998		0	NC	4		8.498		
4:0	g	0.000		0	FLA	4		0.000		

NDB No. 07013
Bratwurst, pork, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.013		0	FLA	4		0.011		
12:0....g	0.013		0	FLA	4		0.011		
13:0....g									
14:0....g	0.335		0	FLA	4		0.285		
15:0....g									
16:0....g	6.207		0	FLA	4		5.276		
17:0....g									
18:0....g	3.429		0	FLA	4		2.914		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.692		0	NC	4		12.488		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.866		0	FLA	4		0.736		
17:1....g									
18:1 undifferentiated....g	13.561		0	FLA	4		11.527		
20:1....g	0.265		0	FLA	4		0.225		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.632		0	NC	4		2.238		
18:2 undifferentiated....g	2.419		0	FLA	4		2.056		
18:3 undifferentiated....g	0.099		0	FLA	4		0.084		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.114		0	FLA	4		0.097		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	74		1	JO	11		62		
Phytosterols....mg	0		0	FLA	4		0		
Amino Acids:									
Tryptophan....g	0.347		0	FLA	4		0.295		
Threonine....g	1.249		0	FLA	4		1.062		
Isoleucine....g	1.281		0	FLA	4		1.089		
Leucine....g	2.195		0	FLA	4		1.866		
Lysine....g	2.460		0	FLA	4		2.091		
Methionine....g	0.724		0	FLA	4		0.615		
Cystine....g	0.349		0	FLA	4		0.297		
Phenylalanine....g	1.092		0	FLA	4		0.928		
Tyrosine....g	0.953		0	FLA	4		0.810		
Valine....g	1.484		0	FLA	4		1.261		
Arginine....g	1.700		0	FLA	4		1.445		
Histidine....g	1.093		0	FLA	4		0.929		
Alanine....g	1.594		0	FLA	4		1.354		
Aspartic acid....g	2.537		0	FLA	4		2.156		
Glutamic acid....g	4.282		0	FLA	4		3.640		
Glycine....g	1.299		0	FLA	4		1.104		
Proline....g	1.099		0	FLA	4		0.934		
Serine....g	1.130		0	FLA	4		0.960		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07013
Bratwurst, pork, cooked

Common Measures:

Measure 1 = 85g: 1 link cooked

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07910
Bratwurst, veal, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.51		0	MC	9		44.95		
Energy....kcal	341		0	NC	4		287		
Energy....kJ	1428		0	NC	4		1199		
Protein (N x 6.25)....g	13.99		0	MC	9		11.75		
Total lipid (fat)....g	31.70		0	MC	9		26.63		
Ash....g	0.80		0	MC	9		0.68		
Carbohydrate, by difference....g	0.00		0	MC	9		0.00		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.00		0	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	11		0	MC	9		10		
Iron, Fe....mg	0.74		0	MC	9		0.62		
Magnesium, Mg....mg	16		0	MC	9		14		
Phosphorus, P....mg	150		0	MC	9		126		
Potassium, K....mg	231		0	MC	9		194		
Sodium, Na....mg	60		0	MC	9		50		
Zinc, Zn....mg	2.05		0	MC	9		1.72		
Copper, Cu....mg	0.081		0	MC	9		0.068		
Manganese, Mn....mg	0.049		0	BFSN	4		0.041		
Selenium, Se....mcg	19.2		0	BFSN	4		16.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.054		0	MC	9		0.045		
Riboflavin....mg	0.192		0	MC	9		0.161		
Niacin....mg	5.430		0	MC	9		4.561		
Pantothenic acid....mg	0.958		0	MC	9		0.805		
Vitamin B-6....mg	0.307		0	MC	9		0.258		
Folate, total....mcg	9		0	MC	9		8		
Folic acid....mcg	0		0	NR	4		0		
Folate, food....mcg	9		0	MC	9		8		
Folate, DFE....mcg_DFE	9		0	NC	4		8		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.98		0	MC	9		0.82		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	14.940		0	MC	9		12.550		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		

NDB No. 07910
Bratwurst, veal, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.014		0	BFSN	4		0.012		
12:0 g	0.028		0	BFSN	4		0.023		
13:0 g									
14:0 g	0.392		0	BFSN	4		0.329		
15:0 g									
16:0 g	2.266		0	BFSN	4		1.903		
17:0 g									
18:0 g	4.828		0	MC	9		4.056		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.000		0	MC	9		10.920		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.448		0	BFSN	4		0.376		
17:1 g									
18:1 undifferentiated g	3.427		0	BFSN	4		2.878		
20:1 g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated g	0.000		0	BFSN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.614		0	MC	9		1.356		
18:2 undifferentiated g	0.587		0	BFSN	4		0.493		
18:3 undifferentiated g	0.070		0	BFSN	4		0.059		
18:4 g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.126		0	BFSN	4		0.106		
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	79		0	MC	9		66		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.142		0	MC	9		0.119		
Threonine g	0.611		0	MC	9		0.513		
Isoleucine g	0.689		0	MC	9		0.579		
Leucine g	1.113		0	MC	9		0.935		
Lysine g	1.153		0	MC	9		0.968		
Methionine g	0.327		0	MC	9		0.274		
Cystine g	0.158		0	MC	9		0.133		
Phenylalanine g	0.564		0	MC	9		0.474		
Tyrosine g	0.446		0	MC	9		0.375		
Valine g	0.773		0	MC	9		0.650		
Arginine g	0.823		0	MC	9		0.691		
Histidine g	0.508		0	MC	9		0.427		
Alanine g	0.832		0	MC	9		0.699		
Aspartic acid g	1.207		0	MC	9		1.014		
Glutamic acid g	2.213		0	MC	9		1.859		
Glycine g	0.719		0	MC	9		0.604		
Proline g	0.584		0	MC	9		0.491		
Serine g	0.524		0	MC	9		0.440		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07910
Bratwurst, veal, cooked

Common Measures:

Measure 1 = 84g: 1 serving 2.96 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07014
Braunschweiger (a liver sausage), pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.60		1	A	1		14.35	9.11	
Energy....kcal	327		0	MC	9		93	59	
Energy....kJ	1368		0	MC	9		388	246	
Protein (N x 6.25)....g	14.50		1	A	1		4.11	2.61	
Total lipid (fat)....g	28.50		1	A	1		8.08	5.13	
Ash....g	3.30		1	A	1		0.94	0.59	
Carbohydrate, by difference....g	3.10		0	MC	9		0.88	0.56	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.831	23		1		3	2	
Iron, Fe....mg	11.20		1	A	1		3.18	2.02	
Magnesium, Mg....mg	11	0.237	25		1		3	2	
Phosphorus, P....mg	168	5.127	26		1		48	30	
Potassium, K....mg	199	6.325	18		1		56	36	
Sodium, Na....mg	1160		1	A	1		329	209	
Zinc, Zn....mg	2.81	0.061	25		1		0.80	0.51	
Copper, Cu....mg	0.240	0.015	25		1		0.068	0.043	
Manganese, Mn....mg	0.155	0.004	23		1		0.044	0.028	
Selenium, Se....mcg	58.0		0	BFZN	4		16.4	10.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.249	0.009	25		1		0.071	0.045	
Riboflavin....mg	1.525	0.039	26		1		0.432	0.275	
Niacin....mg	8.368	0.306	26		1		2.372	1.506	
Pantothenic acid....mg	3.380	0.274	14		1		0.958	0.608	
Vitamin B-6....mg	0.330	0.019	20		1		0.094	0.059	
Folate, total....mcg	44		0		4		12	8	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	44		0		4		12	8	
Folate, DFE....mcg_DFE	44		0	NC	4		12	8	
Choline, total....mg	255.9		0	BFNN	4		72.6	46.1	
Betaine....mg	3.8		0	BFNN	4		1.1	0.7	
Vitamin B-12....mcg	20.09	0.754	20		1		5.70	3.62	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	4220		0	NC	4		1196	760	
Retinol....mcg	4220		0	NR	4		1196	760	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	14051	1027.156	21		1		3983	2529	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.35		0	NR	4		0.10	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		0	T	4		0.3	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	48		0	T	4		14	9	
Vitamin K (phylloquinone)....mcg	1.6		0	CASN	4		0.4	0.3	
Lipids:									
Fatty acids, total saturated....g	9.307		0	NC	4		2.639	1.675	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07014
Braunschweiger (a liver sausage), pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.051		0	A	1		0.014	0.009	
12:0 g	0.111		0	A	1		0.031	0.020	
13:0 g									
14:0 g	0.333		0	A	1		0.094	0.060	
15:0 g									
16:0 g	5.763		0	A	1		1.634	1.037	
17:0 g									
18:0 g	3.048		0	A	1		0.864	0.549	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.731		0	NC	4		3.609	2.292	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.025		0	A	1		0.291	0.185	
17:1 g									
18:1 undifferentiated g	11.706		0	A	1		3.319	2.107	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.193		0	NC	4		0.905	0.575	
18:2 undifferentiated g	2.852		0	A	1		0.809	0.513	
18:3 undifferentiated g	0.342		0	A	1		0.097	0.062	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	180		1	A	1		51	32	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.145		2		1		0.041	0.026	
Threonine g	0.534		2		1		0.151	0.096	
Isoleucine g	0.484		2		1		0.137	0.087	
Leucine g	1.032		2		1		0.293	0.186	
Lysine g	0.909		2		1		0.258	0.164	
Methionine g	0.311		2		1		0.088	0.056	
Cystine g	0.248		2		1		0.070	0.045	
Phenylalanine g	0.553		2		1		0.157	0.100	
Tyrosine g	0.430		2		1		0.122	0.077	
Valine g	0.616		2		1		0.175	0.111	
Arginine g	0.767		2		1		0.217	0.138	
Histidine g	0.320		2		1		0.091	0.058	
Alanine g	0.762		2		1		0.216	0.137	
Aspartic acid g	1.125		2		1		0.319	0.203	
Glutamic acid g	1.631		2		1		0.462	0.294	
Glycine g	0.886		2		1		0.251	0.159	
Proline g	0.767		2		1		0.217	0.138	
Serine g	0.588		2		1		0.167	0.106	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07014

Braunschweiger (a liver sausage), pork

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 18g: 1 slice (2-1/2" dia x 1/4" thick)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07015
Brotwurst, pork, beef, link

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.30		0	MC	9		35.91		
Energy....kcal	323		0	NC	4		226		
Energy....kJ	1353		0	NC	4		947		
Protein (N x 6.25)....g	14.30		0	MC	9		10.01		
Total lipid (fat)....g	27.80		0	MC	9		19.46		
Ash....g	3.67		0	MC	9		2.57		
Carbohydrate, by difference....g	2.93		0	NC	4		2.05		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	2.98		0	MC	9		2.09		
Starch....g									
Minerals:									
Calcium, Ca....mg	48		0	MC	9		34		
Iron, Fe....mg	1.03		0	MC	9		0.72		
Magnesium, Mg....mg	16		0	MC	9		11		
Phosphorus, P....mg	134		0	MC	9		94		
Potassium, K....mg	281		0	MC	9		197		
Sodium, Na....mg	1112		0	MC	9		778		
Zinc, Zn....mg	2.10		0	MC	9		1.47		
Copper, Cu....mg	0.080		0	MC	9		0.056		
Manganese, Mn....mg	0.040		0	MC	9		0.028		
Selenium, Se....mcg	17.0		0	MC	9		11.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.250		0	MC	9		0.175		
Riboflavin....mg	0.230		0	MC	9		0.161		
Niacin....mg	3.300		0	MC	9		2.310		
Pantothenic acid....mg	0.060		0	MC	9		0.042		
Vitamin B-6....mg	0.130		0	MC	9		0.091		
Folate, total....mcg	5		0	MC	9		4		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	5		0	MC	9		4		
Folate, DFE....mcg_DFE	5		0	NC	4		4		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.05		0	MC	9		1.44		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.27		0	NR	4		0.19		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	MC	9		0.2		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	11		0	MC	9		8		
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	9.930		0	MC	9		6.951		
4:0....g	0.000		0	MC	9		0.000		

NDB No. 07015
Brotwurst, pork, beef, link

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	MC	9		0.000		
8:0 ... g	0.000		0	MC	9		0.000		
10:0 ... g	0.040		0	MC	9		0.028		
12:0 ... g	0.020		0	MC	9		0.014		
13:0 ... g									
14:0 ... g	0.350		0	MC	9		0.245		
15:0 ... g									
16:0 ... g	6.110		0	MC	9		4.277		
17:0 ... g									
18:0 ... g	3.400		0	MC	9		2.380		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	13.340		0	MC	9		9.338		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.040		0	MC	9		0.728		
17:1 ... g									
18:1 undifferentiated ... g	12.300		0	MC	9		8.610		
20:1 ... g	0.000		0	MC	9		0.000		
22:1 undifferentiated ... g	0.000		0	MC	9		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.830		0	MC	9		1.981		
18:2 undifferentiated ... g	2.540		0	MC	9		1.778		
18:3 undifferentiated ... g	0.290		0	MC	9		0.203		
18:4 ... g	0.000		0	MC	9		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	MC	9		0.000		
20:5 n-3 (EPA) ... g	0.000		0	MC	9		0.000		
22:5 n-3 (DPA) ... g	0.000		0	MC	9		0.000		
22:6 n-3 (DHA) ... g	0.000		0	MC	9		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	63		0	MC	9		44		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.130		0	MC	9		0.091		
Threonine ... g	0.600		0	MC	9		0.420		
Isoleucine ... g	0.610		0	MC	9		0.427		
Leucine ... g	1.080		0	MC	9		0.756		
Lysine ... g	1.140		0	MC	9		0.798		
Methionine ... g	0.370		0	MC	9		0.259		
Cystine ... g	0.160		0	MC	9		0.112		
Phenylalanine ... g	0.540		0	MC	9		0.378		
Tyrosine ... g	0.440		0	MC	9		0.308		
Valine ... g	0.680		0	MC	9		0.476		
Arginine ... g	0.950		0	MC	9		0.665		
Histidine ... g	0.440		0	MC	9		0.308		
Alanine ... g	0.930		0	MC	9		0.651		
Aspartic acid ... g	1.290		0	MC	9		0.903		
Glutamic acid ... g	2.110		0	MC	9		1.477		
Glycine ... g	1.030		0	MC	9		0.721		
Proline ... g	0.740		0	MC	9		0.518		
Serine ... g	0.590		0	MC	9		0.413		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	MC	9		0.0		
Caffeine ... mg	0		0	MC	9		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07015
Brotwurst, pork, beef, link

Common Measures:

Measure 1 = 70g: 1 link

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07270
CARL BUDDIG, Cooked Corned Beef, Chopped, Pressed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.10	0.293	9	A	1		49.06	39.39	
Energy....kcal	142		0	MC	9		101	81	
Energy....kJ	594				9		422	339	
Protein....g	19.30	0.057	9	A	1		13.70	11.00	
Total lipid (fat)....g	6.80	0.267	9	A	1		4.83	3.88	
Ash....g	3.80	0.080	9	A	1		2.70	2.17	
Carbohydrate, by difference....g	1.00		0	MC	9		0.71	0.57	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17	2.097	5	A	1		12	10	
Iron, Fe....mg	2.40	0.077	9	A	1		1.70	1.37	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	352	11.628	3	A	1		250	201	
Sodium, Na....mg	1342	25.392	7	A	1		953	765	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.090		1	A	1		0.064	0.051	
Riboflavin....mg	0.240	0.011	8	A	1		0.170	0.137	
Niacin....mg	4.200	0.134	8	A	1		2.982	2.394	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.800		2	A	1		1.988	1.596	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g	0.300		2	A	1		0.213	0.171	
Fatty acids, total trans....g									
Cholesterol....mg	65		2	A	1		46	37	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 07270

CARL BUDDIG, Cooked Corned Beef, Chopped, Pressed

Measure 1 = 71g: 1 package

Measure 2 = 57g: 1 serving 2 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07272
CARL BUDDIG, Smoked Sliced Beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.40	0.268	12	A	1		39.56	49.27	
Energy....kcal	139		0	MC	9		79	99	
Energy....kJ	582				9		331	413	
Protein....g	19.30	0.101	12	A	1		11.00	13.70	
Total lipid (fat)....g	6.50	0.294	13	A	1		3.71	4.62	
Ash....g	4.10	0.084	12	A	1		2.34	2.91	
Carbohydrate, by difference....g	0.60		0	MC	9		0.34	0.43	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.774	8	A	1		8	10	
Iron, Fe....mg	2.26	0.078	12	A	1		1.29	1.60	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	336	2.841	3	A	1		192	239	
Sodium, Na....mg	1431	18.063	8	MA	12		816	1016	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.090		1	A	1		0.051	0.064	
Riboflavin....mg	0.240	0.012	11	A	1		0.137	0.170	
Niacin....mg	3.860	0.089	10	A	1		2.200	2.741	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.600	0.289	3	A	1		1.482	1.846	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g	0.300	0.023	3	A	1		0.171	0.213	
Fatty acids, total trans....g									
Cholesterol....mg	67	0.001	3	A	1		38	48	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 07272
CARL BUDDIG, Smoked Sliced Beef

Measure 1 = 57g: 1 serving 2 oz
Measure 2 = 71g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07271
CARL BUDDIG, Smoked Sliced Chicken, light and dark meat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.20	0.371	5	A	1		38.87	48.42	
Energy....kcal	165		0	MC	9		94	117	
Energy....kJ	690				9		394	490	
Protein....g	17.90	0.201	5	A	1		10.20	12.71	
Total lipid (fat)....g	10.10	0.295	5	A	1		5.76	7.17	
Ash....g	3.10	0.036	5	A	1		1.77	2.20	
Carbohydrate, by difference....g	0.70		0	MC	9		0.40	0.50	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	124	17.280	5	A	1		71	88	
Iron, Fe....mg	1.56	0.040	5	A	1		0.89	1.11	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	256	3.811	3	A	1		146	182	
Sodium, Na....mg	954	10.138	5	A	1		544	677	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.070		1	A	1		0.040	0.050	
Riboflavin....mg	0.250	0.007	5	A	1		0.143	0.178	
Niacin....mg	6.740	0.175	4	A	1		3.842	4.785	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.600	0.215	4	A	1		1.482	1.846	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g	2.100	0.160	4	A	1		1.197	1.491	
Fatty acids, total trans....g									
Cholesterol....mg	53	0.001	4	A	1		30	38	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 07271

CARL BUDDIG, Smoked Sliced Chicken, light and dark meat

Measure 1 = 57g: 1 serving 2 oz

Measure 2 = 71g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07275
CARL BUDDIG, Smoked Sliced Ham

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.00	0.164	13	A	1		38.19	47.57	
Energy....kcal	163		0	MC	9		93	116	
Energy....kJ	682				9		389	484	
Protein....g	18.50	0.125	13	A	1		10.55	13.14	
Total lipid (fat)....g	9.30	0.197	13	A	1		5.30	6.60	
Ash....g	4.00	0.064	13	A	1		2.28	2.84	
Carbohydrate, by difference....g	1.10		0	MC	9		0.63	0.78	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	16	1.344	8	A	1		9	11	
Iron, Fe....mg	2.03	0.130	13	A	1		1.16	1.44	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	340	1.820	4	A	1		194	241	
Sodium, Na....mg	1381	27.205	10	A	1		787	981	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.750		1	A	1		0.428	0.533	
Riboflavin....mg	0.350	0.019	13	A	1		0.200	0.249	
Niacin....mg	5.170	0.110	12	A	1		2.947	3.671	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.100	0.058	5	A	1		1.767	2.201	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g	1.100	0.058	5	A	1		0.627	0.781	
Fatty acids, total trans....g									
Cholesterol....mg	55	0.001	5	A	1		31	39	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 07275
CARL BUDDIG, Smoked Sliced Ham

Measure 1 = 57g: 1 serving 2 oz
Measure 2 = 71g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07273
CARL BUDDIG, Smoked Sliced Turkey, light and dark meat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.20	0.468	12	A	1		38.87	48.42	
Energy....kcal	160		0	MC	9		91	114	
Energy....kJ	669				9		382	475	
Protein....g	17.50	0.173	12	A	1		9.98	12.43	
Total lipid (fat)....g	9.10	0.237	12	A	1		5.19	6.46	
Ash....g	3.30	0.078	12	A	1		1.88	2.34	
Carbohydrate, by difference....g	1.80		0	MC	9		1.03	1.28	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	60	7.703	8	A	1		34	43	
Iron, Fe....mg	1.84	0.089	12	A	1		1.05	1.31	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	329	9.395	4	A	1		188	234	
Sodium, Na....mg	1096	42.833	9	A	1		625	778	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.180		2	A	1		0.103	0.128	
Riboflavin....mg	0.310	0.027	11	A	1		0.177	0.220	
Niacin....mg	5.860	0.078	11	A	1		3.340	4.161	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.100	0.063	5	A	1		1.767	2.201	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g	2.700	0.072	5	A	1		1.539	1.917	
Fatty acids, total trans....g									
Cholesterol....mg	57	0.001	5	A	1		32	40	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 07273

CARL BUDDIG, Smoked Sliced Turkey, light and dark meat

Measure 1 = 57g: 1 serving 2 oz

Measure 2 = 71g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07274
CARL BUDDIG. Cooked Smoked Beef Pastrami, Chopped, Pressed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.80	0.191	13	A	1		39.79	49.56	
Energy....kcal	141		0	MC	9		80	100	
Energy....kJ	590				9		336	419	
Protein....g	19.60	0.108	13	A	1		11.17	13.92	
Total lipid (fat)....g	6.50	0.216	13	A	1		3.71	4.62	
Ash....g	3.10	0.067	13	A	1		1.77	2.20	
Carbohydrate, by difference....g	1.00		0	MC	9		0.57	0.71	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	17	2.449	7	A	1		10	12	
Iron, Fe....mg	2.45	0.061	13	A	1		1.40	1.74	
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg	365	3.743	5	A	1		208	259	
Sodium, Na....mg	1056	14.717	11	A	1		602	750	
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg									
Thiamin....mg	0.090		1	A	1		0.051	0.064	
Riboflavin....mg	0.230	0.008	11	A	1		0.131	0.163	
Niacin....mg	4.100	0.199	10	A	1		2.337	2.911	
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.000		2	A	1		1.710	2.130	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g	0.300		2	A	1		0.171	0.213	
Fatty acids, total trans....g									
Cholesterol....mg	65		2	A	1		37	46	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 07274

CARL BUDDIG. Cooked Smoked Beef Pastrami, Chopped, Pressed

Measure 1 = 57g: 1 serving 2 oz

Measure 2 = 71g: 1 package

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07016
Cheesefurter, cheese smokie, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.50		0	MC	9		52.50		
Energy....kcal	328		0	NC	4		328		
Energy....kJ	1371		0	NC	4		1371		
Protein (N x 6.25)....g	14.10		0	MC	9		14.10		
Total lipid (fat)....g	29.00		0	MC	9		29.00		
Ash....g	3.03		0	MC	9		3.03		
Carbohydrate, by difference....g	1.37		0	NC	4		1.37		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.51		0	MC	9		1.51		
Starch....g									
Minerals:									
Calcium, Ca....mg	58		0	MC	9		58		
Iron, Fe....mg	1.08		0	MC	9		1.08		
Magnesium, Mg....mg	13		0	MC	9		13		
Phosphorus, P....mg	178		0	MC	9		178		
Potassium, K....mg	206		0	MC	9		206		
Sodium, Na....mg	1082		0	MC	9		1082		
Zinc, Zn....mg	2.25		0	MC	9		2.25		
Copper, Cu....mg	0.070		0	MC	9		0.070		
Manganese, Mn....mg	0.030		0	MC	9		0.030		
Selenium, Se....mcg	15.7		0	MC	9		15.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.250		0	MC	9		0.250		
Riboflavin....mg	0.160		0	MC	9		0.160		
Niacin....mg	2.900		0	MC	9		2.900		
Pantothenic acid....mg	0.760		0	MC	9		0.760		
Vitamin B-6....mg	0.130		0	MC	9		0.130		
Folate, total....mcg	3		0	MC	9		3		
Folic acid....mcg	0		0	FLM	4		0		
Folate, food....mcg	3		0	MC	9		3		
Folate, DFE....mcg_DFE	3		0	NC	4		3		
Choline, total....mg	63.1		0	FLM	4		63.1		
Betaine....mg	6.5		0	FLM	4		6.5		
Vitamin B-12....mcg	1.73		0	MC	9		1.73		
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00		
Vitamin A, RAE....mcg_RAE	6		0	NC	4		6		
Retinol....mcg	6		0	FLM	4		6		
Carotene, beta....mcg	0		0	FLM	4		0		
Carotene, alpha....mcg	0		0	FLM	4		0		
Cryptoxanthin, beta....mcg	0		0	FLM	4		0		
Vitamin A, IU....IU	19		0	NC	4		19		
Lycopene....mcg	0		0	FLM	4		0		
Lutein + zeaxanthin....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol)....mg	0.24		0	FLM	4		0.24		
Vitamin E, added....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	NR	4		0.3		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	12		0	MC	9		12		
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		1.6		
Lipids:									
Fatty acids, total saturated....g	10.470		0	NC	4		10.470		
4:0....g	0.000		0	MC	9		0.000		

NDB No. 07016
Cheesefurter, cheese smokie, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	MC	9		0.000		
8:0 ... g	0.000		0	MC	9		0.000		
10:0 ... g	0.090		0	MC	9		0.090		
12:0 ... g	0.100		0	MC	9		0.100		
13:0 ... g									
14:0 ... g	0.560		0	MC	9		0.560		
15:0 ... g									
16:0 ... g	6.390		0	MC	9		6.390		
17:0 ... g									
18:0 ... g	3.330		0	MC	9		3.330		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	13.640		0	NC	4		13.640		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.140		0	MC	9		1.140		
17:1 ... g									
18:1 undifferentiated ... g	12.500		0	MC	9		12.500		
20:1 ... g	0.000		0	MC	9		0.000		
22:1 undifferentiated ... g	0.000		0	MC	9		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.020		0	MC	9		3.020		
18:2 undifferentiated ... g	2.620		0	MC	9		2.620		
18:3 undifferentiated ... g	0.400		0	MC	9		0.400		
18:4 ... g	0.000		0	MC	9		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	MC	9		0.000		
20:5 n-3 (EPA) ... g	0.000		0	MC	9		0.000		
22:5 n-3 (DPA) ... g	0.000		0	MC	9		0.000		
22:6 n-3 (DHA) ... g	0.000		0	MC	9		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	68		0	MC	9		68		
Phytosterols ... mg	3		0	FLM	4		3		
Amino Acids:									
Tryptophan ... g	0.150		0	MC	9		0.150		
Threonine ... g	0.540		0	MC	9		0.540		
Isoleucine ... g	0.620		0	MC	9		0.620		
Leucine ... g	1.100		0	MC	9		1.100		
Lysine ... g	1.160		0	MC	9		1.160		
Methionine ... g	0.360		0	MC	9		0.360		
Cystine ... g	0.150		0	MC	9		0.150		
Phenylalanine ... g	0.560		0	MC	9		0.560		
Tyrosine ... g	0.520		0	MC	9		0.520		
Valine ... g	0.690		0	MC	9		0.690		
Arginine ... g	0.840		0	MC	9		0.840		
Histidine ... g	0.470		0	MC	9		0.470		
Alanine ... g	0.830		0	MC	9		0.830		
Aspartic acid ... g	1.240		0	MC	9		1.240		
Glutamic acid ... g	2.350		0	MC	9		2.350		
Glycine ... g	0.910		0	MC	9		0.910		
Proline ... g	0.970		0	MC	9		0.970		
Serine ... g	0.600		0	MC	9		0.600		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	MC	9		0.0		
Caffeine ... mg	0		0	MC	9		0		
Theobromine ... mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07016

Cheesefurter, cheese smokie, pork, beef

Common Measures:

Measure 1 = 100g: 2.33 links

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07932
Chicken breast, fat-free, mesquite flavor, sliced

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.73		1	A	1		32.23		
Energy	kcal	80		0	MC	9		33		
Energy	kJ	334		0	MC	9		140		
Protein (N x 6.25)	g	16.80		1	A	1		7.06		
Total lipid (fat)	g	0.39		1	A	1		0.16		
Ash	g	3.83		1	A	1		1.61		
Carbohydrate, by difference	g	2.25		0	MC	9		0.95		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	0.20		1	A	1		0.08		
Starch	g									
Minerals:										
Calcium, Ca	mg	4		1	A	1		2		
Iron, Fe	mg	0.30		1	A	1		0.13		
Magnesium, Mg	mg	36		0	BFZN	4		15		
Phosphorus, P	mg	256		0	BFZN	4		108		
Potassium, K	mg	316		0	BFZN	4		133		
Sodium, Na	mg	1040		1	A	1		437		
Zinc, Zn	mg	0.60		0	BFZN	4		0.25		
Copper, Cu	mg	0.230		0	BFZN	4		0.097		
Manganese, Mn	mg	0.034			FLA	4		0.014		
Selenium, Se	mcg	6.1			FLA	4		2.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.014			FLA	4		0.006		
Riboflavin	mg	0.023			FLA	4		0.010		
Niacin	mg	2.742			FLA	4		1.152		
Pantothenic acid	mg	0.193			FLA	4		0.081		
Vitamin B-6	mg	0.120			FLA	4		0.050		
Folate, total	mcg	1			FLA	4		0		
Folic acid	mcg	0			FLA	4		0		
Folate, food	mcg	1			FLA	4		0		
Folate, DFE	mcg_DFE	1		0	NC	4		0		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.07			FLA	4		0.03		
Vitamin A, RAE	mcg_RAE	0		1	A	1		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		1	A	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.130		1	A	1		0.055		
4:0	g	0.000			FLA	4		0.000		
6:0	g	0.000			FLA	4		0.000		
8:0	g	0.000			FLA	4		0.000		

NDB No. 07932
Chicken breast, fat-free, mesquite flavor, sliced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000			FLA	4		0.000		
12:0 ... g	0.000		0	BFZN	4		0.000		
13:0 ... g									
14:0 ... g	0.010		0	BFZN	4		0.004		
15:0 ... g									
16:0 ... g	0.110		0	BFZN	4		0.046		
17:0 ... g									
18:0 ... g	0.050		0	BFZN	4		0.021		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.160		0	BFZN	4		0.067		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.020		0	BFZN	4		0.008		
17:1 ... g									
18:1 undifferentiated ... g	0.140		0	BFZN	4		0.059		
20:1 ... g									
22:1 undifferentiated ... g	0.000			FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.060		0	BFZN	4		0.025		
18:2 undifferentiated ... g	0.060		0	BFZN	4		0.025		
18:3 undifferentiated ... g	0.000		0	BFZN	4		0.000		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	36		1	A	1		15		
Phytosterols ... mg	0			FLA	4		0		
Amino Acids:									
Tryptophan ... g	0.183		0	A	1		0.077		
Threonine ... g	0.686		0	A	1		0.288		
Isoleucine ... g	0.812		0	A	1		0.341		
Leucine ... g	1.201		0	A	1		0.504		
Lysine ... g	1.335		0	A	1		0.561		
Methionine ... g	0.437		0	A	1		0.184		
Cystine ... g	0.229		0	A	1		0.096		
Phenylalanine ... g	0.645		0	A	1		0.271		
Tyrosine ... g	0.527		0	A	1		0.221		
Valine ... g	0.806		0	A	1		0.339		
Arginine ... g	1.076		0	A	1		0.452		
Histidine ... g	0.478		0	A	1		0.201		
Alanine ... g	1.015		0	A	1		0.426		
Aspartic acid ... g	1.499		0	A	1		0.630		
Glutamic acid ... g	2.424		0	A	1		1.018		
Glycine ... g	1.234		0	A	1		0.518		
Proline ... g	0.884		0	A	1		0.371		
Serine ... g	0.601		0	A	1		0.253		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07932

Chicken breast, fat-free, mesquite flavor, sliced

Common Measures:

Measure 1 = 42g: 1 serving 2 slices

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07933
Chicken breast, oven-roasted, fat-free, sliced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.71		1	A	1		32.22		
Energy....kcal	79		0	MC	9		33		
Energy....kJ	332		0	MC	9		139		
Protein (N x 6.25)....g	16.79		1	A	1		7.05		
Total lipid (fat)....g	0.39		1	A	1		0.16		
Ash....g	3.94		1	A	1		1.65		
Carbohydrate, by difference....g	2.17		0	MC	9		0.91		
Fiber, total dietary....g	0.0		1	A	1		0.0		
Sugars, total....g	0.10		1	A	1		0.04		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1	A	1		3		
Iron, Fe....mg	0.32		1	A	1		0.13		
Magnesium, Mg....mg	9			FLA	4		4		
Phosphorus, P....mg	60			FLA	4		25		
Potassium, K....mg	67			FLA	4		28		
Sodium, Na....mg	1087		1	A	1		457		
Zinc, Zn....mg	0.30			FLA	4		0.12		
Copper, Cu....mg	0.034			FLA	4		0.014		
Manganese, Mn....mg	0.043			FLA	4		0.018		
Selenium, Se....mcg	7.6			FLA	4		3.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.018			FLA	4		0.007		
Riboflavin....mg	0.029			FLA	4		0.012		
Niacin....mg	3.428			FLA	4		1.440		
Pantothenic acid....mg	0.241			FLA	4		0.101		
Vitamin B-6....mg	0.150			FLA	4		0.063		
Folate, total....mcg	1			FLA	4		0		
Folic acid....mcg	0			FLA	4		0		
Folate, food....mcg	1			FLA	4		0		
Folate, DFE....mcg_DFE	1		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.09			FLA	4		0.04		
Vitamin A, RAE....mcg_RAE	0		1	A	1		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	A	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	0.130		1	A	1		0.055		
4:0....g	0.000			FLA	4		0.000		
6:0....g	0.000			FLA	4		0.000		
8:0....g	0.000			FLA	4		0.000		

NDB No. 07933
Chicken breast, oven-roasted, fat-free, sliced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000			FLA	4		0.000		
12:0 ... g	0.001			FLA	4		0.001		
13:0 ... g									
14:0 ... g	0.004			FLA	4		0.002		
15:0 ... g									
16:0 ... g	0.089			FLA	4		0.037		
17:0 ... g									
18:0 ... g	0.032			FLA	4		0.013		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.121			FLA	4		0.051		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.015			FLA	4		0.006		
17:1 ... g									
18:1 undifferentiated ... g	0.103			FLA	4		0.043		
20:1 ... g	0.003			FLA	4		0.001		
22:1 undifferentiated ... g	0.000			FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.073			FLA	4		0.031		
18:2 undifferentiated ... g	0.060			FLA	4		0.025		
18:3 undifferentiated ... g	0.003			FLA	4		0.001		
18:4 ... g	0.000			FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.006			FLA	4		0.002		
20:5 n-3 (EPA) ... g	0.001			FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.001			FLA	4		0.000		
22:6 n-3 (DHA) ... g	0.002			FLA	4		0.001		
Fatty acids, total trans ... g									
Cholesterol ... mg	36		1	A	1		15		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.183		0	A	1		0.077		
Threonine ... g	0.686		0	A	1		0.288		
Isoleucine ... g	0.812		0	A	1		0.341		
Leucine ... g	1.201		0	A	1		0.504		
Lysine ... g	1.335		0	A	1		0.561		
Methionine ... g	0.437		0	A	1		0.184		
Cystine ... g	0.229		0	A	1		0.096		
Phenylalanine ... g	0.645		0	A	1		0.271		
Tyrosine ... g	0.527		0	A	1		0.221		
Valine ... g	0.806		0	A	1		0.339		
Arginine ... g	1.076		0	A	1		0.452		
Histidine ... g	0.478		0	A	1		0.201		
Alanine ... g	1.015		0	A	1		0.426		
Aspartic acid ... g	1.499		0	A	1		0.630		
Glutamic acid ... g	2.424		0	A	1		1.018		
Glycine ... g	1.234		0	A	1		0.518		
Proline ... g	0.884		0	A	1		0.371		
Serine ... g	0.601		0	A	1		0.253		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07933

Chicken breast, oven-roasted, fat-free, sliced

Common Measures:

Measure 1 = 42g: 1 serving 2 slices

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07017
Chicken roll, light meat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.41	0.391	3	A	1		41.28	123.11	72.41
Energy....kcal	110		0	NC	4		63	187	110
Energy....kJ	459		0	NC	4		262	781	459
Protein (N x 6.25)....g	16.64	0.818	3	A	1		9.49	28.29	16.64
Total lipid (fat)....g	2.73	0.778	3	A	1		1.56	4.64	2.73
Ash....g	3.55	0.491	3	A	1		2.02	6.03	3.55
Carbohydrate, by difference....g	4.66		0	NC	4		2.66	7.93	4.66
Fiber, total dietary....g	0.0	0.000	3	A	1		0.0	0.0	0.0
Sugars, total....g	0.57	0.575	3	A	1		0.33	0.98	0.57
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.52	0.519	3	A	1		0.30	0.88	0.52
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose....g	0.06	0.056	3	A	1		0.03	0.10	0.06
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	16	4.588	3	A	1		9	27	16
Iron, Fe....mg	0.41	0.058	3	A	1		0.23	0.69	0.41
Magnesium, Mg....mg	24	1.300	3	A	1		13	40	24
Phosphorus, P....mg	297	16.803	3	A	1		169	505	297
Potassium, K....mg	439	103.154	3	A	1		250	746	439
Sodium, Na....mg	1059	204.858	3	A	1		604	1800	1059
Zinc, Zn....mg	0.60	0.047	3	A	1		0.34	1.01	0.60
Copper, Cu....mg	0.087	0.038	3	A	1		0.049	0.147	0.087
Manganese, Mn....mg	0.017	0.003	3	A	1		0.010	0.029	0.017
Selenium, Se....mcg	14.5	2.092	3	A	1		8.2	24.6	14.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin....mg	0.042	0.007	3	A	1		0.024	0.071	0.042
Riboflavin....mg	0.164	0.006	3	A	1		0.093	0.279	0.164
Niacin....mg	8.090	0.340	3	A	1		4.611	13.753	8.090
Pantothenic acid....mg	1.106	0.102	3	A	1		0.630	1.880	1.106
Vitamin B-6....mg	0.370	0.012	3	A	1		0.211	0.629	0.370
Folate, total....mcg	6	2.517	3	A	1		3	10	6
Folic acid....mcg	0		1	A	1		0	0	0
Folate, food....mcg	6	2.517	3	A	1		3	10	6
Folate, DFE....mcg_DFE	6		0	NC	4		3	10	6
Choline, total....mg	49.7		0	AS	1		28.3	84.5	49.7
Betaine....mg	8.9		1	A	1		5.0	15.1	8.9
Vitamin B-12....mcg	0.36	0.161	3	A	1		0.21	0.62	0.36
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	NR	4		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	82		0		4		47	139	82
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.27		0	NR	4		0.15	0.45	0.27
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	AS	1		0.0	0.1	0.0
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 07017
Chicken roll, light meat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.0		0	BFFN	4		0.0	0.1	0.0
Vitamin D.....IU	2		0	BFFN	4		1	3	2
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	0.621		0	NC	4		0.354	1.055	0.621
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.014	0.005	3	A	1		0.008	0.023	0.014
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0.....g	0.481	0.178	3	A	1		0.274	0.817	0.481
17:0.....g	0.002	0.001	3	A	1		0.001	0.004	0.002
18:0.....g	0.124	0.046	3	A	1		0.071	0.211	0.124
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.890		0	NC	4		0.507	1.513	0.890
14:1.....g	0.004	0.002	3	A	1		0.002	0.007	0.004
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.117	0.043	3	A	1		0.067	0.199	0.117
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.763	0.289	3	AS	1		0.435	1.298	0.763
18:1 c.....g	0.736	0.277	3	A	1		0.420	1.251	0.736
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.027	0.011	3	A	1		0.016	0.046	0.027
18:1-11t (18:1t n-7).....g									
20:1.....g	0.006	0.002	3	A	1		0.003	0.010	0.006
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.374		0	NC	4		0.213	0.636	0.374
18:2 undifferentiated.....g	0.345	0.153	3	AS	1		0.197	0.586	0.345
18:2 n-6 c,c.....g	0.334	0.149	3	A	1		0.191	0.568	0.334
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.011	0.005	3	A	1		0.006	0.018	0.011
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.020	0.010	3	AS	1		0.012	0.034	0.020
18:3 n-3 c,c,c (ALA).....g	0.017	0.008	3	A	1		0.009	0.028	0.017
18:3 n-6 c,c,c.....g	0.004	0.002	3	A	1		0.002	0.006	0.004
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.003	0.001	3	A	1		0.002	0.005	0.003
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.006	0.003	3	A	1		0.003	0.010	0.006
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.038		0	NC	4		0.022	0.064	0.038
Fatty acids, total trans-monoenoic.....g	0.027		0	NC	4		0.016	0.046	0.027
Fatty acids, total trans-polyenoic.....g	0.011		0	NC	4		0.006	0.018	0.011

NDB No. 07017
Chicken roll, light meat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	45	1.386	3	A	1		25	76	45
Phytosterols....mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan....g	0.212		0	MC	9		0.121	0.360	0.212
Threonine....g	0.796		0	MC	9		0.454	1.353	0.796
Isoleucine....g	0.942		0	MC	9		0.537	1.601	0.942
Leucine....g	1.393		0	MC	9		0.794	2.368	1.393
Lysine....g	1.549		0	MC	9		0.883	2.633	1.549
Methionine....g	0.507		0	MC	9		0.289	0.862	0.507
Cystine....g	0.266		0	MC	9		0.152	0.452	0.266
Phenylalanine....g	0.748		0	MC	9		0.427	1.272	0.748
Tyrosine....g	0.611		0	MC	9		0.348	1.039	0.611
Valine....g	0.935		0	MC	9		0.533	1.589	0.935
Arginine....g	1.248		0	MC	9		0.711	2.122	1.248
Histidine....g	0.555		0	MC	9		0.316	0.943	0.555
Alanine....g	1.178		0	MC	9		0.671	2.002	1.178
Aspartic acid....g	1.739		0	MC	9		0.991	2.956	1.739
Glutamic acid....g	2.811		0	MC	9		1.602	4.779	2.811
Glycine....g	1.431		0	MC	9		0.816	2.432	1.431
Proline....g	1.025		0	MC	9		0.584	1.742	1.025
Serine....g	0.697		0	MC	9		0.397	1.185	0.697
Hydroxyproline....g	0.076	0.013	3	A	1		0.043	0.129	0.076
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	MC	9		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 2 slices (1 serving)

Measure 2 = 170g: 1 package

Measure 3 = 100g: 3.53 slices

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07018
Chicken spread

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.41		0	MC	9		32.15		
Energy....kcal	158		0	NC	4		89		
Energy....kJ	663		0	NC	4		371		
Protein (N x 6.25)....g	18.01		0	MC	9		10.09		
Total lipid (fat)....g	17.56		0	MC	9		9.83		
Ash....g	2.97		0	MC	9		1.66		
Carbohydrate, by difference....g	4.05		0	NC	4		2.27		
Fiber, total dietary....g	0.3		0	MC	9		0.2		
Sugars, total....g	0.47		0	MC	9		0.26		
Starch....g									
Minerals:									
Calcium, Ca....mg	16		0	MC	9		9		
Iron, Fe....mg	0.87		0	MC	9		0.49		
Magnesium, Mg....mg	12		0		4		7		
Phosphorus, P....mg	89		0		4		50		
Potassium, K....mg	106		0		4		59		
Sodium, Na....mg	722		0	MC	9		404		
Zinc, Zn....mg	1.15		0		4		0.64		
Copper, Cu....mg	0.040		0		4		0.022		
Manganese, Mn....mg	0.012		0		4		0.007		
Selenium, Se....mcg	10.8		0	BFNN	4		6.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.009	0.003	13		1		0.005		
Riboflavin....mg	0.114	0.007	13		1		0.064		
Niacin....mg	2.748	0.133	13		1		1.539		
Pantothenic acid....mg	0.430		0		4		0.241		
Vitamin B-6....mg	0.150		0		4		0.084		
Folate, total....mcg	3		0		4		2		
Folic acid....mcg	0		0	NR	4		0		
Folate, food....mcg	3		0		4		2		
Folate, DFE....mcg_DFE	3		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.13		0		4		0.07		
Vitamin A, RAE....mcg_RAE	30		0	NC	4		17		
Retinol....mcg	30		0	NR	4		17		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	99		0	MC	9		56		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.230		0	NC	4		1.809		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		

NDB No. 07018
Chicken spread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000		
12:0 ... g	0.000		0		4		0.000		
13:0 ... g									
14:0 ... g	0.100		0		4		0.056		
15:0 ... g									
16:0 ... g	2.410		0		4		1.350		
17:0 ... g									
18:0 ... g	0.720		0		4		0.403		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.800		0	NC	4		2.688		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.630		0		4		0.353		
17:1 ... g									
18:1 undifferentiated ... g	4.060		0		4		2.274		
20:1 ... g	0.110		0		4		0.062		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.350		0	NC	4		1.316		
18:2 undifferentiated ... g	2.230		0		4		1.249		
18:3 undifferentiated ... g	0.120		0		4		0.067		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	56		0	MC	9		32		
Phytosterols ... mg	0		0		4		0		
Amino Acids:									
Tryptophan ... g	0.197			FLM	4		0.110		
Threonine ... g	0.730			FLM	4		0.409		
Isoleucine ... g	0.879			FLM	4		0.492		
Leucine ... g	1.286			FLM	4		0.720		
Lysine ... g	1.438			FLM	4		0.805		
Methionine ... g	0.469			FLM	4		0.263		
Cystine ... g	0.237			FLM	4		0.133		
Phenylalanine ... g	0.687			FLM	4		0.385		
Tyrosine ... g	0.568			FLM	4		0.318		
Valine ... g	0.859			FLM	4		0.481		
Arginine ... g	1.117			FLM	4		0.626		
Histidine ... g	0.517			FLM	4		0.290		
Alanine ... g	1.037			FLM	4		0.581		
Aspartic acid ... g	1.580			FLM	4		0.885		
Glutamic acid ... g	2.586			FLM	4		1.448		
Glycine ... g	1.166			FLM	4		0.653		
Proline ... g	0.868			FLM	4		0.486		
Serine ... g	0.626			FLM	4		0.351		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0			FLM	4		0.0		
Caffeine ... mg	0			FLM	4		0		
Theobromine ... mg	0			FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07018
Chicken spread

Common Measures:

Measure 1 = 56g: 1 serving (1 serving)

Calories Factors: Protein 4 **Fat** 4 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07019
Chorizo, pork and beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	31.85	2.427	6		1		9.03	19.11	
Energy....kcal	455		0		4		129	273	
Energy....kJ	1904		0		4		540	1142	
Protein (N x 6.25)....g	24.10	0.808	6		1		6.83	14.46	
Total lipid (fat)....g	38.27	1.561	6		1		10.85	22.96	
Ash....g	3.92		0		4		1.11	2.35	
Carbohydrate, by difference....g	1.86		0		4		0.53	1.12	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		0		4		2	5	
Iron, Fe....mg	1.59		0		4		0.45	0.95	
Magnesium, Mg....mg	18		0		4		5	11	
Phosphorus, P....mg	150		0		4		43	90	
Potassium, K....mg	398		0		4		113	239	
Sodium, Na....mg	1235		0		4		350	741	
Zinc, Zn....mg	3.41		0		4		0.97	2.05	
Copper, Cu....mg	0.080		0		4		0.023	0.048	
Manganese, Mn....mg	0.040		0		4		0.011	0.024	
Selenium, Se....mcg	21.1		0	RF	4		6.0	12.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.630		0		4		0.179	0.378	
Riboflavin....mg	0.300		0		4		0.085	0.180	
Niacin....mg	5.131		0		4		1.455	3.079	
Pantothenic acid....mg	1.120		0		4		0.318	0.672	
Vitamin B-6....mg	0.530		0		4		0.150	0.318	
Folate, total....mcg	2		0		4		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		4		1	1	
Folate, DFE....mcg_DFE	2		0	NC	4		1	1	
Choline, total....mg	96.7		0	BFNN	4		27.4	58.0	
Betaine....mg	4.1		0	BFNN	4		1.2	2.5	
Vitamin B-12....mcg	2.00		0		4		0.57	1.20	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	NR	4		0.06	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.5		0	BFFN	4		0.4	0.9	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	61		0	BFFN	4		17	37	
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		0.5	1.0	
Lipids:									
Fatty acids, total saturated....g	14.380		0		1		4.077	8.628	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07019
Chorizo, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.870		0		1		0.247	0.522	
15:0....g									
16:0....g	9.150		0		1		2.594	5.490	
17:0....g									
18:0....g	4.120		0		1		1.168	2.472	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.400		0		1		5.216	11.040	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.650		0		1		0.468	0.990	
17:1....g									
18:1 undifferentiated....g	16.310		0		1		4.624	9.786	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.460		0		1		0.981	2.076	
18:2 undifferentiated....g	2.930		0		1		0.831	1.758	
18:3 undifferentiated....g	0.380		0		1		0.108	0.228	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		0		1		0.026	0.054	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	88		0		4		25	53	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.278		1		1		0.079	0.167	
Threonine....g	1.473		1		1		0.418	0.884	
Isoleucine....g	2.206		1		1		0.625	1.324	
Leucine....g	1.708		1		1		0.484	1.025	
Lysine....g	2.414		1		1		0.684	1.448	
Methionine....g	0.470		1		1		0.133	0.282	
Cystine....g	0.276		0		4		0.078	0.166	
Phenylalanine....g	1.149		1		1		0.326	0.689	
Tyrosine....g	0.748		0		4		0.212	0.449	
Valine....g	0.914		1		1		0.259	0.548	
Arginine....g	1.693		1		1		0.480	1.016	
Histidine....g	0.721		1		1		0.204	0.433	
Alanine....g	1.560		0		4		0.442	0.936	
Aspartic acid....g	2.185		0		4		0.619	1.311	
Glutamic acid....g	3.566		0		4		1.011	2.140	
Glycine....g	1.730		0		4		0.490	1.038	
Proline....g	1.252		0		4		0.355	0.751	
Serine....g	0.993		0		4		0.282	0.596	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07019
Chorizo, pork and beef

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 1 link (4" long)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07020
Corned beef loaf, jellied

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	69.10	0.401	14		1		19.35	39.39	
Energy....kcal	153		0	NC	4		43	87	
Energy....kJ	640		0		4		179	365	
Protein (N x 6.25)....g	22.90	0.315	15		1		6.41	13.05	
Total lipid (fat)....g	6.10	0.577	15		1		1.71	3.48	
Ash....g	3.00	0.107	14		1		0.84	1.71	
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.946	5		1		3	6	
Iron, Fe....mg	2.04	0.160	14		1		0.57	1.16	
Magnesium, Mg....mg	11	0.267	14		1		3	6	
Phosphorus, P....mg	73	4.543	14		1		20	42	
Potassium, K....mg	101	6.147	14		1		28	58	
Sodium, Na....mg	953	37.857	15		1		267	543	
Zinc, Zn....mg	4.09	0.176	14		1		1.15	2.33	
Copper, Cu....mg	0.060	0.005	14		1		0.017	0.034	
Manganese, Mn....mg	0.031	0.004	4		1		0.009	0.018	
Selenium, Se....mcg	17.2		0	RF	4		4.8	9.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.000	0.005	14		1		0.000	0.000	
Riboflavin....mg	0.110	0.011	14		1		0.031	0.063	
Niacin....mg	1.760	0.158	14		1		0.493	1.003	
Pantothenic acid....mg	0.190		1		1		0.053	0.108	
Vitamin B-6....mg	0.120	0.021	14		1		0.034	0.068	
Folate, total....mcg	8		1		1		2	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		1		1		2	5	
Folate, DFE....mcg_DFE	8		0	NC	4		2	5	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.27	0.096	14		1		0.36	0.72	
Vitamin A, RAE....mcg_RAE	0		1		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.600		0		1		0.728	1.482	
4:0....g	0.000		14		1		0.000	0.000	
6:0....g	0.000		14		1		0.000	0.000	
8:0....g	0.000		14		1		0.000	0.000	

NDB No. 07020
Corned beef loaf, jellied

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		14		1		0.006	0.011	
12:0 g	0.030		14		1		0.008	0.017	
13:0 g									
14:0 g	0.170		14		1		0.048	0.097	
15:0 g									
16:0 g	1.260		14		1		0.353	0.718	
17:0 g									
18:0 g	0.990		14		1		0.277	0.564	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.680		0		1		0.750	1.528	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.400		14		1		0.112	0.228	
17:1 g									
18:1 undifferentiated g	2.280		14		1		0.638	1.300	
20:1 g	0.000		14		1		0.000	0.000	
22:1 undifferentiated g	0.000		14		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.320		0		1		0.090	0.182	
18:2 undifferentiated g	0.240		14		1		0.067	0.137	
18:3 undifferentiated g	0.080		14		1		0.022	0.046	
18:4 g	0.000		14		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		14		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		14		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000	0.000	14		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		14		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	47	3.474	14		1		13	27	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.165		0		1		0.046	0.094	
Threonine g	0.894		0		1		0.250	0.510	
Isoleucine g	0.861		0		1		0.241	0.491	
Leucine g	1.584		0		1		0.444	0.903	
Lysine g	1.759		0		1		0.493	1.003	
Methionine g	0.506		0		1		0.142	0.288	
Cystine g	0.238		0		1		0.067	0.136	
Phenylalanine g	0.810		0		1		0.227	0.462	
Tyrosine g	0.616		0		1		0.172	0.351	
Valine g	0.993		0		1		0.278	0.566	
Arginine g	1.587		0		1		0.444	0.905	
Histidine g	0.601		0		1		0.168	0.343	
Alanine g	1.576		0		1		0.441	0.898	
Aspartic acid g	1.950		0		1		0.546	1.112	
Glutamic acid g	3.167		0		1		0.887	1.805	
Glycine g	2.170		0		1		0.608	1.237	
Proline g	1.503		0		1		0.421	0.857	
Serine g	0.916		0		1		0.256	0.522	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07020
Corned beef loaf, jellied

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07021
Dutch brand loaf, chicken, pork and beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.10	0.875	21	A	1		22.08		
Energy....kcal	273		0	NC	4		104		
Energy....kJ	1143		0	NC	4		434		
Protein (N x 6.25)....g	12.00	0.160	21	A	1		4.56		
Total lipid (fat)....g	22.91	1.250	21	A	1		8.71		
Ash....g	3.07		1	A	1		1.17		
Carbohydrate, by difference....g	3.93		0	NC	4		1.49		
Fiber, total dietary....g	0.3		0	FLA	4		0.1		
Sugars, total....g	0.90		0	FLA	4		0.34		
Sucrose....g	0.00		0	FLA	4		0.00		
Glucose (dextrose)....g	0.48		0	FLA	4		0.18		
Fructose....g	0.11		0	FLA	4		0.04		
Lactose....g	0.00		0	FLA	4		0.00		
Maltose....g	0.31		0	FLA	4		0.12		
Galactose....g	0.00		0	FLA	4		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		1	A	1		3		
Iron, Fe....mg	0.16		1	A	1		0.06		
Magnesium, Mg....mg	15		0	FLA	4		6		
Phosphorus, P....mg	119		0	FLA	4		45		
Potassium, K....mg	210		0	FLA	4		80		
Sodium, Na....mg	1055		1	A	1		401		
Zinc, Zn....mg	2.53		0	FLA	4		0.96		
Copper, Cu....mg	0.069		0	FLA	4		0.026		
Manganese, Mn....mg	0.039		0	FLA	4		0.015		
Selenium, Se....mcg	18.4		0	FLA	4		7.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.4		0	FLA	4		0.5		
Thiamin....mg	0.134		0	FLA	4		0.051		
Riboflavin....mg	0.134		0	FLA	4		0.051		
Niacin....mg	3.384		0	FLA	4		1.286		
Pantothenic acid....mg	0.494		0	FLA	4		0.188		
Vitamin B-6....mg	0.236		0	FLA	4		0.090		
Folate, total....mcg	11		0	FLA	4		4		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	11		0	FLA	4		4		
Folate, DFE....mcg_DFE	11		0	NC	4		4		
Choline, total....mg	65.0		0	FLA	4		24.7		
Betaine....mg	5.3		0	FLA	4		2.0		
Vitamin B-12....mcg	0.90		0	FLA	4		0.34		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	33		0	NC	4		13		
Retinol....mcg	33		0	FLA	4		13		
Carotene, beta....mcg	0		0	FLA	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	110		0	NC	4		42		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.26		0	FLA	4		0.10		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.00		0	FLA	4		0.00		
Tocopherol, gamma....mg	0.00		0	FLA	4		0.00		
Tocopherol, delta....mg	0.00		0	FLA	4		0.00		
Vitamin D (D2 + D3)....mcg	1.0		0	NR	4		0.4		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 07021
Dutch brand loaf, chicken, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	40		0	T	4		15		
Vitamin K (phylloquinone).....mcg	1.2		0	BFSN	4		0.5		
Lipids:									
Fatty acids, total saturated.....g	9.043		0	NC	4		3.436		
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.071		0	FLA	4		0.027		
12:0.....g	0.070		0	FLA	4		0.026		
13:0.....g									
14:0.....g	0.676		0	FLA	4		0.257		
15:0.....g									
16:0.....g	5.706		0	FLA	4		2.168		
17:0.....g									
18:0.....g	2.521		0	FLA	4		0.958		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.433		0	NC	4		4.345		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.175		0	FLA	4		0.446		
17:1.....g									
18:1 undifferentiated.....g	10.165		0	FLA	4		3.863		
20:1.....g	0.093		0	FLA	4		0.035		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.053		0	NC	4		1.160		
18:2 undifferentiated.....g	2.291		0	FLA	4		0.871		
18:3 undifferentiated.....g	0.659		0	FLA	4		0.250		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.075		0	FLA	4		0.028		
20:5 n-3 (EPA).....g	0.004		0	FLA	4		0.002		
22:5 n-3 (DPA).....g	0.008		0	FLA	4		0.003		
22:6 n-3 (DHA).....g	0.016		0	FLA	4		0.006		
Fatty acids, total trans.....g	0.000		0	NR	4		0.000		
Cholesterol.....mg	60		1	A	1		23		
Phytosterols.....mg	3		0	FLA	4		1		
Amino Acids:									
Tryptophan.....g	0.172		0	FLA	4		0.065		
Threonine.....g	0.760		0	FLA	4		0.289		
Isoleucine.....g	0.853		0	FLA	4		0.324		
Leucine.....g	1.415		0	FLA	4		0.538		
Lysine.....g	1.541		0	FLA	4		0.586		
Methionine.....g	0.475		0	FLA	4		0.181		
Cystine.....g	0.238		0	FLA	4		0.090		
Phenylalanine.....g	0.718		0	FLA	4		0.273		
Tyrosine.....g	0.595		0	FLA	4		0.226		
Valine.....g	0.918		0	FLA	4		0.349		
Arginine.....g	1.175		0	FLA	4		0.446		
Histidine.....g	0.603		0	FLA	4		0.229		
Alanine.....g	1.076		0	FLA	4		0.409		
Aspartic acid.....g	1.654		0	FLA	4		0.629		
Glutamic acid.....g	2.753		0	FLA	4		1.046		
Glycine.....g	1.062		0	FLA	4		0.403		
Proline.....g	0.837		0	FLA	4		0.318		
Serine.....g	0.709		0	FLA	4		0.270		
Hydroxyproline.....g	0.090		0	FLA	4		0.034		
Others:									

NDB No. 07021
Dutch brand loaf, chicken, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07022
Frankfurter, beef

frank, hot dog, wiener
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.01		5	A	1		23.40	29.64	
Energy	kcal	330		0	NC	4		149	188	
Energy	kJ	1382		0	NC	4		622	788	
Protein (N x 6.25)	g	11.24		5	A	1		5.06	6.41	
Total lipid (fat)	g	29.57		5	A	1		13.30	16.85	
Ash	g	3.13		5	A	1		1.41	1.78	
Carbohydrate, by difference	g	4.06		0	NC	4		1.83	2.32	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	3.39		2	A	1		1.53	1.93	
Sucrose	g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose)	g	2.82		2	A	1		1.27	1.61	
Fructose	g	0.00		2	A	1		0.00	0.00	
Lactose	g	0.00		2	A	1		0.00	0.00	
Maltose	g	0.58		2	A	1		0.26	0.33	
Galactose	g	0.00		2	A	1		0.00	0.00	
Starch	g	1.32		2	A	1		0.59	0.75	
Minerals:										
Calcium, Ca	mg	14		5	A	1		6	8	
Iron, Fe	mg	1.51		5	A	1		0.68	0.86	
Magnesium, Mg	mg	14		5	A	1		6	8	
Phosphorus, P	mg	160		5	A	1		72	91	
Potassium, K	mg	156		5	A	1		70	89	
Sodium, Na	mg	1140		5	A	1		513	650	
Zinc, Zn	mg	2.46		5	A	1		1.11	1.40	
Copper, Cu	mg	0.184		5	A	1		0.083	0.105	
Manganese, Mn	mg	0.082		5	A	1		0.037	0.047	
Selenium, Se	mcg	8.2		2	A	1		3.7	4.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.040		5	A	1		0.018	0.023	
Riboflavin	mg	0.147		5	A	1		0.066	0.084	
Niacin	mg	2.372		5	A	1		1.068	1.352	
Pantothenic acid	mg	0.244		2	A	1		0.110	0.139	
Vitamin B-6	mg	0.089		2	A	1		0.040	0.050	
Folate, total	mcg	5		2	A	1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		2	A	1		2	3	
Folate, DFE	mcg_DFE	5		0	NC	4		2	3	
Choline, total	mg	33.7		0	AS	1		15.2	19.2	
Betaine	mg	5.0		2	A	1		2.2	2.8	
Vitamin B-12	mcg	1.72		5	A	1		0.78	0.98	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.20		0	NR	4		0.09	0.12	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.9		0	T	4		0.4	0.5	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 07022
Frankfurter, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	36		0	T	4		16	21	
Vitamin K (phylloquinone).....mcg	1.8		0	BFZN	4		0.8	1.0	
Lipids:									
Fatty acids, total saturated.....g	11.688		0	NC	4		5.260	6.662	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.083		0	BFFN	4		0.037	0.047	
12:0.....g	0.041		0	BFFN	4		0.019	0.024	
13:0.....g									
14:0.....g	0.874		5	A	1		0.393	0.498	
15:0.....g	0.152		5	A	1		0.068	0.087	
16:0.....g	6.483		5	A	1		2.917	3.695	
17:0.....g	0.389		5	A	1		0.175	0.222	
18:0.....g	3.559		5	A	1		1.602	2.029	
20:0.....g									
22:0.....g	0.107		1	A	1		0.048	0.061	
24:0.....g									
Fatty acids, total monounsaturated.....g	14.305		0	NC	4		6.437	8.154	
14:1.....g	0.326		5	A	1		0.147	0.186	
15:1.....g									
16:1 undifferentiated.....g	1.216		5	A	1		0.547	0.693	
17:1.....g									
18:1 undifferentiated.....g	12.426		5	A	1		5.592	7.083	
20:1.....g	0.224		5	A	1		0.101	0.128	
22:1 undifferentiated.....g	0.112		1	A	1		0.050	0.064	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.182		0	NC	4		0.532	0.674	
18:2 undifferentiated.....g	1.006		5	A	1		0.453	0.573	
18:3 undifferentiated.....g	0.176		5	A	1		0.079	0.100	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	53		5	A	1		24	30	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.121		0	A	1		0.055	0.069	
Threonine.....g	0.519		0	A	1		0.234	0.296	
Isoleucine.....g	0.580		0	A	1		0.261	0.331	
Leucine.....g	0.994		0	A	1		0.447	0.566	
Lysine.....g	1.055		0	A	1		0.475	0.601	
Methionine.....g	0.319		0	A	1		0.143	0.182	
Cystine.....g	0.121		0	A	1		0.054	0.069	
Phenylalanine.....g	0.487		0	A	1		0.219	0.278	
Tyrosine.....g	0.412		0	A	1		0.185	0.235	
Valine.....g	0.608		0	A	1		0.273	0.346	
Arginine.....g	0.757		0	A	1		0.341	0.432	
Histidine.....g	0.362		0	A	1		0.163	0.207	
Alanine.....g	0.679		0	A	1		0.306	0.387	
Aspartic acid.....g	1.120		0	A	1		0.504	0.639	
Glutamic acid.....g	1.802		0	A	1		0.811	1.027	
Glycine.....g	0.534		0	A	1		0.240	0.305	
Proline.....g	0.475		0	A	1		0.214	0.271	
Serine.....g	0.451		0	A	1		0.203	0.257	
Hydroxyproline.....g									
Others:									

NDB No. 07022
Frankfurter, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 frankfurter (5 in long X 3/4 in dia, 10 per lb)

Measure 2 = 57g: 1 frankfurter (5 in long x 7/8 in dia, 8 per lb)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07023
Frankfurter, beef and pork

frank, hot dog, wiener
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.96	0.115	34	A	1		25.18		
Energy	kcal	305		0	NC	4		137		
Energy	kJ	1277		0	NC	4		575		
Protein (N x 6.25)	g	11.53	0.048	34	A	1		5.19		
Total lipid (fat)	g	27.64	0.130	34	A	1		12.44		
Ash	g	3.15	0.017	154		1		1.42		
Carbohydrate, by difference	g	1.72		0	NC	4		0.77		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	MC	9		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.185	145		1		5		
Iron, Fe	mg	1.15	0.025	181		1		0.52		
Magnesium, Mg	mg	10	0.081	146		1		5		
Phosphorus, P	mg	86	0.890	145		1		39		
Potassium, K	mg	167	1.420	139		1		75		
Sodium, Na	mg	1120	7.787	145		1		504		
Zinc, Zn	mg	1.84	0.021	150		1		0.83		
Copper, Cu	mg	0.080	0.008	144		1		0.036		
Manganese, Mn	mg	0.032	0.001	65		1		0.014		
Selenium, Se	mcg	13.8	0.527	59	A	1		6.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.199	0.005	175		1		0.090		
Riboflavin	mg	0.120	0.002	176		1		0.054		
Niacin	mg	2.634	0.027	176		1		1.185		
Pantothenic acid	mg	0.350	0.060	8		1		0.158		
Vitamin B-6	mg	0.130	0.003	176		1		0.059		
Folate, total	mcg	4	0.650	4		1		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4	0.650	4		1		2		
Folate, DFE	mcg_DFE	4		0	NC	4		2		
Choline, total	mg	43.2		0	BFNN	4		19.5		
Betaine	mg	4.7		0	BFNN	4		2.1		
Vitamin B-12	mcg	1.30	0.021	176		1		0.59		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	18		0	NC	4		8		
Retinol	mcg	18		0	NR	4		8		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	58		0	MC	9		26		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.25		0	NR	4		0.11		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.9		0	T	4		0.4		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	36		0	T	4		16		
Vitamin K (phylloquinone)	mcg	1.8		0	BFZN	4		0.8		
Lipids:										
Fatty acids, total saturated	g	10.770		0	NC	4		4.847		
4:0	g	0.000		0		1		0.000		

NDB No. 07023
Frankfurter, beef and pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.080	0.019	21		1		0.036		
12:0 g	0.060	0.016	21		1		0.027		
13:0 g									
14:0 g	0.530	0.028	32		1		0.239		
15:0 g									
16:0 g	6.450	0.106	32		1		2.903		
17:0 g									
18:0 g	3.650	0.080	32		1		1.643		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.670		0	NC	4		6.152		
14:1 g									
15:1 g									
16:1 undifferentiated g	1.310	0.056	32		1		0.590		
17:1 g									
18:1 undifferentiated g	12.360	0.180	32		1		5.562		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.730		0	NC	4		1.229		
18:2 undifferentiated g	2.340	0.128	32		1		1.053		
18:3 undifferentiated g	0.390	0.024	32		1		0.176		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g									
Cholesterol mg	50	2.195	26		1		23		
Phytosterols mg	0		0		4		0		
Amino Acids:									
Tryptophan g	0.117		0	FLM	4		0.053		
Threonine g	0.465		0	FLM	4		0.209		
Isoleucine g	0.473		0	FLM	4		0.213		
Leucine g	0.844		0	FLM	4		0.380		
Lysine g	0.908		0	FLM	4		0.409		
Methionine g	0.268		0	FLM	4		0.121		
Cystine g	0.122		0	FLM	4		0.055		
Phenylalanine g	0.420		0	FLM	4		0.189		
Tyrosine g	0.350		0	FLM	4		0.158		
Valine g	0.534		0	FLM	4		0.240		
Arginine g	0.707		0	FLM	4		0.318		
Histidine g	0.363		0	FLM	4		0.163		
Alanine g	0.643		0	FLM	4		0.289		
Aspartic acid g	0.983		0	FLM	4		0.442		
Glutamic acid g	1.626		0	FLM	4		0.732		
Glycine g	0.572		0	FLM	4		0.258		
Proline g	0.465		0	FLM	4		0.209		
Serine g	0.420		0	FLM	4		0.189		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	FLM	4		0		
Theobromine mg	0		0	FLM	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07023
Frankfurter, beef and pork

Common Measures:

Measure 1 = 45g: 1 frankfurter

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42188
Frankfurter, beef and pork, low fat

frank, hot dog, wiener
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.30		0		4		107.66	40.64	
Energy....kcal	152		0	NC	4		229	86	
Energy....kJ	634		0	NC	4		958	362	
Protein....g	11.00		0		12		16.61	6.27	
Total lipid (fat)....g	10.00		0		12		15.10	5.70	
Ash....g	3.30		0	NR	4		4.98	1.88	
Carbohydrate, by difference....g	4.40		0		9		6.64	2.51	
Fiber, total dietary....g	0.0		0		7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		4		15	6	
Iron, Fe....mg	1.20		0		4		1.81	0.68	
Magnesium, Mg....mg	10		0		4		15	6	
Phosphorus, P....mg	140		0		4		211	80	
Potassium, K....mg	150		0		4		227	86	
Sodium, Na....mg	1257		0		12		1898	716	
Zinc, Zn....mg	1.96		0		4		2.96	1.12	
Copper, Cu....mg	0.075		0		4		0.113	0.043	
Manganese, Mn....mg									
Selenium, Se....mcg	15.1		0	BFNN	4		22.8	8.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.180		0		4		0.272	0.103	
Riboflavin....mg	0.110		0		4		0.166	0.063	
Niacin....mg	2.400		0		4		3.624	1.368	
Pantothenic acid....mg									
Vitamin B-6....mg	0.100		0		4		0.151	0.057	
Folate, total....mcg	4		0		4		6	2	
Folic acid....mcg	0		0	NR	4		0	0	
Folate, food....mcg	4		0		4		6	2	
Folate, DFE....mcg_DFE	4		0	NC	4		6	2	
Choline, total....mg	52.1		0	BFNN	4		78.6	29.7	
Betaine....mg	4.6		0	BFNN	4		7.0	2.6	
Vitamin B-12....mcg	1.30		0		4		1.96	0.74	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		0	NR	4		0.12	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	BFFN	4		0.5	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	13		0	BFFN	4		20	7	
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4		0.5	0.2	
Lipids:									
Fatty acids, total saturated....g	3.692		0		4		5.575	2.104	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 42188
Frankfurter, beef and pork, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.027		0		4		0.041	0.015	
12:0 g	0.021		0		4		0.032	0.012	
13:0 g									
14:0 g	0.182		0		4		0.275	0.104	
15:0 g									
16:0 g	2.213		0		4		3.342	1.261	
17:0 g									
18:0 g	1.252		0		4		1.891	0.714	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.690		0		4		7.082	2.673	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.450		0		4		0.680	0.257	
17:1 g									
18:1 undifferentiated g	4.241		0		4		6.404	2.417	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.937		0		4		1.415	0.534	
18:2 undifferentiated g	0.803		0		4		1.213	0.458	
18:3 undifferentiated g	0.134		0		4		0.202	0.076	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	44		0		12		66	25	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 cup, sliced

Measure 2 = 57g: 1 frankfurter

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07945
Frankfurter, beef, heated

frank, hot dog, wiener
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.18	0.407	3	A	1		27.13		
Energy	kcal	326		0	NC	4		170		
Energy	kJ	1365		0	NC	4		710		
Protein (N x 6.25)	g	11.54	0.125	3	A	1		6.00		
Total lipid (fat)	g	29.46	1.149	3	A	1		15.32		
Ash	g	3.06	0.162	3	A	1		1.59		
Carbohydrate, by difference	g	3.77		0	NC	4		1.96		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	3.39	0.155	3	A	1		1.76		
Sucrose	g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)	g	2.76	0.205	3	A	1		1.44		
Fructose	g	0.00	0.000	3	A	1		0.00		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.63	0.067	3	A	1		0.33		
Galactose	g	0.00	0.000	3	A	1		0.00		
Starch	g	1.63	0.350	3	A	1		0.85		
Minerals:										
Calcium, Ca	mg	12	2.872	3	A	1		6		
Iron, Fe	mg	1.56	0.046	3	A	1		0.81		
Magnesium, Mg	mg	14	0.731	3	A	1		7		
Phosphorus, P	mg	171	15.486	3	A	1		89		
Potassium, K	mg	147	13.914	3	A	1		77		
Sodium, Na	mg	1154	61.666	3	A	1		600		
Zinc, Zn	mg	2.35	0.109	3	A	1		1.22		
Copper, Cu	mg	0.153	0.007	3	A	1		0.080		
Manganese, Mn	mg	0.077	0.032	3	A	1		0.040		
Selenium, Se	mcg	12.1	2.474	3	A	1		6.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.039	0.003	3	A	1		0.020		
Riboflavin	mg	0.144		2	A	1		0.075		
Niacin	mg	2.354	0.121	3	A	1		1.224		
Pantothenic acid	mg	0.250	0.028	3	A	1		0.130		
Vitamin B-6	mg	0.093	0.012	3	A	1		0.048		
Folate, total	mcg	7	1.179	3	A	1		4		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	7	1.179	3	A	1		4		
Folate, DFE	mcg_DFE	7		0	NC	4		4		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.65	0.040	3	A	1		0.86		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	NC	4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.20		0	NR	4		0.11		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.8		0	BFZN	4		0.9		

NDB No. 07945
Frankfurter, beef, heated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	11.436		0	NC	4		5.947		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.083		0	BFFN	4		0.043		
12:0....g	0.041		0	BFFN	4		0.021		
13:0....g									
14:0....g	0.857	0.032	3	A	1		0.446		
15:0....g	0.151	0.007	3	A	1		0.079		
16:0....g	6.345	0.104	3	A	1		3.299		
17:0....g	0.378	0.022	3	A	1		0.197		
18:0....g	3.474	0.110	3	A	1		1.807		
20:0....g									
22:0....g	0.107		0	BFFN	4		0.055		
24:0....g									
Fatty acids, total monounsaturated....g	14.321		0	NC	4		7.447		
14:1....g	0.333	0.014	3	A	1		0.173		
15:1....g									
16:1 undifferentiated....g	1.238	0.030	3	A	1		0.644		
17:1....g									
18:1 undifferentiated....g	12.429	0.260	3	A	1		6.463		
20:1....g	0.219	0.003	3	A	1		0.114		
22:1 undifferentiated....g	0.102		1	A	1		0.053		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.064		0	NC	4		0.553		
18:2 undifferentiated....g	0.891	0.055	3	A	1		0.463		
18:3 undifferentiated....g	0.173	0.003	3	A	1		0.090		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	56	5.533	3	A	1		29		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.125		0	A	1		0.065		
Threonine....g	0.533		0	A	1		0.277		
Isoleucine....g	0.596		0	A	1		0.310		
Leucine....g	1.020		0	A	1		0.530		
Lysine....g	1.083		0	A	1		0.563		
Methionine....g	0.327		0	A	1		0.170		
Cystine....g	0.124		0	A	1		0.064		
Phenylalanine....g	0.500		0	A	1		0.260		
Tyrosine....g	0.423		0	A	1		0.220		
Valine....g	0.624		0	A	1		0.324		
Arginine....g	0.777		0	A	1		0.404		
Histidine....g	0.372		0	A	1		0.193		
Alanine....g	0.697		0	A	1		0.363		
Aspartic acid....g	1.150		0	A	1		0.598		
Glutamic acid....g	1.849		0	A	1		0.962		
Glycine....g	0.548		0	A	1		0.285		
Proline....g	0.488		0	A	1		0.254		
Serine....g	0.463		0	A	1		0.241		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 07945
Frankfurter, beef, heated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate**4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42179
Frankfurter, beef, low fat

frank, hot dog, wiener
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.80		0		12		96.34	36.37	
Energy	kcal	230		0	NC	4		347	131	
Energy	kJ	962		0	NC	4		1452	548	
Protein	g	12.00		0		12		18.12	6.84	
Total lipid (fat)	g	19.50		0		12		29.45	11.12	
Ash	g	3.10		0	NR	4		4.68	1.77	
Carbohydrate, by difference	g	1.60		0		9		2.42	0.91	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		12		12	5	
Iron, Fe	mg	1.15		0		12		1.74	0.66	
Magnesium, Mg	mg	11		0		12		17	6	
Phosphorus, P	mg	191		0		12		288	109	
Potassium, K	mg	129		0		12		195	74	
Sodium, Na	mg	1041		0		12		1572	593	
Zinc, Zn	mg	1.96		0		12		2.96	1.12	
Copper, Cu	mg	0.065		0		4		0.098	0.037	
Manganese, Mn	mg									
Selenium, Se	mcg	13.9		0	BFNN	4		21.0	7.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0		4		1.5	0.6	
Thiamin	mg	0.050		0		4		0.076	0.029	
Riboflavin	mg	0.100		0		4		0.151	0.057	
Niacin	mg	2.300		0		4		3.473	1.311	
Pantothenic acid	mg									
Vitamin B-6	mg	0.100		0		4		0.151	0.057	
Folate, total	mcg	4		0		4		6	2	
Folic acid	mcg	0		0	NR	4		0	0	
Folate, food	mcg	4		0		4		6	2	
Folate, DFE	mcg_DFE	4		0	NC	4		6	2	
Choline, total	mg	44.0		0	BFNN	4		66.5	25.1	
Betaine	mg	4.8		0	BFNN	4		7.3	2.7	
Vitamin B-12	mcg	1.40		0		4		2.11	0.80	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		4		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.18		0	NR	4		0.26	0.10	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.6		0	BFFN	4		0.9	0.3	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	24		0	BFFN	4		36	14	
Vitamin K (phylloquinone)	mcg	1.8		0	BFZN	4		2.7	1.0	
Lipids:										
Fatty acids, total saturated	g	8.100		0		12		12.231	4.617	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 42179
Frankfurter, beef, low fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.600		0		4		0.906	0.342	
15:0 g									
16:0 g	4.900		0		4		7.399	2.793	
17:0 g									
18:0 g	2.600		0		4		3.926	1.482	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.800		0		12		14.798	5.586	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.000		0		4		1.510	0.570	
17:1 g									
18:1 undifferentiated g	8.800		0		4		13.288	5.016	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.600		0		12		0.906	0.342	
18:2 undifferentiated g	0.600		0		4		0.906	0.342	
18:3 undifferentiated g	0.000		0		4		0.000	0.000	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	40		0		12		60	23	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 cup, sliced

Measure 2 = 57g: 1 frankfurter

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07905
Frankfurter, beef, pork, and turkey, fat free

frank, hot dog, wiener
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.50		1	A	1		40.76		
Energy....kcal	109		0	NC	4		62		
Energy....kJ	456		0	NC	4		260		
Protein (N x 6.25)....g	12.50		1	A	1		7.13		
Total lipid (fat)....g	1.59		1	A	1		0.91		
Ash....g	3.20		1	A	1		1.82		
Carbohydrate, by difference....g	11.21		0	NC	4		6.39		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	54		0	RA	4		31		
Iron, Fe....mg	1.78		0	RA	4		1.01		
Magnesium, Mg....mg	14		0	RA	4		8		
Phosphorus, P....mg	132		0	RA	4		75		
Potassium, K....mg	220		0	RA	4		125		
Sodium, Na....mg	798		1	A	1		455		
Zinc, Zn....mg	2.92		0	RA	4		1.66		
Copper, Cu....mg	0.117		0	RA	4		0.067		
Manganese, Mn....mg									
Selenium, Se....mcg	18.7		0	BFZN	4		10.7		
Vitamins:									
Vitamin C, total ascorbic acid....mg	24.0		1	A	1		13.7		
Thiamin....mg	0.162		0	BFPN	4		0.092		
Riboflavin....mg	0.154		0	BFPN	4		0.088		
Niacin....mg	3.466		0	BFPN	4		1.976		
Pantothenic acid....mg									
Vitamin B-6....mg	0.181		0	BFPN	4		0.103		
Folate, total....mcg	6		0	BFPN	4		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	6		0	BFPN	4		3		
Folate, DFE....mcg_DFE	6		0	NC	4		3		
Choline, total....mg	74.9		0	BFNN	4		42.7		
Betaine....mg	6.6		0	BFNN	4		3.8		
Vitamin B-12....mcg	1.06		0	BFPN	4		0.60		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	A	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.00		0	NR	4		0.00		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	BFFN	4		0.0		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	2		0	BFFN	4		1		
Vitamin K (phylloquinone)....mcg	1.8		0	BFZN	4		1.0		
Lipids:									
Fatty acids, total saturated....g	0.500		1	A	1		0.285		
4:0....g	0.000		0	Z	7		0.000		

NDB No. 07905
Frankfurter, beef, pork, and turkey, fat free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	Z	7		0.000		
8:0 ... g	0.000		0	Z	7		0.000		
10:0 ... g	0.000		0	Z	7		0.000		
12:0 ... g	0.000		0	Z	7		0.000		
13:0 ... g									
14:0 ... g	0.000		0	Z	7		0.000		
15:0 ... g									
16:0 ... g	0.000		0	Z	7		0.000		
17:0 ... g									
18:0 ... g	0.000		0	Z	7		0.000		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.740		1	A	1		0.422		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.000		0	Z	7		0.000		
17:1 ... g									
18:1 undifferentiated ... g	0.000		0	Z	7		0.000		
20:1 ... g	0.000		0	Z	7		0.000		
22:1 undifferentiated ... g	0.000		0	Z	7		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.350		1	A	1		0.200		
18:2 undifferentiated ... g	0.000		0	Z	7		0.000		
18:3 undifferentiated ... g	0.000		0	Z	7		0.000		
18:4 ... g	0.000		0	Z	7		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA) ... g	0.000		0	Z	7		0.000		
22:5 n-3 (DPA) ... g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA) ... g	0.000		0	Z	7		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	41		1	A	1		24		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 frank 1 NLEA serving

Calories Factors: Protein 4.27 **Fat** **Carbohydrate** 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07024
Frankfurter, chicken

frank, hot dog, wiener
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.50	0.897	3	A	1		28.12		
Energy	kcal	223		0	NC	4		100		
Energy	kJ	933		0	NC	4		420		
Protein (N x 6.25)	g	15.51	1.268	3	A	1		6.98		
Total lipid (fat)	g	16.19	1.247	3	A	1		7.29		
Ash	g	3.06	0.219	3	A	1		1.38		
Carbohydrate, by difference	g	2.74		0	NC	4		1.23		
Fiber, total dietary	g	0.4	0.383	3	A	1		0.2		
Sugars, total	g	0.53	0.532	3	A	1		0.24		
Sucrose	g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose)	g	0.42	0.425	3	A	1		0.19		
Fructose	g	0.00	0.000	3	A	1		0.00		
Lactose	g	0.00	0.000	3	A	1		0.00		
Maltose	g	0.11	0.107	3	A	1		0.05		
Galactose	g	0.00	0.000	3	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	74	44.464	3	A	1		33		
Iron, Fe	mg	1.17	0.272	3	A	1		0.52		
Magnesium, Mg	mg	20	0.794	3	A	1		9		
Phosphorus, P	mg	162	19.641	3	A	1		73		
Potassium, K	mg	202	17.010	3	A	1		91		
Sodium, Na	mg	844	22.696	3	A	1		380		
Zinc, Zn	mg	1.11	0.077	3	A	1		0.50		
Copper, Cu	mg	0.078	0.005	3	A	1		0.035		
Manganese, Mn	mg	0.059	0.009	3	A	1		0.026		
Selenium, Se	mcg	23.0	1.041	3	A	1		10.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.057	0.008	3	A	1		0.026		
Riboflavin	mg	0.257	0.026	3	A	1		0.116		
Niacin	mg	4.687	0.504	3	A	1		2.109		
Pantothenic acid	mg	1.060	0.123	3	A	1		0.477		
Vitamin B-6	mg	0.323	0.045	3	A	1		0.145		
Folate, total	mcg	7	1.732	3	A	1		3		
Folic acid	mcg	3		2	A	1		1		
Folate, food	mcg	6		0	AS	1		2		
Folate, DFE	mcg_DFE	11		0	NC	4		5		
Choline, total	mg	50.5	1.199	5	AS	1		22.7		
Betaine	mg	5.8	0.236	5	A	1		2.6		
Vitamin B-12	mcg	0.54	0.106	3	A	1		0.24		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	NR	4		0.10		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.5		0	BFFN	4		0.2		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 07024
Frankfurter, chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	21		0	BFFN	4		9		
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0		
Lipids:									
Fatty acids, total saturated.....g	3.856		0	NC	4		1.735		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.006	0.006	3	A	1		0.003		
13:0.....g									
14:0.....g	0.083	0.027	3	A	1		0.037		
15:0.....g	0.013	0.003	3	A	1		0.006		
16:0.....g	2.954	0.432	3	A	1		1.329		
17:0.....g	0.019	0.005	3	A	1		0.009		
18:0.....g	0.773	0.087	3	A	1		0.348		
20:0.....g	0.008	0.004	3	A	1		0.004		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	5.932		0	NC	4		2.670		
14:1.....g	0.026	0.010	3	A	1		0.012		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.722	0.218	3	A	1		0.325		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	4.999	0.811	3	AS	1		2.249		
18:1 c.....g	4.901	0.766	3	A	1		2.206		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.097	0.048	3	A	1		0.044		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.068	0.012	3	A	1		0.031		
22:1 undifferentiated.....g	0.118	0.046	3	AS	1		0.053		
22:1 c.....g	0.118	0.046	3	A	1		0.053		
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.873		0	NC	4		1.743		
18:2 undifferentiated.....g	3.422	0.357	3	AS	1		1.540		
18:2 n-6 c,c.....g	3.370	0.378	3	A	1		1.517		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.051	0.021	3	A	1		0.023		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.356	0.088	3	AS	1		0.160		
18:3 n-3 c,c,c (ALA).....g	0.326	0.089	3	A	1		0.147		
18:3 n-6 c,c,c.....g	0.030	0.001	3	A	1		0.014		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.027	0.003	3	A	1		0.012		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.054	0.009	3	A	1		0.024		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.003	3	A	1		0.001		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.009	0.005	3	A	1		0.004		
22:6 n-3 (DHA).....g	0.003	0.003	3	A	1		0.001		
Fatty acids, total trans.....g	0.149		0	NC	4		0.067		
Fatty acids, total trans-monoenoic.....g	0.097		0	NC	4		0.044		
Fatty acids, total trans-polyenoic.....g	0.051		0	NC	4		0.023		

NDB No. 07024
Frankfurter, chicken

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	96	4.826	3	A	1		43		
Phytosterols....mg	0		0		4		0		
Amino Acids:									
Tryptophan....g	0.103		0		4		0.046		
Threonine....g	0.577		0		4		0.260		
Isoleucine....g	0.457		0		4		0.206		
Leucine....g	1.024		0		4		0.461		
Lysine....g	1.095		0		4		0.493		
Methionine....g	0.343		0		4		0.154		
Cystine....g	0.130		0		4		0.059		
Phenylalanine....g	0.513		0		4		0.231		
Tyrosine....g	0.391		0		4		0.176		
Valine....g	0.536		0		4		0.241		
Arginine....g	0.892		0		4		0.401		
Histidine....g	0.362		0		4		0.163		
Alanine....g	0.902		0		4		0.406		
Aspartic acid....g	1.322		0		4		0.595		
Glutamic acid....g	2.063		0		4		0.928		
Glycine....g	1.024		0		4		0.461		
Proline....g	0.691		0		4		0.311		
Serine....g	0.608		0		4		0.274		
Hydroxyproline....g	0.142	0.011	3	A	1		0.064		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 link

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 43507
Frankfurter, low sodium

frank, hot dog, wiener
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.70		0		1		85.62	32.32	
Energy	kcal	312		0	NC	4		471	178	
Energy	kJ	1305		0	NC	4		1970	744	
Protein	g	12.00		0		1		18.12	6.84	
Total lipid (fat)	g	28.51		0		1		43.05	16.25	
Ash	g	0.99		0	NR	4		1.49	0.56	
Carbohydrate, by difference	g	1.80		0	NC	4		2.72	1.03	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0		1		30	11	
Iron, Fe	mg	1.43		0		1		2.16	0.82	
Magnesium, Mg	mg	3		0		1		5	2	
Phosphorus, P	mg	87		0		1		131	50	
Potassium, K	mg	166		0		1		251	95	
Sodium, Na	mg	311		0		4		470	177	
Zinc, Zn	mg	2.17		0		1		3.28	1.24	
Copper, Cu	mg	0.060		0		1		0.091	0.034	
Manganese, Mn	mg									
Selenium, Se	mcg	12.0		0	BFNN	4		18.1	6.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.050		0		1		0.076	0.029	
Riboflavin	mg	0.100		0		1		0.151	0.057	
Niacin	mg	2.420		0		1		3.654	1.379	
Pantothenic acid	mg									
Vitamin B-6	mg	0.120		0		1		0.181	0.068	
Folate, total	mcg	4		0		1		6	2	
Folic acid	mcg	0		0	NR	4		0	0	
Folate, food	mcg	4		0		1		6	2	
Folate, DFE	mcg_DFE	4		0	NC	4		6	2	
Choline, total	mg	41.2		0	BFNN	4		62.2	23.5	
Betaine	mg	3.6		0	BFNN	4		5.5	2.1	
Vitamin B-12	mcg	1.54		0		1		2.33	0.88	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		7		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.17		0	NR	4		0.26	0.10	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.9		0	BFFN	4		1.4	0.5	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	37		0	BFFN	4		56	21	
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.5	0.2	
Lipids:										
Fatty acids, total saturated	g	12.038		0		4		18.177	6.862	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 43507
Frankfurter, low sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.080		0		4		0.121	0.046	
12:0 g	0.060		0		4		0.091	0.034	
13:0 g									
14:0 g	0.939		0		4		1.418	0.535	
15:0 g									
16:0 g	6.514		0		4		9.836	3.713	
17:0 g									
18:0 g	3.956		0		4		5.974	2.255	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.606		0		4		20.545	7.755	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.628		0		4		2.458	0.928	
17:1 g									
18:1 undifferentiated g	11.978		0		4		18.087	6.827	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.379		0		4		2.082	0.786	
18:2 undifferentiated g	1.109		0		4		1.675	0.632	
18:3 undifferentiated g	0.270		0		4		0.408	0.154	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	61		0		1		92	35	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 cup, sliced

Measure 2 = 57g: 1 frankfurter

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07950
Frankfurter, meat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.31		2	A	1		29.28		
Energy	kcal	290		0	NC	4		151		
Energy	kJ	1212		0	NC	4		630		
Protein (N x 6.25)	g	10.26		2	A	1		5.34		
Total lipid (fat)	g	25.76		2	A	1		13.40		
Ash	g	3.50		2	A	1		1.82		
Carbohydrate, by difference	g	4.17		0	NC	4		2.17		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	99		2	A	1		51		
Iron, Fe	mg	1.09		2	A	1		0.56		
Magnesium, Mg	mg	15		2	A	1		8		
Phosphorus, P	mg	206		2	A	1		107		
Potassium, K	mg	152		2	A	1		79		
Sodium, Na	mg	1090		2	A	1		567		
Zinc, Zn	mg	1.20		2	A	1		0.62		
Copper, Cu	mg	0.097		2	A	1		0.050		
Manganese, Mn	mg	0.045		2	A	1		0.023		
Selenium, Se	mcg	12.5		0	BFNN	4		6.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.055		0	BFNN	4		0.029		
Riboflavin	mg	0.121		0	BFNN	4		0.063		
Niacin	mg	2.665		0	BFNN	4		1.386		
Pantothenic acid	mg	0.310		0	BFNN	4		0.161		
Vitamin B-6	mg	0.166		0	BFNN	4		0.086		
Folate, total	mcg	6		0	BFNN	4		3		
Folic acid	mcg	0		0	BFNN	4		0		
Folate, food	mcg	6		0	BFNN	4		3		
Folate, DFE	mcg_DFE	6		0	NC	4		3		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.57		0	BFNN	4		0.82		
Vitamin A, RAE	mcg_RAE	0		0	BFNN	4		0		
Retinol	mcg	0		0	BFNN	4		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	BFNN	4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.19		0	NR	4		0.10		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.000		0	BFFN	4		0.000		

NDB No. 07950
Frankfurter, meat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.072		0	BFFN	4		0.038		
12:0 ... g	0.036		0	BFFN	4		0.019		
13:0 ... g									
14:0 ... g	0.268		2	A	1		0.139		
15:0 ... g									
16:0 ... g	5.227		2	A	1		2.718		
17:0 ... g									
18:0 ... g	2.064		2	A	1		1.073		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g									
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.120		2	A	1		0.582		
17:1 ... g									
18:1 undifferentiated ... g	9.973		2	A	1		5.186		
20:1 ... g	0.190		2	A	1		0.099		
22:1 undifferentiated ... g	0.103		1	A	1		0.054		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g									
18:2 undifferentiated ... g	4.154		2	A	1		2.160		
18:3 undifferentiated ... g	0.146		2	A	1		0.076		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.104		1	A	1		0.054		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	77		2	A	1		40		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.111		0	A	1		0.058		
Threonine ... g	0.474		0	A	1		0.247		
Isoleucine ... g	0.530		0	A	1		0.276		
Leucine ... g	0.907		0	A	1		0.472		
Lysine ... g	0.963		0	A	1		0.501		
Methionine ... g	0.291		0	A	1		0.151		
Cystine ... g	0.110		0	A	1		0.057		
Phenylalanine ... g	0.445		0	A	1		0.231		
Tyrosine ... g	0.376		0	A	1		0.196		
Valine ... g	0.555		0	A	1		0.289		
Arginine ... g	0.691		0	A	1		0.360		
Histidine ... g	0.331		0	A	1		0.172		
Alanine ... g	0.620		0	A	1		0.323		
Aspartic acid ... g	1.023		0	A	1		0.532		
Glutamic acid ... g	1.645		0	A	1		0.855		
Glycine ... g	0.488		0	A	1		0.254		
Proline ... g	0.434		0	A	1		0.226		
Serine ... g	0.412		0	A	1		0.214		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07950
Frankfurter, meat

Common Measures:

Measure 1 = 52g: 1 serving (1 hot dog)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42280
Frankfurter, meat and poultry, low fat

frank, hot dog, wiener
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.90		0		4		99.96		
Energy	kcal	121		0	NC	4		173		
Energy	kJ	505		0	NC	4		723		
Protein	g	15.50		0		4		22.17		
Total lipid (fat)	g	2.80		0		4		4.00		
Ash	g	3.40		0	NR	4		4.86		
Carbohydrate, by difference	g	8.40		0		4		12.01		
Fiber, total dietary	g	0.1		0		4		0.1		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		4		17		
Iron, Fe	mg	0.91		0		4		1.30		
Magnesium, Mg	mg	18		0		4		26		
Phosphorus, P	mg	155		0		4		222		
Potassium, K	mg	261		0		4		373		
Sodium, Na	mg	983		0		4		1406		
Zinc, Zn	mg	1.93		0		4		2.76		
Copper, Cu	mg	0.063		0		4		0.090		
Manganese, Mn	mg									
Selenium, Se	mcg	22.2		0	BFNN	4		31.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		4		0.6		
Thiamin	mg	0.300		0		4		0.429		
Riboflavin	mg	0.170		0		4		0.243		
Niacin	mg	3.160		0		4		4.519		
Pantothenic acid	mg									
Vitamin B-6	mg	0.270		0		4		0.386		
Folate, total	mcg	3		0		4		4		
Folic acid	mcg	0		0	NR	4		0		
Folate, food	mcg	3		0		4		4		
Folate, DFE	mcg_DFE	3		0	NC	4		4		
Choline, total	mg	76.0		0	BFNN	4		108.7		
Betaine	mg	6.7		0	BFNN	4		9.6		
Vitamin B-12	mcg	0.54		0		4		0.77		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	1		0	NR	4		1		
Retinol	mcg	1		0	NR	4		1		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	3		0		4		4		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.20		0	NR	4		0.29		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	BFFN	4		0.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	4		0	BFFN	4		5		
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4		
Lipids:										
Fatty acids, total saturated	g	0.970		0		4		1.387		
4:0	g	0.000		0		4		0.000		

NDB No. 42280
Frankfurter, meat and poultry, low fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0		4		0.000		
8:0 ... g	0.000		0		4		0.000		
10:0 ... g	0.002		0		4		0.003		
12:0 ... g	0.006		0		4		0.009		
13:0 ... g									
14:0 ... g	0.039		0		4		0.056		
15:0 ... g									
16:0 ... g	0.587		0		4		0.839		
17:0 ... g									
18:0 ... g	0.319		0		4		0.456		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.190		0		4		1.702		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.090		0		4		0.129		
17:1 ... g									
18:1 undifferentiated ... g	0.994		0		4		1.421		
20:1 ... g	0.001		0		4		0.001		
22:1 undifferentiated ... g	0.000		0		4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.360		0		4		0.515		
18:2 undifferentiated ... g	0.305		0		4		0.436		
18:3 undifferentiated ... g	0.026		0		4		0.037		
18:4 ... g	0.000		0		4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000		
20:5 n-3 (EPA) ... g	0.000		0		4		0.000		
22:5 n-3 (DPA) ... g	0.000		0		4		0.000		
22:6 n-3 (DHA) ... g	0.000		0		4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	44		0		4		63		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0		4		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 143g: 1 cup, sliced

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07949
Frankfurter, meat, heated

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.82		2	A	1		30.07		
Energy	kcal	278		0	NC	4		144		
Energy	kJ	1161		0	NC	4		604		
Protein (N x 6.25)	g	9.77		2	A	1		5.08		
Total lipid (fat)	g	24.31		2	A	1		12.64		
Ash	g	3.19		2	A	1		1.66		
Carbohydrate, by difference	g	4.90		0	NC	4		2.55		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	99	2.948	3	A	1		51		
Iron, Fe	mg	1.22	0.089	3	A	1		0.64		
Magnesium, Mg	mg	15	0.593	3	A	1		8		
Phosphorus, P	mg	211	5.487	3	A	1		110		
Potassium, K	mg	141	11.930	3	A	1		73		
Sodium, Na	mg	1013	38.760	3	A	1		527		
Zinc, Zn	mg	1.08	0.017	3	A	1		0.56		
Copper, Cu	mg	0.151	0.025	3	A	1		0.079		
Manganese, Mn	mg	0.051	0.007	3	A	1		0.027		
Selenium, Se	mcg	12.5		0	BFNN	4		6.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.055		0	BFNN	4		0.029		
Riboflavin	mg	0.120		0	BFNN	4		0.063		
Niacin	mg	2.654		0	BFNN	4		1.380		
Pantothenic acid	mg	0.309		0	BFNN	4		0.161		
Vitamin B-6	mg	0.165		0	BFNN	4		0.086		
Folate, total	mcg	6		0	BFNN	4		3		
Folic acid	mcg	0		0	BFNN	4		0		
Folate, food	mcg	6		0	BFNN	4		3		
Folate, DFE	mcg_DFE	6		0	NC	4		3		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.57		0	BFNN	4		0.81		
Vitamin A, RAE	mcg_RAE	0		0	BFNN	4		0		
Retinol	mcg	0		0	BFNN	4		0		
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	0		0	BFNN	4		0		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg	0.18		0	NR	4		0.09		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
4:0	g	0.000		0	BFFN	4		0.000		
6:0	g	0.000		0	BFFN	4		0.000		
8:0	g	0.000		0	BFFN	4		0.000		

NDB No. 07949
Frankfurter, meat, heated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.068		0	BFFN	4		0.035		
12:0 g	0.034		0	BFFN	4		0.018		
13:0 g									
14:0 g	0.235		2	A	1		0.122		
15:0 g									
16:0 g	4.990		2	A	1		2.595		
17:0 g									
18:0 g	1.894		2	A	1		0.985		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g									
14:1 g									
15:1 g									
16:1 undifferentiated g	1.159		2	A	1		0.602		
17:1 g									
18:1 undifferentiated g	9.304		2	A	1		4.838		
20:1 g	0.179		2	A	1		0.093		
22:1 undifferentiated g	0.101		1	A	1		0.053		
24:1 c g									
Fatty acids, total polyunsaturated g									
18:2 undifferentiated g	3.734		2	A	1		1.942		
18:3 undifferentiated g	0.128		2	A	1		0.066		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.101		1	A	1		0.053		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	73		2	A	1		38		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.105		0	A	1		0.055		
Threonine g	0.452		0	A	1		0.235		
Isoleucine g	0.505		0	A	1		0.262		
Leucine g	0.864		0	A	1		0.449		
Lysine g	0.917		0	A	1		0.477		
Methionine g	0.277		0	A	1		0.144		
Cystine g	0.105		0	A	1		0.055		
Phenylalanine g	0.424		0	A	1		0.220		
Tyrosine g	0.358		0	A	1		0.186		
Valine g	0.529		0	A	1		0.275		
Arginine g	0.659		0	A	1		0.342		
Histidine g	0.315		0	A	1		0.164		
Alanine g	0.591		0	A	1		0.307		
Aspartic acid g	0.974		0	A	1		0.507		
Glutamic acid g	1.567		0	A	1		0.815		
Glycine g	0.465		0	A	1		0.242		
Proline g	0.413		0	A	1		0.215		
Serine g	0.392		0	A	1		0.204		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07949
Frankfurter, meat, heated

Common Measures:

Measure 1 = 52g: 1 serving (1 hot dog)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07939
Frankfurter, pork

frank, hot dog, wiener
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.85		0	FLC	4		45.49		
Energy	kcal	269		0	FLC	4		205		
Energy	kJ	1127		0	FLC	4		856		
Protein (N x 6.25)	g	12.81		0	FLC	4		9.74		
Total lipid (fat)	g	23.68		0	FLC	4		18.00		
Ash	g	3.35		0	FLC	4		2.55		
Carbohydrate, by difference	g	0.28		0	FLC	4		0.21		
Fiber, total dietary	g	0.1		0	FLC	4		0.1		
Sugars, total	g	0.00		0	FLC	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	267		0	FLC	4		203		
Iron, Fe	mg	3.70		0	FLC	4		2.81		
Magnesium, Mg	mg	15		0	FLC	4		11		
Phosphorus, P	mg	171		0	FLC	4		130		
Potassium, K	mg	264		0	FLC	4		201		
Sodium, Na	mg	816		0	FLC	4		620		
Zinc, Zn	mg	2.09		0	FLC	4		1.59		
Copper, Cu	mg	0.074		0	FLC	4		0.056		
Manganese, Mn	mg	0.016		0	FLC	4		0.012		
Selenium, Se	mcg	27.8		0	FLC	4		21.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0	FLC	4		1.5		
Thiamin	mg	0.593		0	FLC	4		0.451		
Riboflavin	mg	0.179		0	FLC	4		0.136		
Niacin	mg	2.773		0	FLC	4		2.107		
Pantothenic acid	mg	0.509		0	FLC	4		0.387		
Vitamin B-6	mg	0.322		0	FLC	4		0.245		
Folate, total	mcg	3		0	FLC	4		2		
Folic acid	mcg	0		0	NR	4		0		
Folate, food	mcg	3		0	FLC	4		2		
Folate, DFE	mcg_DFE	3		0	NC	4		2		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.49		0	FLC	4		0.37		
Vitamin A, RAE	mcg_RAE	79		0	AS	1		60		
Retinol	mcg	79		0	NR	4		60		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	263		0	FLC	4		200		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.719		0	FLC	4		6.626		
4:0	g									
6:0	g									
8:0	g									

NDB No. 07939
Frankfurter, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.001		0	FLC	4		0.001		
12:0 ... g	0.003		0	FLC	4		0.002		
13:0 ... g									
14:0 ... g	0.204		0	FLC	4		0.155		
15:0 ... g									
16:0 ... g	5.437		0	FLC	4		4.132		
17:0 ... g									
18:0 ... g	2.986		0	FLC	4		2.269		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.890		0	FLC	4		8.276		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.406		0	FLC	4		0.309		
17:1 ... g									
18:1 undifferentiated ... g	10.130		0	FLC	4		7.699		
20:1 ... g	0.279		0	FLC	4		0.212		
22:1 undifferentiated ... g	0.000			FLC	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.233		0	FLC	4		1.697		
18:2 undifferentiated ... g	1.955		0	FLC	4		1.486		
18:3 undifferentiated ... g	0.151		0	FLC	4		0.115		
18:4 ... g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.045		0	FLC	4		0.034		
20:5 n-3 (EPA) ... g	0.000			FLC	4		0.000		
22:5 n-3 (DPA) ... g	0.000			FLC	4		0.000		
22:6 n-3 (DHA) ... g	0.000			FLC	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	66		0	FLC	4		51		
Phytosterols ... mg	1			FLC	4		1		
Amino Acids:									
Tryptophan ... g	0.150			FLC	4		0.114		
Threonine ... g	0.561			FLC	4		0.426		
Isoleucine ... g	0.571			FLC	4		0.434		
Leucine ... g	1.001			FLC	4		0.761		
Lysine ... g	1.122			FLC	4		0.853		
Methionine ... g	0.320			FLC	4		0.243		
Cystine ... g	0.155			FLC	4		0.118		
Phenylalanine ... g	0.503			FLC	4		0.382		
Tyrosine ... g	0.423			FLC	4		0.322		
Valine ... g	0.678			FLC	4		0.516		
Arginine ... g	0.814			FLC	4		0.618		
Histidine ... g	0.470			FLC	4		0.357		
Alanine ... g	0.747			FLC	4		0.567		
Aspartic acid ... g	1.142			FLC	4		0.868		
Glutamic acid ... g	1.916			FLC	4		1.456		
Glycine ... g	0.739			FLC	4		0.562		
Proline ... g	0.602			FLC	4		0.457		
Serine ... g	0.526			FLC	4		0.400		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	FLC	4		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07939
Frankfurter, pork

Common Measures:

Measure 1 = 76g: 1 link

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07025
Frankfurter, turkey

frank, hot dog, wiener
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.99	0.431	3	A	1		17.86	28.35	
Energy	kcal	223		0	NC	4		63	100	
Energy	kJ	933		0	NC	4		264	420	
Protein (N x 6.25)	g	12.23	0.174	3	A	1		3.47	5.50	
Total lipid (fat)	g	17.29	0.962	3	A	1		4.90	7.78	
Ash	g	3.68	0.075	3	A	1		1.04	1.65	
Carbohydrate, by difference	g	3.81		0	NC	4		1.08	1.72	
Fiber, total dietary	g	0.0	0.000	3	A	1		0.0	0.0	
Sugars, total	g	1.21	0.477	3	A	1		0.34	0.54	
Sucrose	g	0.00	0.000	3	A	1		0.00	0.00	
Glucose (dextrose)	g	1.03	0.398	3	A	1		0.29	0.46	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.17	0.088	3	A	1		0.05	0.08	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	148	12.662	3	A	1		42	67	
Iron, Fe	mg	1.47	0.127	3	A	1		0.42	0.66	
Magnesium, Mg	mg	14	1.424	3	A	1		4	6	
Phosphorus, P	mg	172	9.939	3	A	1		49	78	
Potassium, K	mg	392	120.806	3	A	1		111	176	
Sodium, Na	mg	1078	91.309	3	A	1		306	485	
Zinc, Zn	mg	1.84	0.113	3	A	1		0.52	0.83	
Copper, Cu	mg	0.071	0.004	3	A	1		0.020	0.032	
Manganese, Mn	mg	0.033	0.009	3	A	1		0.009	0.015	
Selenium, Se	mcg	15.1	3.492	3	A	1		4.3	6.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.036	0.011	3	A	1		0.010	0.016	
Riboflavin	mg	0.181	0.006	3	A	1		0.051	0.081	
Niacin	mg	3.680	0.072	3	A	1		1.043	1.656	
Pantothenic acid	mg	0.560	0.018	3	A	1		0.159	0.252	
Vitamin B-6	mg	0.143	0.005	3	A	1		0.041	0.064	
Folate, total	mcg	9	1.333	3	A	1		2	4	
Folic acid	mcg	1	0.333	3	A	1		0	1	
Folate, food	mcg	7	1.202	3	AS	1		2	3	
Folate, DFE	mcg_DFE	10		0	NC	4		3	4	
Choline, total	mg	48.4		0	AS	1		13.7	21.8	
Betaine	mg	4.7		1	A	1		1.3	2.1	
Vitamin B-12	mcg	0.82	0.022	3	A	1		0.23	0.37	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.62		0	NR	4		0.17	0.28	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.6		0	BFFN	4		0.2	0.3	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 07025
Frankfurter, turkey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	23		0	BFFN	4		6	10	
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	4.028		0	NC	4		1.142	1.813	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.007	0.007	3	A	1		0.002	0.003	
13:0.....g									
14:0.....g	0.140	0.011	3	A	1		0.040	0.063	
15:0.....g	0.024	0.001	3	A	1		0.007	0.011	
16:0.....g	2.697	0.082	3	A	1		0.765	1.214	
17:0.....g	0.045	0.001	3	A	1		0.013	0.020	
18:0.....g	1.108	0.047	3	A	1		0.314	0.498	
20:0.....g	0.007	0.007	3	A	1		0.002	0.003	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	5.736		0	NC	4		1.626	2.581	
14:1.....g	0.014	0.007	3	A	1		0.004	0.006	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.330	0.010	3	A	1		0.094	0.149	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	5.313	0.308	3	AS	1		1.506	2.391	
18:1 c.....g	4.732	0.227	3	A	1		1.342	2.129	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.581	0.082	3	A	1		0.165	0.261	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.049	0.009	3	A	1		0.014	0.022	
22:1 undifferentiated.....g	0.030	0.030	3	AS	1		0.008	0.013	
22:1 c.....g	0.030	0.030	3	A	1		0.008	0.013	
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.949		0	NC	4		1.120	1.777	
18:2 undifferentiated.....g	3.702	0.465	3	AS	1		1.049	1.666	
18:2 n-6 c,c.....g	3.494	0.461	3	A	1		0.991	1.572	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.208	0.004	3	A	1		0.059	0.093	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.193	0.056	3	AS	1		0.055	0.087	
18:3 n-3 c,c,c (ALA).....g	0.193	0.056	3	A	1		0.055	0.087	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.022	0.001	3	A	1		0.006	0.010	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.032	0.016	3	A	1		0.009	0.014	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.789		0	NC	4		0.224	0.355	
Fatty acids, total trans-monoenoic.....g	0.581		0	NC	4		0.165	0.261	
Fatty acids, total trans-polyenoic.....g	0.208		0	NC	4		0.059	0.093	

NDB No. 07025
Frankfurter, turkey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	77	0.353	3	A	1		22	35	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.114		0		4		0.032	0.051	
Threonine....g	0.683		0		4		0.194	0.307	
Isoleucine....g	0.539		0		4		0.153	0.243	
Leucine....g	1.163		0		4		0.330	0.523	
Lysine....g	1.238		0		4		0.351	0.557	
Methionine....g	0.402		0		4		0.114	0.181	
Cystine....g	0.105		0		4		0.030	0.047	
Phenylalanine....g	0.592		0		4		0.168	0.266	
Tyrosine....g	0.507		0		4		0.144	0.228	
Valine....g	0.585		0		4		0.166	0.263	
Arginine....g	0.932		0		4		0.264	0.419	
Histidine....g	0.542		0		4		0.154	0.244	
Alanine....g	0.935		0		4		0.265	0.421	
Aspartic acid....g	1.453		0		4		0.412	0.654	
Glutamic acid....g	2.397		0		4		0.680	1.079	
Glycine....g	0.836		0		4		0.237	0.376	
Proline....g	0.697		0		4		0.198	0.314	
Serine....g	0.667		0		4		0.189	0.300	
Hydroxyproline....g	0.118	0.013	3	A	1		0.033	0.053	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 45g: 1 frankfurter

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07278

HORMEL Pillow Pak Sliced Turkey Pepperoni

Hormel Foods Corp.

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.84	0.000	182	A	1		14.35		
Energy	kcal	243		0	NC	4		73		
Energy	kJ	1016		0	NC	4		305		
Protein (N x 6.25)	g	30.99	0.000	219	A	1		9.30		
Total lipid (fat)	g	11.52	0.000	181	A	1		3.46		
Ash	g	5.87	0.000	7	A	1		1.76		
Carbohydrate, by difference	g	3.78		0	NC	4		1.13		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	0.00	0.000	7	A	1		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	26	0.000	7	A	1		8		
Iron, Fe	mg	2.70	0.000	7	A	1		0.81		
Magnesium, Mg	mg	41	0.000	7	A	1		12		
Phosphorus, P	mg									
Potassium, K	mg	449	0.000	7	A	1		135		
Sodium, Na	mg	1858	0.000	13	A	1		557		
Zinc, Zn	mg	4.30	0.000	7	A	1		1.29		
Copper, Cu	mg	0.200	0.000	7	A	1		0.060		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	0.000	6	A	1		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	4		0	BFZN	4		1		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	4		0	BFZN	4		1		
Folate, DFE	mcg_DFE	4		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	15		0	NC	4		4		
Retinol	mcg	15		0	NR	4		4		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	49	0.275	7	A	1		15		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.700		0	NC	4		1.110		
4:0	g									
6:0	g									
8:0	g									

NDB No. 07278
HORMEL Pillow Pak Sliced Turkey Pepperoni

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g	0.000		1	A	1		0.000		
13:0 ... g									
14:0 ... g	0.130		1	A	1		0.039		
15:0 ... g									
16:0 ... g	2.500		1	A	1		0.750		
17:0 ... g									
18:0 ... g	1.070		1	A	1		0.321		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.950		0	NC	4		1.485		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.460		1	A	1		0.138		
17:1 ... g									
18:1 undifferentiated ... g	4.490		1	A	1		1.347		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.500		0	NC	4		1.050		
18:2 undifferentiated ... g	3.190		1	A	1		0.957		
18:3 undifferentiated ... g	0.310		1	A	1		0.093		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	123	0.000	7	A	1		37		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07277

HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.72	0.640	477	A	1		36.80	18.40	
Energy....kcal	191		0	NC	4		107	54	
Energy....kJ	801		0	NC	4		449	224	
Protein (N x 6.25)....g	15.23	0.260	479	A	1		8.53	4.26	
Total lipid (fat)....g	13.90	0.720	472	A	1		7.78	3.89	
Ash....g	3.80	0.070	287	A	1		2.13	1.06	
Carbohydrate, by difference....g	1.35		0	NC	4		0.76	0.38	
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	
Sugars, total....g	1.26	0.040	157	A	1		0.71	0.35	
Starch....g									
Minerals:									
Calcium, Ca....mg	39	5.400	9	A	1		22	11	
Iron, Fe....mg	1.40	0.100	10	A	1		0.78	0.39	
Magnesium, Mg....mg	18	1.100	8	A	1		10	5	
Phosphorus, P....mg									
Potassium, K....mg	461	14.900	58	A	1		258	129	
Sodium, Na....mg	1032	29.700	458	A	1		578	289	
Zinc, Zn....mg	2.20	0.100	8	A	1		1.23	0.62	
Copper, Cu....mg	0.100	0.000	8	A	1		0.056	0.028	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	38.5	1.090	10	A	1		21.6	10.8	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	3		0	BFZN	4		2	1	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	3		0	BFZN	4		2	1	
Folate, DFE....mcg_DFE	3		0	NC	4		2	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0	0.000	10	A	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.490		0	NC	4		2.514	1.257	
4:0....g									
6:0....g									
8:0....g									

NDB No. 07277

HORMEL SPAM, Lite Luncheon Meat, Pork and chicken, minced, canned, ascorbic acid added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g	0.010	0.000	8	JO	11		0.006	0.003	
13:0 ... g									
14:0 ... g	0.150	0.000	7	JO	11		0.084	0.042	
15:0 ... g									
16:0 ... g	2.920	0.000	8	JO	11		1.635	0.818	
17:0 ... g									
18:0 ... g	1.410	0.000	8	JO	11		0.790	0.395	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.020		0	NC	4		3.931	1.966	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.450	0.000	8	JO	11		0.252	0.126	
17:1 ... g									
18:1 undifferentiated ... g	6.570	0.000	8	JO	11		3.679	1.840	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.470		0	NC	4		0.823	0.412	
18:2 undifferentiated ... g	1.350	0.000	8	JO	11		0.756	0.378	
18:3 undifferentiated ... g	0.120	0.000	8	JO	11		0.067	0.034	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	75	0.000	11	JA	6		42	21	
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Measure 2 = 28g: 1 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07276
HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.60	0.895	757	A	1		29.45		14.73
Energy....kcal	310		0	NC	4		174		87
Energy....kJ	1298		0	NC	4		727		363
Protein (N x 6.25)....g	13.24	0.160	755	A	1		7.41		3.71
Total lipid (fat)....g	27.24	0.635	1730	A	1		15.25		7.63
Ash....g	3.90	0.200	21	A	1		2.18		1.09
Carbohydrate, by difference....g	3.03		0	NC	4		1.70		0.85
Fiber, total dietary....g	0.0		0	Z	7		0.0		0.0
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	14	0.000	10	JA	6		8		4
Iron, Fe....mg	0.90	0.000	10	JA	6		0.50		0.25
Magnesium, Mg....mg	14	0.000	9	JA	6		8		4
Phosphorus, P....mg									
Potassium, K....mg	229	0.000	9	JA	6		128		64
Sodium, Na....mg	1369	39.450	173	A	1		767		383
Zinc, Zn....mg	1.80	0.000	9	JA	6		1.01		0.50
Copper, Cu....mg	0.100	0.000	9	JA	6		0.056		0.028
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9	0.000	11	JA	6		0.5		0.2
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	3		0	BFZN	4		2		1
Folic acid....mcg	0		0	NR	4		0		0
Folate, food....mcg	3		0	BFZN	4		2		1
Folate, DFE....mcg_DFE	3		0	NC	4		2		1
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		0
Retinol....mcg	0		0	NR	4		0		0
Carotene, beta....mcg	0		0	Z	7		0		0
Carotene, alpha....mcg	0		0	Z	7		0		0
Cryptoxanthin, beta....mcg	0		0	Z	7		0		0
Vitamin A, IU....IU	0	0.000	12	JA	6		0		0
Lycopene....mcg	0		0	Z	7		0		0
Lutein + zeaxanthin....mcg	0		0	Z	7		0		0
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.880		0	NC	4		5.533		2.766
4:0....g									
6:0....g									
8:0....g									

NDB No. 07276
HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.020	0.000	7	JA	6		0.011		0.006
13:0 g									
14:0 g	0.320	0.000	8	JA	6		0.179		0.090
15:0 g									
16:0 g	6.200	0.000	8	JA	6		3.472		1.736
17:0 g									
18:0 g	3.340	0.000	8	JA	6		1.870		0.935
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.780		0	NC	4		7.717		3.858
14:1 g									
15:1 g									
16:1 undifferentiated g	0.770	0.000	8	JA	6		0.431		0.216
17:1 g									
18:1 undifferentiated g	13.010	0.000	8	JA	6		7.286		3.643
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.950		0	NC	4		1.652		0.826
18:2 undifferentiated g	2.740	0.000	8	JA	6		1.534		0.767
18:3 undifferentiated g	0.210	0.000	8	JA	6		0.118		0.059
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	70	0.800	11	A	1		39		20
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		0.0
Caffeine mg	0		0	Z	7		0		0
Theobromine mg	0		0	Z	7		0		0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Measure 3 = 28g: 1 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07279
HORMEL WRANGLER Beef Franks

frankfurter, hot dog, wiener
Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.67	0.000	164	A	1		31.74		
Energy	kcal	290		1	JO	11		162		
Energy	kJ	1214				9		680		
Protein (N x 6.25)	g	12.58	0.000	161	A	1		7.04		
Total lipid (fat)	g	25.69	0.000	319	A	1		14.39		
Ash	g	2.96	0.025	160	A	1		1.65		
Carbohydrate, by difference	g	2.11		0	NC	4		1.18		
Fiber, total dietary	g	0.0		1	A	1		0.0		
Sugars, total	g	1.67	0.000	5	A	1		0.94		
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.000	5	A	1		8		
Iron, Fe	mg	1.80	0.000	5	A	1		1.01		
Magnesium, Mg	mg	14	0.000	5	A	1		8		
Phosphorus, P	mg									
Potassium, K	mg	172	0.000	5	A	1		96		
Sodium, Na	mg	994	0.000	9	A	1		557		
Zinc, Zn	mg	2.30	0.000	5	A	1		1.29		
Copper, Cu	mg	0.100	0.000	5	A	1		0.056		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	19.9	0.000	5	A	1		11.1		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	11		0	BFZN	4		6		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	11		0	BFZN	4		6		
Folate, DFE	mcg_DFE	11		0	NC	4		6		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	4	0.000	5	A	1		2		
Retinol	mcg	4		0	NR	4		2		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	13	0.000	5	A	1		7		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.620	0.000	5	A	1		5.947		
4:0	g									
6:0	g									
8:0	g									

NDB No. 07279
HORMEL WRANGLER Beef Franks

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.010	0.000	5	A	1		0.006		
13:0 g									
14:0 g	0.820	0.000	5	A	1		0.459		
15:0 g									
16:0 g	5.850	0.000	5	A	1		3.276		
17:0 g									
18:0 g	3.920	0.000	5	A	1		2.195		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.010	0.000	5	A	1		7.286		
14:1 g									
15:1 g									
16:1 undifferentiated g	1.070	0.000	5	A	1		0.599		
17:1 g									
18:1 undifferentiated g	11.940	0.000	5	A	1		6.686		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.890	0.000	5	A	1		0.498		
18:2 undifferentiated g	0.750	0.000	5	A	1		0.420		
18:3 undifferentiated g	0.140	0.000	5	A	1		0.078		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	67	0.000	5	A	1		38		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 frankfurter

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07032
Ham and cheese loaf or roll

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.30		1	A	1		16.88	34.37	
Energy....kcal	241		0	NC	4		68	138	
Energy....kJ	1010		0	NC	4		283	576	
Protein (N x 6.25)....g	13.60		1	A	1		3.81	7.75	
Total lipid (fat)....g	18.70		1	A	1		5.24	10.66	
Ash....g	3.40		1	A	1		0.95	1.94	
Carbohydrate, by difference....g	4.00		0	NC	4		1.12	2.28	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	58	4.022	8		1		16	33	
Iron, Fe....mg	0.91	0.109	8		1		0.25	0.52	
Magnesium, Mg....mg	16	0.350	8		1		4	9	
Phosphorus, P....mg	253	17.467	8		1		71	144	
Potassium, K....mg	294	10.457	8		1		82	168	
Sodium, Na....mg	1080		1	A	1		302	616	
Zinc, Zn....mg	2.00	0.109	8		1		0.56	1.14	
Copper, Cu....mg	0.080	0.009	8		1		0.022	0.046	
Manganese, Mn....mg									
Selenium, Se....mcg	34.6		0	BFNN	4		9.7	19.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.601	0.031	8		1		0.168	0.343	
Riboflavin....mg	0.187	0.012	8		1		0.052	0.107	
Niacin....mg	3.452	0.230	8		1		0.967	1.968	
Pantothenic acid....mg	0.520	0.111	5		1		0.146	0.296	
Vitamin B-6....mg	0.260	0.019	8		1		0.073	0.148	
Folate, total....mcg	3		0		4		1	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		4		1	2	
Folate, DFE....mcg_DFE	3		0	NC	4		1	2	
Choline, total....mg	66.3		0	BFNN	4		18.6	37.8	
Betaine....mg	6.5		0	BFNN	4		1.8	3.7	
Vitamin B-12....mcg	0.81	0.027	8		1		0.23	0.46	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1	A	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	NR	4		0.08	0.15	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	T	4		0.3	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	44		0	T	4		12	25	
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	6.966		0	NC	4		1.951	3.971	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07032
Ham and cheese loaf or roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.074	0.020	5		1		0.021	0.042	
12:0....g	0.074	0.021	5		1		0.021	0.042	
13:0....g									
14:0....g	0.390	0.016	8		1		0.109	0.222	
15:0....g									
16:0....g	4.239	0.179	8		1		1.187	2.416	
17:0....g									
18:0....g	2.189	0.092	8		1		0.613	1.248	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.590		0	NC	4		2.405	4.896	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.668	0.054	8		1		0.187	0.381	
17:1....g									
18:1 undifferentiated....g	7.922	0.379	8		1		2.218	4.515	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.022		0	NC	4		0.566	1.153	
18:2 undifferentiated....g	1.772	0.136	8		1		0.496	1.010	
18:3 undifferentiated....g	0.250	0.048	8		1		0.070	0.143	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	58		1	A	1		16	33	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.207		0		1		0.058	0.118	
Threonine....g	0.719		0		1		0.201	0.410	
Isoleucine....g	0.754		0		1		0.211	0.430	
Leucine....g	1.353		0		1		0.379	0.771	
Lysine....g	1.508		0		1		0.422	0.860	
Methionine....g	0.439		0		1		0.123	0.250	
Cystine....g	0.235		0		1		0.066	0.134	
Phenylalanine....g	0.691		0		1		0.193	0.394	
Tyrosine....g	0.560		0		1		0.157	0.319	
Valine....g	0.802		0		1		0.225	0.457	
Arginine....g	1.119		0		1		0.313	0.638	
Histidine....g	0.677		0		1		0.190	0.386	
Alanine....g	0.911		0		1		0.255	0.519	
Aspartic acid....g	1.552		0		1		0.435	0.885	
Glutamic acid....g	2.626		0		1		0.735	1.497	
Glycine....g	0.748		0		1		0.209	0.426	
Proline....g	0.787		0		1		0.220	0.449	
Serine....g	0.672		0		1		0.188	0.383	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07032
Ham and cheese loaf or roll

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07033
Ham and cheese spread

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.13	0.375	4		1		8.87	16.76	
Energy	kcal	245		0	NC	4		37	69	
Energy	kJ	1025				4		154	291	
Protein (N x 6.25)	g	16.18	0.165	4		1		2.43	4.59	
Total lipid (fat)	g	18.53	0.382	4		1		2.78	5.25	
Ash	g	3.90	0.041	4		1		0.59	1.11	
Carbohydrate, by difference	g	2.28		0	NC	4		0.34	0.65	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	217	7.952	4		1		33	62	
Iron, Fe	mg	0.76	0.207	4		1		0.11	0.22	
Magnesium, Mg	mg	18	0.479	4		1		3	5	
Phosphorus, P	mg	495	11.287	4		1		74	140	
Potassium, K	mg	162	14.509	4		1		24	46	
Sodium, Na	mg	1197	45.958	4		1		180	339	
Zinc, Zn	mg	2.25	0.179	4		1		0.34	0.64	
Copper, Cu	mg	0.090	0.049	4		1		0.014	0.026	
Manganese, Mn	mg	0.036		0		4		0.005	0.010	
Selenium, Se	mcg	33.6		0	BFNN	4		5.0	9.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.318	0.013	4		1		0.048	0.090	
Riboflavin	mg	0.220	0.011	4		1		0.033	0.062	
Niacin	mg	2.153	0.226	4		1		0.323	0.610	
Pantothenic acid	mg	0.590		0		4		0.089	0.167	
Vitamin B-6	mg	0.130	0.013	4		1		0.020	0.037	
Folate, total	mcg	3		0		4		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		4		0	1	
Folate, DFE	mcg_DFE	3		0	NC	4		0	1	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.73	0.171	4		1		0.11	0.21	
Vitamin A, RAE	mcg_RAE	91		0		4		14	26	
Retinol	mcg	91		0		4		14	26	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	304		0		4		46	86	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.620		0		1		1.293	2.444	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 07033
Ham and cheese spread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.280	0.037	4		1		0.042	0.079	
12:0 g	0.360	0.047	4		1		0.054	0.102	
13:0 g									
14:0 g	1.110	0.068	4		1		0.167	0.315	
15:0 g									
16:0 g	4.490	0.017	4		1		0.674	1.273	
17:0 g									
18:0 g	2.110	0.182	4		1		0.317	0.598	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.080		0		1		1.062	2.007	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.770	0.049	4		1		0.116	0.218	
17:1 g									
18:1 undifferentiated g	6.310	0.286	4		1		0.947	1.789	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.380		0		1		0.207	0.391	
18:2 undifferentiated g	1.230	0.116	4		1		0.185	0.349	
18:3 undifferentiated g	0.150	0.041	4		1		0.023	0.043	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	61	3.189	4		1		9	17	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.372		0		4		0.056	0.105	
Threonine g	0.683		0		4		0.102	0.194	
Isoleucine g	0.775		0		4		0.116	0.220	
Leucine g	1.504		0		4		0.226	0.426	
Lysine g	1.476		0		4		0.221	0.418	
Methionine g	0.475		0		4		0.071	0.135	
Cystine g	0.255		0		4		0.038	0.072	
Phenylalanine g	0.771		0		4		0.116	0.219	
Tyrosine g	0.666		0		4		0.100	0.189	
Valine g	1.014		0		4		0.152	0.287	
Arginine g	0.892		0		4		0.134	0.253	
Histidine g	0.597		0		4		0.090	0.169	
Alanine g	0.802		0		4		0.120	0.227	
Aspartic acid g	1.378		0		4		0.207	0.391	
Glutamic acid g	2.887		0		4		0.433	0.818	
Glycine g	0.587		0		4		0.088	0.166	
Proline g	1.356		0		4		0.203	0.384	
Serine g	0.806		0		4		0.121	0.229	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

NDB No. 07033
Ham and cheese spread

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07031
Ham salad spread

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.60	0.389	4		1		9.39	17.75	
Energy....kcal	216		0	NC	4		32	61	
Energy....kJ	904		0		4		136	256	
Protein (N x 6.25)....g	8.68	0.201	4		1		1.30	2.46	
Total lipid (fat)....g	15.53	0.622	4		1		2.33	4.40	
Ash....g	2.55	0.193	4		1		0.38	0.72	
Carbohydrate, by difference....g	10.64		0	NC	4		1.60	3.02	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.408	4		1		1	2	
Iron, Fe....mg	0.59	0.089	4		1		0.09	0.17	
Magnesium, Mg....mg	10	0.478	4		1		2	3	
Phosphorus, P....mg	120	2.327	4		1		18	34	
Potassium, K....mg	150	4.497	4		1		23	43	
Sodium, Na....mg	912	48.798	4		1		137	259	
Zinc, Zn....mg	1.10	0.081	4		1		0.17	0.31	
Copper, Cu....mg	0.070	0.016	4		1		0.011	0.020	
Manganese, Mn....mg	0.013		0		4		0.002	0.004	
Selenium, Se....mcg	17.8		0	RF	4		2.7	5.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.435	0.075	4		1		0.065	0.123	
Riboflavin....mg	0.120	0.007	4		1		0.018	0.034	
Niacin....mg	2.095	0.096	4		1		0.314	0.594	
Pantothenic acid....mg	0.310		1		1		0.047	0.088	
Vitamin B-6....mg	0.150	0.011	4		1		0.023	0.043	
Folate, total....mcg	1		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		4		0	0	
Folate, DFE....mcg_DFE	1		0	NC	4		0	0	
Choline, total....mg	69.0		0	BFNN	4		10.4	19.6	
Betaine....mg	6.8		0	BFNN	4		1.0	1.9	
Vitamin B-12....mcg	0.76	0.061	4		1		0.11	0.22	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.74		0	NR	4		0.26	0.49	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	BFNN	4		0.1	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFNN	4		0.1	0.2	
Vitamin D....IU	26		0	BFNN	4		4	7	
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	5.049		0	NC	4		0.757	1.431	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07031
Ham salad spread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.020	0.000	3		1		0.003	0.006	
12:0....g	0.010	0.000	3		1		0.001	0.003	
13:0....g									
14:0....g	0.159	0.008	3		1		0.024	0.045	
15:0....g									
16:0....g	3.187	0.079	3		1		0.478	0.903	
17:0....g									
18:0....g	1.673	0.038	3		1		0.251	0.474	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.171		0	NC	4		1.076	2.033	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.468	0.036	3		1		0.070	0.133	
17:1....g									
18:1 undifferentiated....g	6.703	0.194	3		1		1.005	1.900	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.689		0	NC	4		0.403	0.762	
18:2 undifferentiated....g	2.360	0.057	3		1		0.354	0.669	
18:3 undifferentiated....g	0.329	0.013	3		1		0.049	0.093	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	37	2.496	4		1		6	10	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.089		1		1		0.013	0.025	
Threonine....g	0.409		1		1		0.061	0.116	
Isoleucine....g	0.403		1		1		0.060	0.114	
Leucine....g	0.725		1		1		0.109	0.206	
Lysine....g	0.772		1		1		0.116	0.219	
Methionine....g	0.228		1		1		0.034	0.065	
Cystine....g	0.051		1		1		0.008	0.014	
Phenylalanine....g	0.354		1		1		0.053	0.100	
Tyrosine....g	0.278		1		1		0.042	0.079	
Valine....g	0.448		1		1		0.067	0.127	
Arginine....g	0.593		1		1		0.089	0.168	
Histidine....g	0.350		1		1		0.053	0.099	
Alanine....g	0.536		1		1		0.080	0.152	
Aspartic acid....g	0.856		1		1		0.128	0.243	
Glutamic acid....g	1.349		1		1		0.202	0.382	
Glycine....g	0.486		1		1		0.073	0.138	
Proline....g	0.401		1		1		0.060	0.114	
Serine....g	0.376		1		1		0.056	0.107	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07031
Ham salad spread

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07026
Ham, chopped, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.77	1.963	6		1		17.23	12.76	
Energy....kcal	239		0	NC	4		68	50	
Energy....kJ	1002		0	NC	4		284	210	
Protein (N x 6.25)....g	16.06	0.591	6		1		4.55	3.37	
Total lipid (fat)....g	18.83	1.013	4		1		5.34	3.95	
Ash....g	4.08	0.085	4		1		1.16	0.86	
Carbohydrate, by difference....g	0.26		0	NC	4		0.07	0.05	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0		4		2	1	
Iron, Fe....mg	0.95	0.131	4		1		0.27	0.20	
Magnesium, Mg....mg	13	0.707	4		1		4	3	
Phosphorus, P....mg	139	17.694	4		1		39	29	
Potassium, K....mg	284	4.210	4		1		81	60	
Sodium, Na....mg	1365	35.743	4		1		387	287	
Zinc, Zn....mg	1.83	0.125	4		1		0.52	0.38	
Copper, Cu....mg	0.050	0.011	4		1		0.014	0.011	
Manganese, Mn....mg	0.025	0.003	3		1		0.007	0.005	
Selenium, Se....mcg	18.6		0	BFNN	4		5.3	3.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0	0.250	4		1		0.6	0.4	
Thiamin....mg	0.535	0.018	4		1		0.152	0.112	
Riboflavin....mg	0.165	0.006	4		1		0.047	0.035	
Niacin....mg	3.200	0.210	4		1		0.907	0.672	
Pantothenic acid....mg	0.280		0		4		0.079	0.059	
Vitamin B-6....mg	0.320	0.060	4		1		0.091	0.067	
Folate, total....mcg	1		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		4		0	0	
Folate, DFE....mcg_DFE	1		0	NC	4		0	0	
Choline, total....mg	64.4		0	BFNN	4		18.3	13.5	
Betaine....mg	6.3		0	BFNN	4		1.8	1.3	
Vitamin B-12....mcg	0.70	0.072	10		1		0.20	0.15	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	NR	4		0.07	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	BFNN	4		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFNN	4		0.2	0.1	
Vitamin D....IU	24		0	BFNN	4		7	5	
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	6.291		0	NC	4		1.783	1.321	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07026
Ham, chopped, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.030	0.004	4		1		0.009	0.006	
12:0 g	0.010	0.006	4		1		0.003	0.002	
13:0 g									
14:0 g	0.240	0.024	4		1		0.068	0.050	
15:0 g									
16:0 g	4.020	0.221	4		1		1.140	0.844	
17:0 g									
18:0 g	1.990	0.128	4		1		0.564	0.418	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.161		0	NC	4		2.597	1.924	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.670	0.047	4		1		0.190	0.141	
17:1 g									
18:1 undifferentiated g	8.491	0.459	4		1		2.407	1.783	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.060		0	NC	4		0.584	0.433	
18:2 undifferentiated g	1.860	0.113	4		1		0.527	0.391	
18:3 undifferentiated g	0.200	0.032	4		1		0.057	0.042	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	49	4.767	4		1		14	10	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.182		2		1		0.052	0.038	
Threonine g	0.717		2		1		0.203	0.151	
Isoleucine g	0.691		2		1		0.196	0.145	
Leucine g	1.249		2		1		0.354	0.262	
Lysine g	1.380		2		1		0.391	0.290	
Methionine g	0.419		2		1		0.119	0.088	
Cystine g	0.190		2		1		0.054	0.040	
Phenylalanine g	0.622		2		1		0.176	0.131	
Tyrosine g	0.527		2		1		0.149	0.111	
Valine g	0.719		2		1		0.204	0.151	
Arginine g	0.997		2		1		0.283	0.209	
Histidine g	0.637		2		1		0.181	0.134	
Alanine g	0.917		2		1		0.260	0.193	
Aspartic acid g	1.485		2		1		0.421	0.312	
Glutamic acid g	2.371		2		1		0.672	0.498	
Glycine g	0.786		2		1		0.223	0.165	
Proline g	0.683		2		1		0.194	0.143	
Serine g	0.627		2		1		0.178	0.132	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07026
Ham, chopped, canned

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice (4-1/4" x 4-1/4" x 1/16")

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07027
Ham, chopped, not canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.30		1	A	1		18.28	13.71	
Energy	kcal	180		0	NC	4		50	38	
Energy	kJ	752		0	NC	4		210	158	
Protein (N x 6.25)	g	16.50		1	A	1		4.62	3.47	
Total lipid (fat)	g	10.30		1	A	1		2.88	2.16	
Ash	g	3.70		1	A	1		1.04	0.78	
Carbohydrate, by difference	g	4.20		0	NC	4		1.18	0.88	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7	1.414	4		1		2	1	
Iron, Fe	mg	0.83	0.152	5		1		0.23	0.17	
Magnesium, Mg	mg	16	0.860	5		1		4	3	
Phosphorus, P	mg	155	14.122	5		1		43	33	
Potassium, K	mg	319	8.536	5		1		89	67	
Sodium, Na	mg	1330		1	A	1		372	279	
Zinc, Zn	mg	1.94	0.150	5		1		0.54	0.41	
Copper, Cu	mg	0.060	0.015	5		1		0.017	0.013	
Manganese, Mn	mg									
Selenium, Se	mcg	17.4	1.225	6	A	1		4.9	3.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.632	0.111	5		1		0.177	0.133	
Riboflavin	mg	0.204	0.009	5		1		0.057	0.043	
Niacin	mg	3.880	0.230	5		1		1.086	0.815	
Pantothenic acid	mg									
Vitamin B-6	mg	0.350	0.014	5		1		0.098	0.074	
Folate, total	mcg	1	0.139	3		1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1	0.139	3		1		0	0	
Folate, DFE	mcg_DFE	1		0	NC	4		0	0	
Choline, total	mg	77.0		0	BFNN	4		21.6	16.2	
Betaine	mg	7.6		0	BFNN	4		2.1	1.6	
Vitamin B-12	mcg	0.92	0.084	5		1		0.26	0.19	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	Z	7		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		1	A	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		0.07	0.05	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.7		0	BFNN	4		0.2	0.2	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.7		0	BFNN	4		0.2	0.2	
Vitamin D	IU	29		0	BFNN	4		8	6	
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	3.422		0	NC	4		0.958	0.719	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 07027
Ham, chopped, not canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.018	0.028	5		1		0.005	0.004	
12:0....g	0.012	0.018	5		1		0.003	0.003	
13:0....g									
14:0....g	0.137	0.024	5		1		0.038	0.029	
15:0....g									
16:0....g	2.174	0.099	5		1		0.609	0.456	
17:0....g									
18:0....g	1.081	0.068	5		1		0.303	0.227	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.897		0	NC	4		1.371	1.028	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400	0.053	5		1		0.112	0.084	
17:1....g									
18:1 undifferentiated....g	4.497	0.315	5		1		1.259	0.944	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.260		0	NC	4		0.353	0.265	
18:2 undifferentiated....g	1.081	0.082	5		1		0.303	0.227	
18:3 undifferentiated....g	0.179	0.061	5		1		0.050	0.038	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	59		1	A	1		16	12	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 21g: 1 slice (4-1/4" x 4-1/4" x 1/16")

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07938
Ham, honey, smoked, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.94		1	A	1		38.47		
Energy	kcal	122		0	NC	4		67		
Energy	kJ	511		0	NC	4		281		
Protein (N x 6.25)	g	17.93		1	A	1		9.86		
Total lipid (fat)	g	2.37		1	A	1		1.30		
Ash	g	2.49		1	A	1		1.37		
Carbohydrate, by difference	g	7.27		0	NC	4		4.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	MC	9		3		
Iron, Fe	mg	0.39		0	MC	9		0.22		
Magnesium, Mg	mg	8		0	MC	9		5		
Phosphorus, P	mg	384		0	MC	9		211		
Potassium, K	mg	165		0	MC	9		91		
Sodium, Na	mg	900		0	MC	9		495		
Zinc, Zn	mg	0.91		0	MC	9		0.50		
Copper, Cu	mg	0.041		0	MC	9		0.023		
Manganese, Mn	mg	0.028		0	MC	9		0.015		
Selenium, Se	mcg	10.4		0	MC	9		5.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0	MC	9		0.3		
Thiamin	mg	0.402		0	MC	9		0.221		
Riboflavin	mg	0.101		0	MC	9		0.055		
Niacin	mg	2.276		0	MC	9		1.252		
Pantothenic acid	mg	0.238		0	MC	9		0.131		
Vitamin B-6	mg	0.231		0	MC	9		0.127		
Folate, total	mcg	2		0	MC	9		1		
Folic acid	mcg	0		0	NR	4		0		
Folate, food	mcg	2		0	MC	9		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.38		0	MC	9		0.21		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.167		0	NC	4		0.642		
4:0	g									
6:0	g									
8:0	g									

NDB No. 07938
Ham, honey, smoked, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.000		0	BFZN	4		0.000		
13:0 g									
14:0 g	0.054		0	BFZN	4		0.030		
15:0 g									
16:0 g	0.781		0	BFZN	4		0.430		
17:0 g									
18:0 g	0.332		0	BFZN	4		0.183		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.670		0	NC	4		0.919		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.099		0	BFZN	4		0.054		
17:1 g									
18:1 undifferentiated g	1.571		0	BFZN	4		0.864		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.314		0	NC	4		0.173		
18:2 undifferentiated g	0.305		0	BFZN	4		0.168		
18:3 undifferentiated g	0.009		0	BFZN	4		0.005		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	22		0	MC	9		12		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	MC	9		0.0		
Caffeine mg	0		0	MC	9		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1.94 oz (1 serving)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07030
Ham, minced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.35	1.007	4		1		16.26	12.04	
Energy....kcal	263		0	NC	4		75	55	
Energy....kJ	1100		0		4		312	231	
Protein (N x 6.25)....g	16.28	0.507	4		1		4.62	3.42	
Total lipid (fat)....g	20.68	1.667	4		1		5.86	4.34	
Ash....g	3.85	0.064	4		1		1.09	0.81	
Carbohydrate, by difference....g	1.84		0	NC	4		0.52	0.39	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10	1.190	4		1		3	2	
Iron, Fe....mg	0.79	0.154	4		1		0.22	0.17	
Magnesium, Mg....mg	16	1.224	4		1		5	3	
Phosphorus, P....mg	157	5.780	4		1		45	33	
Potassium, K....mg	311	12.756	4		1		88	65	
Sodium, Na....mg	1245	23.386	4		1		353	261	
Zinc, Zn....mg	1.90	0.081	4		1		0.54	0.40	
Copper, Cu....mg	0.080	0.003	4		1		0.023	0.017	
Manganese, Mn....mg	0.031	0.004	3		1		0.009	0.007	
Selenium, Se....mcg	20.0		0	BFZN	4		5.7	4.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.712	0.014	4		1		0.202	0.150	
Riboflavin....mg	0.190	0.021	4		1		0.054	0.040	
Niacin....mg	4.162	0.216	4		1		1.180	0.874	
Pantothenic acid....mg	0.180		1		1		0.051	0.038	
Vitamin B-6....mg	0.260	0.032	4		1		0.074	0.055	
Folate, total....mcg	1		0		4		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1		0		4		0	0	
Folate, DFE....mcg_DFE	1		0	NC	4		0	0	
Choline, total....mg	69.4		0	BFNN	4		19.7	14.6	
Betaine....mg	6.8		0	BFNN	4		1.9	1.4	
Vitamin B-12....mcg	0.95	0.145	4		1		0.27	0.20	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.27		0	BFSN	4		0.08	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	BFNN	4		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFNN	4		0.2	0.1	
Vitamin D....IU	26		0	BFNN	4		7	6	
Vitamin K (phylloquinone)....mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	7.181		0	NC	4		2.036	1.508	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 07030
Ham, minced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.040	0.023	4		1		0.011	0.008	
12:0 g	0.030	0.012	4		1		0.009	0.006	
13:0 g									
14:0 g	0.280	0.044	4		1		0.079	0.059	
15:0 g									
16:0 g	4.421	0.385	4		1		1.253	0.928	
17:0 g									
18:0 g	2.410	0.198	4		1		0.683	0.506	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.581		0	NC	4		2.716	2.012	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.730	0.055	4		1		0.207	0.153	
17:1 g									
18:1 undifferentiated g	8.851	0.772	4		1		2.509	1.859	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.470		0	NC	4		0.700	0.519	
18:2 undifferentiated g	2.160	0.156	4		1		0.612	0.454	
18:3 undifferentiated g	0.310	0.023	4		1		0.088	0.065	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	70	9.078	4		1		20	15	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.156		1		1		0.044	0.033	
Threonine g	0.734		1		1		0.208	0.154	
Isoleucine g	0.700		1		1		0.198	0.147	
Leucine g	1.258		1		1		0.357	0.264	
Lysine g	1.364		1		1		0.387	0.286	
Methionine g	0.456		1		1		0.129	0.096	
Cystine g	0.190		1		1		0.054	0.040	
Phenylalanine g	0.641		1		1		0.182	0.135	
Tyrosine g	0.536		1		1		0.152	0.113	
Valine g	0.747		1		1		0.212	0.157	
Arginine g	1.023		1		1		0.290	0.215	
Histidine g	0.604		1		1		0.171	0.127	
Alanine g	0.948		1		1		0.269	0.199	
Aspartic acid g	1.500		1		1		0.425	0.315	
Glutamic acid g	2.338		1		1		0.663	0.491	
Glycine g	0.883		1		1		0.250	0.185	
Proline g	0.713		1		1		0.202	0.150	
Serine g	0.677		1		1		0.192	0.142	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07030
Ham, minced

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice (4-1/4" x 4-1/4" x 1/16")

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07028
Ham, sliced, extra lean

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.90	0.288	3	A	1		19.95	17.73	52.47
Energy....kcal	107		0	NC	4		29	26	76
Energy....kJ	447		0	NC	4		121	107	317
Protein (N x 6.25)....g	18.85	0.449	3	A	1		5.09	4.52	13.39
Total lipid (fat)....g	2.59	0.116	3	A	1		0.70	0.62	1.84
Ash....g	3.91	0.114	3	A	1		1.06	0.94	2.78
Carbohydrate, by difference....g	0.75		0	NC	4		0.20	0.18	0.53
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	6	2.308	3	A	1		2	2	5
Iron, Fe....mg	0.72	0.036	3	A	1		0.20	0.17	0.51
Magnesium, Mg....mg	21	0.754	3	A	1		6	5	15
Phosphorus, P....mg	288	12.387	3	A	1		78	69	204
Potassium, K....mg	649	166.500	3	A	1		175	156	461
Sodium, Na....mg	1060	110.006	3	A	1		286	254	753
Zinc, Zn....mg	1.85	0.127	3	A	1		0.50	0.44	1.31
Copper, Cu....mg	0.487	0.302	3	A	1		0.131	0.117	0.346
Manganese, Mn....mg	0.022	0.000	3	A	1		0.006	0.005	0.016
Selenium, Se....mcg	31.6	1.468	3	A	1		8.5	7.6	22.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin....mg	0.336	0.025	3	A	1		0.091	0.081	0.239
Riboflavin....mg	0.266	0.009	3	A	1		0.072	0.064	0.189
Niacin....mg	5.697	0.506	3	A	1		1.538	1.367	4.045
Pantothenic acid....mg	0.697	0.023	3	A	1		0.188	0.167	0.495
Vitamin B-6....mg	0.394	0.028	3	A	1		0.106	0.095	0.280
Folate, total....mcg	0	0.153	3	A	1		0	0	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	0	0.153	3	A	1		0	0	0
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	0
Choline, total....mg	62.4		0	AS	1		16.8	15.0	44.3
Betaine....mg	2.8		1	A	1		0.8	0.7	2.0
Vitamin B-12....mcg	0.36	0.024	3	A	1		0.10	0.09	0.26
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.29		0	NR	4		0.08	0.07	0.21
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	BFNN	4		0.2	0.2	0.5
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFNN	4		0.2	0.2	0.5
Vitamin D....IU	28		0	BFNN	4		8	7	20
Vitamin K (phylloquinone)....mcg	0.0	0.000	3	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.660		0	NC	4		0.178	0.158	0.468
4:0....g	0.000		0	Z	7		0.000	0.000	0.000

NDB No. 07028
Ham, sliced, extra lean

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0 g	0.000		2	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.027	0.002	3	A	1		0.007	0.006	0.019
15:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:0 g	0.428	0.025	3	A	1		0.116	0.103	0.304
17:0 g	0.004	0.000	3	A	1		0.001	0.001	0.003
18:0 g	0.198	0.013	3	A	1		0.053	0.048	0.141
20:0 g	0.003	0.000	3	A	1		0.001	0.001	0.002
22:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	0.992		0	NC	4		0.268	0.238	0.704
14:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.062	0.003	3	A	1		0.017	0.015	0.044
17:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated g	0.915	0.052	3	AS	1		0.247	0.220	0.650
18:1 c g	0.904	0.052	3	A	1		0.244	0.217	0.642
18:1-11c (18:1c n-7) g									
18:1 t g	0.011	0.001	3	A	1		0.003	0.003	0.008
18:1-11t (18:1t n-7) g									
20:1 g	0.014	0.001	3	A	1		0.004	0.003	0.010
22:1 undifferentiated g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.214		0	NC	4		0.058	0.051	0.152
18:2 undifferentiated g	0.189	0.033	3	AS	1		0.051	0.045	0.134
18:2 n-6 c,c g	0.183	0.033	3	A	1		0.049	0.044	0.130
18:2 CLAs g									
18:2 c,t g									
18:2 t,c g									
18:2 t,t g	0.005	0.000	3	A	1		0.001	0.001	0.004
18:2 i g									
18:2 t not further defined g									
18:3 undifferentiated g	0.010	0.002	3	AS	1		0.003	0.002	0.007
18:3 n-3 c,c,c (ALA) g	0.010	0.002	3	A	1		0.003	0.002	0.007
18:3 n-6 c,c,c g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g	0.008	0.001	3	A	1		0.002	0.002	0.006
20:3 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.008	0.000	3	A	1		0.002	0.002	0.005
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.016		0	NC	4		0.004	0.004	0.012
Fatty acids, total trans-monoenoic g	0.011		0	NC	4		0.003	0.003	0.008
Fatty acids, total trans-polyenoic g	0.005		0	NC	4		0.001	0.001	0.004
Cholesterol mg	45	0.441	3	A	1		12	11	32
Phytosterols mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan g	0.232		2		1		0.063	0.056	0.165
Threonine g	0.860		10		1		0.232	0.206	0.611
Isoleucine g	0.848		10		1		0.229	0.204	0.602

NDB No. 07028
Ham, sliced, extra lean

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	1.535		10		1		0.414	0.368	1.090
Lysine....g	1.640		10		1		0.443	0.394	1.164
Methionine....g	0.511		10		1		0.138	0.123	0.363
Cystine....g	0.291		2		1		0.079	0.070	0.207
Phenylalanine....g	0.836		10		1		0.226	0.201	0.594
Tyrosine....g	0.634		10		1		0.171	0.152	0.450
Valine....g	0.839		10		1		0.227	0.201	0.596
Arginine....g	1.257		10		1		0.339	0.302	0.892
Histidine....g	0.693		10		1		0.187	0.166	0.492
Alanine....g	1.142		10		1		0.308	0.274	0.811
Aspartic acid....g	1.832		10		1		0.495	0.440	1.301
Glutamic acid....g	3.154		10		1		0.852	0.757	2.239
Glycine....g	1.006		10		1		0.272	0.241	0.714
Proline....g	0.826		10		1		0.223	0.198	0.586
Serine....g	0.792		10		1		0.214	0.190	0.562
Hydroxyproline....g	0.079	0.003	3	A	1		0.021	0.019	0.056
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 1 slice oval

Measure 2 = 24g: 1 slice rectangle

Measure 3 = 71g: 1 package, 2.5 oz 1 NLEA serving

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07029
Ham, sliced, regular (approximately 11% fat)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.27		2	A	1		37.67	18.84	
Energy....kcal	163		0	NC	4		91	46	
Energy....kJ	683		0	NC	4		383	191	
Protein (N x 6.25)....g	16.60		2	A	1		9.30	4.65	
Total lipid (fat)....g	8.60		2	A	1		4.81	2.41	
Ash....g	3.70		2	A	1		2.07	1.04	
Carbohydrate, by difference....g	3.83		0	NC	4		2.15	1.07	
Fiber, total dietary....g	1.3		0	FLA	4		0.7	0.4	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	24		0	FLA	4		14	7	
Iron, Fe....mg	1.02		0	FLA	4		0.57	0.29	
Magnesium, Mg....mg	22		0	FLA	4		12	6	
Phosphorus, P....mg	153		0	FLA	4		86	43	
Potassium, K....mg	287		0	FLA	4		161	80	
Sodium, Na....mg	1304		2	A	1		730	365	
Zinc, Zn....mg	1.35		0	FLA	4		0.76	0.38	
Copper, Cu....mg	0.089		0	FLA	4		0.050	0.025	
Manganese, Mn....mg	0.557		0	FLA	4		0.312	0.156	
Selenium, Se....mcg	20.7		0	FLA	4		11.6	5.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	4.0		0	FLA	4		2.2	1.1	
Thiamin....mg	0.626		0	FLA	4		0.350	0.175	
Riboflavin....mg	0.178		0	FLA	4		0.099	0.050	
Niacin....mg	2.904		0	FLA	4		1.626	0.813	
Pantothenic acid....mg	0.435		0	FLA	4		0.244	0.122	
Vitamin B-6....mg	0.329		0	FLA	4		0.184	0.092	
Folate, total....mcg	7		0	FLA	4		4	2	
Folic acid....mcg	0		0	FLA	4		0	0	
Folate, food....mcg	7		0	FLA	4		4	2	
Folate, DFE....mcg_DFE	7		0	NC	4		4	2	
Choline, total....mg	81.9		0	BFNN	4		45.9	22.9	
Betaine....mg	5.4		0	BFNN	4		3.0	1.5	
Vitamin B-12....mcg	0.42		0	FLA	4		0.23	0.12	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		2	A	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.08		0	FLA	4		0.04	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, delta....mg	0.00		0	NR	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.7		0	BFNN	4		0.4	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFNN	4		0.4	0.2	
Vitamin D....IU	29		0	BFNN	4		16	8	
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.936		0	NC	4		1.644	0.822	
4:0....g	0.000		0	FLA	4		0.000	0.000	

NDB No. 07029
Ham, sliced, regular (approximately 11% fat)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	FLA	4		0.000	0.000	
8:0 ... g	0.000		0	FLA	4		0.000	0.000	
10:0 ... g	0.005		0	FLA	4		0.003	0.002	
12:0 ... g	0.011		0	FLA	4		0.006	0.003	
13:0 ... g									
14:0 ... g	0.109		0	FLA	4		0.061	0.030	
15:0 ... g									
16:0 ... g	1.842		0	FLA	4		1.031	0.516	
17:0 ... g									
18:0 ... g	0.969		0	FLA	4		0.543	0.271	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	4.354		0	NC	4		2.438	1.219	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.274		0	FLA	4		0.153	0.077	
17:1 ... g									
18:1 undifferentiated ... g	4.006		0	FLA	4		2.243	1.122	
20:1 ... g	0.075		0	FLA	4		0.042	0.021	
22:1 undifferentiated ... g	0.000		0	FLA	4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.789		0	NC	4		0.442	0.221	
18:2 undifferentiated ... g	0.691		0	FLA	4		0.387	0.193	
18:3 undifferentiated ... g	0.060		0	FLA	4		0.034	0.017	
18:4 ... g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.038		0	FLA	4		0.021	0.011	
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	57		2	A	1		32	16	
Phytosterols ... mg	5		0	FLA	4		3	1	
Amino Acids:									
Tryptophan ... g	0.155		0	FLA	4		0.087	0.043	
Threonine ... g	0.558		0	FLA	4		0.313	0.156	
Isoleucine ... g	0.573		0	FLA	4		0.321	0.161	
Leucine ... g	0.986		0	FLA	4		0.552	0.276	
Lysine ... g	1.110		0	FLA	4		0.621	0.311	
Methionine ... g	0.319		0	FLA	4		0.179	0.089	
Cystine ... g	0.160		0	FLA	4		0.089	0.045	
Phenylalanine ... g	0.497		0	FLA	4		0.278	0.139	
Tyrosine ... g	0.422		0	FLA	4		0.236	0.118	
Valine ... g	0.670		0	FLA	4		0.375	0.188	
Arginine ... g	0.837		0	FLA	4		0.469	0.234	
Histidine ... g	0.477		0	FLA	4		0.267	0.133	
Alanine ... g	0.731		0	FLA	4		0.409	0.205	
Aspartic acid ... g	1.146		0	FLA	4		0.641	0.321	
Glutamic acid ... g	1.934		0	FLA	4		1.083	0.542	
Glycine ... g	0.681		0	FLA	4		0.381	0.191	
Proline ... g	0.547		0	FLA	4		0.307	0.153	
Serine ... g	0.518		0	FLA	4		0.290	0.145	
Hydroxyproline ... g	0.000		0	NR	4		0.000	0.000	
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07029

Ham, sliced, regular (approximately 11% fat)

Common Measures:

Measure 1 = 56g: 56 grams 1 serving

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07034
Headcheese, pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.84		1	A	1		20.68	33.23	
Energy....kcal	157		0	NC	4		44	71	
Energy....kJ	658		0	NC	4		184	296	
Protein (N x 6.25)....g	13.83		1	A	1		3.87	6.22	
Total lipid (fat)....g	10.90		1	A	1		3.05	4.91	
Ash....g	2.08		1	A	1		0.58	0.94	
Carbohydrate, by difference....g	0.00		0	NR	4		0.00	0.00	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	16		1	A	1		4	7	
Iron, Fe....mg	1.50		1	A	1		0.42	0.68	
Magnesium, Mg....mg	9	0.408	4		1		3	4	
Phosphorus, P....mg	56		1	A	1		16	25	
Potassium, K....mg	31	7.059	4		1		9	14	
Sodium, Na....mg	830		1	A	1		232	374	
Zinc, Zn....mg	0.97		1	A	1		0.27	0.44	
Copper, Cu....mg	0.122	0.027	4		1		0.034	0.055	
Manganese, Mn....mg									
Selenium, Se....mcg	0.1		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.023		1	A	1		0.006	0.010	
Riboflavin....mg	0.115		1	A	1		0.032	0.052	
Niacin....mg	0.440		1	A	1		0.123	0.198	
Pantothenic acid....mg									
Vitamin B-6....mg	0.190	0.104	4		1		0.053	0.086	
Folate, total....mcg	2	0.550	4		1		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2	0.550	4		1		1	1	
Folate, DFE....mcg_DFE	2		0	NC	4		1	1	
Choline, total....mg	104.1		0	BFNN	4		29.2	46.8	
Betaine....mg	2.7		0	BFNN	4		0.8	1.2	
Vitamin B-12....mcg	1.05	0.099	4		1		0.29	0.47	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	NR	4		0.07	0.11	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.9		0	AS	1		0.3	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.9		0	BFFN	4		0.3	0.4	
Vitamin D....IU	37		0	BFFN	4		10	17	
Vitamin K (phylloquinone)....mcg	3.4		0	BFZN	4		1.0	1.5	
Lipids:									
Fatty acids, total saturated....g	3.402		0	NC	4		0.953	1.531	
4:0....g	0.000		4		1		0.000	0.000	

NDB No. 07034
Headcheese, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		4		1		0.000	0.000	
8:0 g	0.000		4		1		0.000	0.000	
10:0 g	0.021		4		1		0.006	0.009	
12:0 g	0.014		4		1		0.004	0.006	
13:0 g									
14:0 g	0.187		4		1		0.052	0.084	
15:0 g									
16:0 g	2.130		4		1		0.596	0.958	
17:0 g									
18:0 g	1.051		4		1		0.294	0.473	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.601		0	NC	4		1.568	2.520	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.574		4		1		0.161	0.258	
17:1 g									
18:1 undifferentiated g	5.027		4		1		1.408	2.262	
20:1 g	0.000		4		1		0.000	0.000	
22:1 undifferentiated g	0.000		4		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.134		0	NC	4		0.318	0.510	
18:2 undifferentiated g	1.003		4		1		0.281	0.451	
18:3 undifferentiated g	0.131		4		1		0.037	0.059	
18:4 g	0.000		4		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		4		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		4		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000	0.000	4		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		4		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	69		1	A	1		19	31	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 45g: 45 g

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07035
Honey loaf, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.47	0.209	15		1		40.17	19.73	70.47
Energy....kcal	125		0	NC	4		71	35	125
Energy....kJ	521		0	NC	4		297	146	521
Protein (N x 6.25)....g	11.12		0	FLM	4		6.34	3.11	11.12
Total lipid (fat)....g	4.47	0.166	15		1		2.55	1.25	4.47
Ash....g	3.96	0.051	15		1		2.26	1.11	3.96
Carbohydrate, by difference....g	9.98		0	NC	4		5.69	2.80	9.98
Fiber, total dietary....g	0.8		0	FLM	4		0.5	0.2	0.8
Sugars, total....g	0.17		0	FLM	4		0.10	0.05	0.17
Sucrose....g	0.12		0	FLM	4		0.07	0.03	0.12
Glucose (dextrose)....g	0.04		0	FLM	4		0.02	0.01	0.04
Fructose....g	0.01		0	FLM	4		0.01	0.00	0.01
Lactose....g	0.00		0	FLM	4		0.00	0.00	0.00
Maltose....g	0.00		0	FLM	4		0.00	0.00	0.00
Galactose....g	0.00		0	FLM	4		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	17	3.456	5		1		10	5	17
Iron, Fe....mg	1.35	0.099	15		1		0.77	0.38	1.35
Magnesium, Mg....mg	17	1.067	5		1		10	5	17
Phosphorus, P....mg	143	8.891	5		1		82	40	143
Potassium, K....mg	343	23.359	5		1		196	96	343
Sodium, Na....mg	1320	51.469	5		1		752	370	1320
Zinc, Zn....mg	2.42	0.116	5		1		1.38	0.68	2.42
Copper, Cu....mg	0.060	0.013	5		1		0.034	0.017	0.060
Manganese, Mn....mg	0.030	0.005	5		1		0.017	0.008	0.030
Selenium, Se....mcg	28.3		0	BFNN	4		16.1	7.9	28.3
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	0.0
Thiamin....mg	0.482	0.038	15		1		0.275	0.135	0.482
Riboflavin....mg	0.240	0.009	15		1		0.137	0.067	0.240
Niacin....mg	3.142	0.109	15		1		1.791	0.880	3.142
Pantothenic acid....mg	0.660		2		1		0.376	0.185	0.660
Vitamin B-6....mg	0.330	0.037	15		1		0.188	0.092	0.330
Folate, total....mcg	8		0		4		5	2	8
Folic acid....mcg	0		0	FLM	4		0	0	0
Folate, food....mcg	8		0		4		5	2	8
Folate, DFE....mcg_DFE	8		0	NC	4		5	2	8
Choline, total....mg	41.9		0	FLM	4		23.9	11.7	41.9
Betaine....mg	1.4		0	FLM	4		0.8	0.4	1.4
Vitamin B-12....mcg	1.08	0.049	15		1		0.62	0.30	1.08
Vitamin B-12, added....mcg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	3		0	FLM	4		2	1	3
Retinol....mcg	3		0	FLM	4		2	1	3
Carotene, beta....mcg	0		0	FLM	4		0	0	0
Carotene, alpha....mcg	0		0	FLM	4		0	0	0
Cryptoxanthin, beta....mcg	0		0	FLM	4		0	0	0
Vitamin A, IU....IU	10		0	FLM	4		5	3	10
Lycopene....mcg	0		0	FLM	4		0	0	0
Lutein + zeaxanthin....mcg	0		0	FLM	4		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.12		0	FLM	4		0.07	0.03	0.12
Vitamin E, added....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, beta....mg	0.00		0	FLM	4		0.00	0.00	0.00
Tocopherol, gamma....mg	0.02		0	FLM	4		0.01	0.01	0.02
Tocopherol, delta....mg	0.00		0	FLM	4		0.00	0.00	0.00
Vitamin D (D2 + D3)....mcg	1.0		0	MC	9		0.6	0.3	1.0
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 07035
Honey loaf, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	40		0	MC	9		23	11	40
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		0.9	0.4	1.6
Lipids:									
Fatty acids, total saturated....g	1.449		0	NC	4		0.826	0.406	1.449
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.020	0.006	3		1		0.011	0.006	0.020
12:0....g	0.020	0.006	3		1		0.011	0.006	0.020
13:0....g									
14:0....g	0.080	0.017	5		1		0.046	0.022	0.080
15:0....g	0.003		0	FLM	4		0.001	0.001	0.003
16:0....g	0.840	0.033	5		1		0.479	0.235	0.840
17:0....g	0.010		0	FLM	4		0.006	0.003	0.010
18:0....g	0.470	0.038	5		1		0.268	0.132	0.470
20:0....g	0.003		0	FLM	4		0.002	0.001	0.003
22:0....g	0.003		0	FLM	4		0.002	0.001	0.003
24:0....g									
Fatty acids, total monounsaturated....g	2.024		0	NC	4		1.154	0.567	2.024
14:1....g	0.004		0	FLM	4		0.002	0.001	0.004
15:1....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.230	0.027	5		1		0.131	0.064	0.230
17:1....g	0.000		0	FLM	4		0.000	0.000	0.000
18:1 undifferentiated....g	1.790	0.042	5		1		1.020	0.501	1.790
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.472		0	NC	4		0.269	0.132	0.472
18:2 undifferentiated....g	0.380	0.017	5		1		0.217	0.106	0.380
18:3 undifferentiated....g	0.080	0.026	5		1		0.046	0.022	0.080
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.012		0	FLM	4		0.007	0.003	0.012
20:3 undifferentiated....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	34		3		1		19	10	34
Phytosterols....mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan....g	0.116		0	FLM	4		0.066	0.032	0.116
Threonine....g	0.461		0	FLM	4		0.263	0.129	0.461
Isoleucine....g	0.470		0	FLM	4		0.268	0.132	0.470
Leucine....g	0.816		0	FLM	4		0.465	0.229	0.816
Lysine....g	0.892		0	FLM	4		0.508	0.250	0.892
Methionine....g	0.259		0	FLM	4		0.147	0.072	0.259
Cystine....g	0.124		0	FLM	4		0.071	0.035	0.124
Phenylalanine....g	0.407		0	FLM	4		0.232	0.114	0.407
Tyrosine....g	0.344		0	FLM	4		0.196	0.096	0.344
Valine....g	0.538		0	FLM	4		0.307	0.151	0.538
Arginine....g	0.641		0	FLM	4		0.366	0.180	0.641
Histidine....g	0.423		0	FLM	4		0.241	0.118	0.423
Alanine....g	0.599		0	FLM	4		0.341	0.168	0.599
Aspartic acid....g	0.925		0	FLM	4		0.527	0.259	0.925
Glutamic acid....g	1.541		0	FLM	4		0.878	0.432	1.541
Glycine....g	0.514		0	FLM	4		0.293	0.144	0.514
Proline....g	0.427		0	FLM	4		0.243	0.119	0.427
Serine....g	0.413		0	FLM	4		0.235	0.116	0.413
Hydroxyproline....g									
Others:									

NDB No. 07035
Honey loaf, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	MC	9		0	0	0
Theobromine....mg	0		0	FLM	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 2 slices (1 serving)

Measure 2 = 28g: 1 slice

Measure 3 = 100g: 3.53 slices

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07088
Honey roll sausage, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.78	0.228	4		1		14.90	18.37	
Energy....kcal	182		0	NC	4		42	52	
Energy....kJ	761				4		175	216	
Protein (N x 6.25)....g	18.58	0.179	4		1		4.27	5.27	
Total lipid (fat)....g	10.50	0.376	4		1		2.42	2.98	
Ash....g	3.98	0.063	4		1		0.92	1.13	
Carbohydrate, by difference....g	2.18		0	NC	4		0.50	0.62	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.000	3		1		2	3	
Iron, Fe....mg	2.20	0.220	4		1		0.51	0.62	
Magnesium, Mg....mg	16	1.436	4		1		4	5	
Phosphorus, P....mg	137	7.134	4		1		32	39	
Potassium, K....mg	291	23.063	4		1		67	82	
Sodium, Na....mg	1322	26.166	4		1		304	375	
Zinc, Zn....mg	3.25	0.086	4		1		0.75	0.92	
Copper, Cu....mg	0.100	0.008	4		1		0.023	0.028	
Manganese, Mn....mg	0.037	0.005	3		1		0.009	0.010	
Selenium, Se....mcg	15.6		0	RF	4		3.6	4.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.080	0.007	4		1		0.018	0.023	
Riboflavin....mg	0.182	0.016	4		1		0.042	0.052	
Niacin....mg	4.165	0.165	4		1		0.958	1.181	
Pantothenic acid....mg	0.490		2		1		0.113	0.139	
Vitamin B-6....mg	0.270	0.025	4		1		0.062	0.077	
Folate, total....mcg	4		0		4		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		4		1	1	
Folate, DFE....mcg_DFE	4		0	NC	4		1	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.35	0.182	4		1		0.54	0.67	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	T	4		0.2	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	40		0	T	4		9	11	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.080		0		1		0.938	1.157	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	

NDB No. 07088
Honey roll sausage, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020	0.007	4		1		0.005	0.006	
12:0 g	0.020	0.007	4		1		0.005	0.006	
13:0 g									
14:0 g	0.280	0.009	4		1		0.064	0.079	
15:0 g									
16:0 g	2.400	0.075	4		1		0.552	0.680	
17:0 g									
18:0 g	1.360	0.059	4		1		0.313	0.386	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.820		0		1		1.109	1.366	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.620	0.051	4		1		0.143	0.176	
17:1 g									
18:1 undifferentiated g	4.200	0.257	4		1		0.966	1.191	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.490		0		1		0.113	0.139	
18:2 undifferentiated g	0.380	0.020	4		1		0.087	0.108	
18:3 undifferentiated g	0.110	0.015	4		1		0.025	0.031	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	50	3.198	4		1		12	14	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.152		0		4		0.035	0.043	
Threonine g	0.779		0		4		0.179	0.221	
Isoleucine g	0.761		0		4		0.175	0.216	
Leucine g	1.388		0		4		0.319	0.393	
Lysine g	1.516		0		4		0.349	0.430	
Methionine g	0.449		0		4		0.103	0.127	
Cystine g	0.220		0		4		0.051	0.062	
Phenylalanine g	0.696		0		4		0.160	0.197	
Tyrosine g	0.562		0		4		0.129	0.159	
Valine g	0.853		0		4		0.196	0.242	
Arginine g	1.255		0		4		0.289	0.356	
Histidine g	0.538		0		4		0.124	0.153	
Alanine g	1.228		0		4		0.282	0.348	
Aspartic acid g	1.650		0		4		0.380	0.468	
Glutamic acid g	2.679		0		4		0.616	0.759	
Glycine g	1.379		0		4		0.317	0.391	
Proline g	1.011		0		4		0.233	0.287	
Serine g	0.758		0		4		0.174	0.215	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07088
Honey roll sausage, beef

Common Measures:

Measure 1 = 23g: 1 slice (4" dia x 1/8" thick)

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07934
Kielbasa, Polish, turkey and beef, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.00		1	A	1		34.72		
Energy....kcal	226		0	MC	9		127		
Energy....kJ	947		0	MC	9		530		
Protein (N x 6.25)....g	13.10		1	A	1		7.34		
Total lipid (fat)....g	17.60		1	A	1		9.86		
Ash....g	3.40		1	A	1		1.90		
Carbohydrate, by difference....g	3.90		0	MC	9		2.18		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg	1.24		1	A	1		0.69		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	1200		1	A	1		672		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	14.8		1	A	1		8.3		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		1	A	1		0		
Vitamin A, IU....IU	0		1	A	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.230		1	A	1		3.489		
Fatty acids, total monounsaturated....g	8.270		1	A	1		4.631		
Fatty acids, total polyunsaturated....g	2.330		1	A	1		1.305		
Fatty acids, total trans....g									
Cholesterol....mg	70		1	A	1		39		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 07934
Kielbasa, Polish, turkey and beef, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate**4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07037
Kielbasa, kolbassy, pork, beef, nonfat dry milk added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.58	1.085	3	A	1		40.93	254.88	
Energy....kcal	309		0	NC	4		232	1444	
Energy....kJ	1294		0	NC	4		970	6042	
Protein (N x 6.25)....g	12.23	0.890	3	A	1		9.17	57.13	
Total lipid (fat)....g	27.29	1.068	3	A	1		20.46	127.42	
Ash....g	3.09	0.106	3	A	1		2.32	14.44	
Carbohydrate, by difference....g	2.81		0	NC	4		2.11	13.13	
Fiber, total dietary....g	0.0	0.000	3	A	1		0.0	0.0	
Sugars, total....g	1.60	0.068	3	A	1		1.20	7.47	
Sucrose....g	0.44	0.444	3	A	1		0.33	2.07	
Glucose (dextrose)....g	0.96	0.453	3	A	1		0.72	4.49	
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose....g	0.19	0.194	3	A	1		0.15	0.90	
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	17	3.557	3	A	1		13	78	
Iron, Fe....mg	0.82	0.050	3	A	1		0.62	3.85	
Magnesium, Mg....mg	13	0.869	3	A	1		10	63	
Phosphorus, P....mg	171	26.333	3	A	1		128	797	
Potassium, K....mg	300	100.898	3	A	1		225	1401	
Sodium, Na....mg	904	62.692	3	A	1		678	4222	
Zinc, Zn....mg	1.56	0.132	3	A	1		1.17	7.27	
Copper, Cu....mg	0.368	0.176	3	A	1		0.276	1.720	
Manganese, Mn....mg	0.046	0.016	3	A	1		0.034	0.213	
Selenium, Se....mcg	19.4	1.815	3	A	1		14.5	90.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.205	0.012	3	A	1		0.154	0.957	
Riboflavin....mg	0.207	0.011	3	A	1		0.155	0.968	
Niacin....mg	3.273	0.378	3	A	1		2.455	15.286	
Pantothenic acid....mg	0.642	0.017	3	A	1		0.481	2.996	
Vitamin B-6....mg	0.184	0.020	3	A	1		0.138	0.858	
Folate, total....mcg	1	0.000	3	A	1		1	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	1	0.000	3	A	1		1	5	
Folate, DFE....mcg_DFE	1		0	NC	4		1	5	
Choline, total....mg	58.7		0	AS	1		44.0	274.0	
Betaine....mg	2.5		1	A	1		1.9	11.7	
Vitamin B-12....mcg	0.73	0.070	3	A	1		0.55	3.40	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	NR	4		0.17	1.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	BFFN	4		0.8	5.1	
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 07037
Kielbasa, kolbassy, pork, beef, nonfat dry milk added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	44		0	BFFN	4		33	204	
Vitamin K (phylloquinone).....mcg	2.1	1.386	3	A	1		1.5	9.7	
Lipids:									
Fatty acids, total saturated.....g	9.233		0	NC	4		6.925	43.120	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.380	0.017	3	A	1		0.285	1.776	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	5.822	0.266	3	A	1		4.367	27.190	
17:0.....g	0.099	0.006	3	A	1		0.074	0.462	
18:0.....g	2.889	0.155	3	A	1		2.166	13.490	
20:0.....g	0.043	0.003	3	A	1		0.032	0.202	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	11.800		0	NC	4		8.850	55.108	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.621	0.058	3	A	1		0.466	2.901	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	10.968	0.683	3	AS	1		8.226	51.219	
18:1 c.....g	10.711	0.677	3	A	1		8.033	50.022	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.256	0.009	3	A	1		0.192	1.197	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.194	0.015	3	A	1		0.145	0.904	
22:1 undifferentiated.....g	0.018	0.018	3	AS	1		0.014	0.084	
22:1 c.....g	0.018	0.018	3	A	1		0.014	0.084	
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.884		0	NC	4		2.913	18.139	
18:2 undifferentiated.....g	3.496	0.148	3	AS	1		2.622	16.324	
18:2 n-6 c,c.....g	3.394	0.147	3	A	1		2.545	15.850	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.102	0.007	3	A	1		0.076	0.475	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.182	0.014	3	AS	1		0.136	0.848	
18:3 n-3 c,c,c (ALA).....g	0.182	0.014	3	A	1		0.136	0.848	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.140	0.004	3	A	1		0.105	0.655	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.067	0.004	3	A	1		0.050	0.311	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.358		0	NC	4		0.268	1.671	
Fatty acids, total trans-monoenoic.....g	0.256		0	NC	4		0.192	1.197	
Fatty acids, total trans-polyenoic.....g	0.102		0	NC	4		0.076	0.475	

NDB No. 07037
Kielbasa, kolbassy, pork, beef, nonfat dry milk added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	66	1.889	3	A	1		50	310	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.138		1		1		0.104	0.644	
Threonine....g	0.432		1		1		0.324	2.017	
Isoleucine....g	0.639		1		1		0.479	2.984	
Leucine....g	0.874		1		1		0.656	4.082	
Lysine....g	1.010		1		1		0.758	4.717	
Methionine....g	0.276		1		1		0.207	1.289	
Cystine....g	0.225		1		1		0.169	1.051	
Phenylalanine....g	0.501		1		1		0.376	2.340	
Tyrosine....g	0.490		1		1		0.368	2.288	
Valine....g	0.639		1		1		0.479	2.984	
Arginine....g	0.942		1		1		0.707	4.399	
Histidine....g	0.314		1		1		0.236	1.466	
Alanine....g	0.848		0		4		0.636	3.960	
Aspartic acid....g	1.218		1		1		0.914	5.688	
Glutamic acid....g	1.618		1		1		1.214	7.556	
Glycine....g	1.039		1		1		0.779	4.852	
Proline....g	0.687		1		1		0.515	3.208	
Serine....g	0.530		1		1		0.398	2.475	
Hydroxyproline....g	0.215	0.018	3	A	1		0.161	1.002	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: 1 link

Measure 2 = 467g: 1 ring

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07038
Knackwurst, knockwurst, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.30		1	A	1		39.82	15.68	
Energy....kcal	307		0	NC	4		221	87	
Energy....kJ	1282		0	NC	4		923	364	
Protein (N x 6.25)....g	11.10		1	A	1		7.99	3.15	
Total lipid (fat)....g	27.70		1	A	1		19.94	7.85	
Ash....g	2.70		1	A	1		1.94	0.77	
Carbohydrate, by difference....g	3.20		0	NC	4		2.30	0.91	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.928	5		1		8	3	
Iron, Fe....mg	0.66		1	A	1		0.48	0.19	
Magnesium, Mg....mg	11	0.583	5		1		8	3	
Phosphorus, P....mg	98	6.135	5		1		71	28	
Potassium, K....mg	199	8.858	5		1		143	56	
Sodium, Na....mg	930		1	A	1		670	264	
Zinc, Zn....mg	1.66	0.103	5		1		1.20	0.47	
Copper, Cu....mg	0.060	0.011	5		1		0.043	0.017	
Manganese, Mn....mg	0.021		0		4		0.015	0.006	
Selenium, Se....mcg	13.5		0	RF	4		9.7	3.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin....mg	0.342	0.015	5		1		0.246	0.097	
Riboflavin....mg	0.140	0.006	5		1		0.101	0.040	
Niacin....mg	2.734	0.117	5		1		1.968	0.775	
Pantothenic acid....mg	0.320		1		1		0.230	0.091	
Vitamin B-6....mg	0.170	0.012	5		1		0.122	0.048	
Folate, total....mcg	2		0		4		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		4		1	1	
Folate, DFE....mcg_DFE	2		0	NC	4		1	1	
Choline, total....mg	55.0		0	BFNN	4		39.6	15.6	
Betaine....mg	2.4		0	BFNN	4		1.7	0.7	
Vitamin B-12....mcg	1.18	0.127	5		1		0.85	0.33	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	BFZN	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	BFZN	4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.57		0	NR	4		0.41	0.16	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	BFFN	4		0.8	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	44		0	BFFN	4		32	13	
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		1.2	0.5	
Lipids:									
Fatty acids, total saturated....g	10.210		0	NC	4		7.351	2.895	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07038
Knackwurst, knockwurst, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.110	0.055	5		1		0.079	0.031	
12:0....g	0.090	0.052	5		1		0.065	0.026	
13:0....g									
14:0....g	0.580	0.069	5		1		0.418	0.164	
15:0....g									
16:0....g	5.970	0.270	5		1		4.298	1.692	
17:0....g									
18:0....g	3.460	0.086	5		1		2.491	0.981	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.810		0	NC	4		9.223	3.632	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.280	0.042	5		1		0.922	0.363	
17:1....g									
18:1 undifferentiated....g	11.530	0.700	5		1		8.302	3.269	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.920		0	NC	4		2.102	0.828	
18:2 undifferentiated....g	2.480	0.223	5		1		1.786	0.703	
18:3 undifferentiated....g	0.440	0.085	5		1		0.317	0.125	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	60		1	A	1		43	17	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.138		0	BFZN	4		0.099	0.039	
Threonine....g	0.432		0	BFZN	4		0.311	0.122	
Isoleucine....g	0.639		0	BFZN	4		0.460	0.181	
Leucine....g	0.874		0	BFZN	4		0.629	0.248	
Lysine....g	1.010		0	BFZN	4		0.727	0.286	
Methionine....g	0.276		0	BFZN	4		0.199	0.078	
Cystine....g	0.225		0	BFZN	4		0.162	0.064	
Phenylalanine....g	0.501		0	BFZN	4		0.361	0.142	
Tyrosine....g	0.490		0	BFZN	4		0.353	0.139	
Valine....g	0.639		0	BFZN	4		0.460	0.181	
Arginine....g	0.942		0	BFZN	4		0.678	0.267	
Histidine....g	0.314		0	BFZN	4		0.226	0.089	
Alanine....g	0.848		0	BFZN	4		0.611	0.240	
Aspartic acid....g	1.218		0	BFZN	4		0.877	0.345	
Glutamic acid....g	1.618		0	BFZN	4		1.165	0.459	
Glycine....g	1.039		0	BFZN	4		0.748	0.295	
Proline....g	0.687		0	BFZN	4		0.495	0.195	
Serine....g	0.530		0	BFZN	4		0.382	0.150	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07038
Knackwurst, knockwurst, pork, beef

Common Measures:

Measure 1 = 72g: 1 link

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07251
LOUIS RICH, Chicken (white, oven roasted)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.50	0.349	21	A	1		20.02		
Energy....kcal	128		0	MC	9		36		
Energy....kJ	536				9		150		
Protein....g	17.00	0.196	21	A	1		4.76		
Total lipid (fat)....g	5.60	0.371	21	A	1		1.57		
Ash....g	3.60	0.024	18	A	1		1.01		
Carbohydrate, by difference....g	2.30		0	MC	9		0.64		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.00	0.058	3	A	1		0.28		
Starch....g									
Minerals:									
Calcium, Ca....mg	17	3.578	5	A	1		5		
Iron, Fe....mg	1.58	0.085	5	A	1		0.44		
Magnesium, Mg....mg	24	1.029	5	MA	12		7		
Phosphorus, P....mg	248	4.025	5	MA	12		69		
Potassium, K....mg	302	17.441	5	MA	12		85		
Sodium, Na....mg	1196	19.500	16	A	1		335		
Zinc, Zn....mg	1.13	0.429	5	MA	12		0.32		
Copper, Cu....mg	0.230	0.031	5	MA	12		0.064		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.452		0	A	1		0.407		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	5	A	1		0.000		
13:0....g									
14:0....g	0.037	0.003	5	A	1		0.010		
15:0....g									
16:0....g	1.120	0.122	5	A	1		0.314		
17:0....g									
18:0....g	0.295	0.027	5	A	1		0.083		
20:0....g									

NDB No. 07251
LOUIS RICH, Chicken (white, oven roasted)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.336		0	A	1		0.654		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.383	0.083	5	A	1		0.107		
17:1 g									
18:1 undifferentiated g	1.953	0.240	5	A	1		0.547		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.973		0	A	1		0.272		
18:2 undifferentiated g	0.928	0.069	5	A	1		0.260		
18:3 undifferentiated g	0.044	0.007	5	A	1		0.012		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	59	1.213	17	A	1		17		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07250
LOUIS RICH, Chicken Breast (oven roasted deluxe)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.70	0.091	30	A	1		20.64		
Energy....kcal	101		0	MC	9		28		
Energy....kJ	423				9		118		
Protein....g	18.30	0.110	30	A	1		5.12		
Total lipid (fat)....g	2.00	0.055	30	A	1		0.56		
Ash....g	3.50	0.018	30	A	1		0.98		
Carbohydrate, by difference....g	2.50		0	MC	9		0.70		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.50		2	A	1		0.42		
Starch....g									
Minerals:									
Calcium, Ca....mg	7	1.061	8	A	1		2		
Iron, Fe....mg	1.15	0.156	8	A	1		0.32		
Magnesium, Mg....mg	24	2.227	8	MA	12		7		
Phosphorus, P....mg	266	3.182	8	MA	12		74		
Potassium, K....mg	265	10.253	8	MA	12		74		
Sodium, Na....mg	1188	8.398	30	A	1		333		
Zinc, Zn....mg	0.73	0.067	8	MA	12		0.20		
Copper, Cu....mg	0.230	0.032	8	MA	12		0.064		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.541		0	A	1		0.151		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	8	A	1		0.000		
13:0....g									
14:0....g	0.019	0.004	8	A	1		0.005		
15:0....g									
16:0....g	0.417	0.042	8	A	1		0.117		
17:0....g									
18:0....g	0.106	0.009	8	A	1		0.030		
20:0....g									

NDB No. 07250
LOUIS RICH, Chicken Breast (oven roasted deluxe)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.821		0	A	1		0.230		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.143	0.016	8	A	1		0.040		
17:1 ... g									
18:1 undifferentiated ... g	0.678	0.059	8	A	1		0.190		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.317		0	A	1		0.089		
18:2 undifferentiated ... g	0.305	0.022	8	A	1		0.085		
18:3 undifferentiated ... g	0.012	0.002	8	A	1		0.003		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	49	1.549	15	A	1		14		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07249
LOUIS RICH, Chicken Breast Classic Baked /Grill (carving board)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.90	0.159	32	A	1		32.81	16.04	
Energy....kcal	98		0	MC	9		44	22	
Energy....kJ	410				9		185	90	
Protein....g	19.70	0.654	32	A	1		8.87	4.33	
Total lipid (fat)....g	0.50	0.035	32	A	1		0.23	0.11	
Ash....g	3.30	0.089	5	A	1		1.49	0.73	
Carbohydrate, by difference....g	3.70		0	MC	9		1.67	0.81	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	0.70	0.045	5	A	1		0.32	0.15	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.447	5	A	1		4	2	
Iron, Fe....mg	1.28	0.165	5	A	1		0.58	0.28	
Magnesium, Mg....mg	32	0.805	5	MA	12		14	7	
Phosphorus, P....mg	282	2.683	5	MA	12		127	62	
Potassium, K....mg	291	11.180	5	MA	12		131	64	
Sodium, Na....mg	1142	37.566	5	A	1		514	251	
Zinc, Zn....mg	0.88	0.134	5	MA	12		0.40	0.19	
Copper, Cu....mg	0.240	0.027	5	MA	12		0.108	0.053	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.162		0	A	1		0.073	0.036	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.007	0.003	5	A	1		0.003	0.002	
13:0....g									
14:0....g	0.007	0.000	5	A	1		0.003	0.002	
15:0....g									
16:0....g	0.111	0.027	5	A	1		0.050	0.024	
17:0....g									
18:0....g	0.037	0.013	5	A	1		0.017	0.008	
20:0....g									

NDB No. 07249
LOUIS RICH, Chicken Breast Classic Baked /Grill (carving board)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.177		0	A	1		0.080	0.039	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022	0.003	5	A	1		0.010	0.005	
17:1....g									
18:1 undifferentiated....g	0.155	0.043	5	A	1		0.070	0.034	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.081		0	A	1		0.036	0.018	
18:2 undifferentiated....g	0.081	0.020	5	A	1		0.036	0.018	
18:3 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	52	1.342	5	A	1		23	11	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 serving

Measure 2 = 22g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07252
LOUIS RICH, Franks (turkey and chicken cheese)

frankfurter, hot dog, wiener
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	63.90	0.164	30	A	1		28.76		
Energy....kcal	201		0	MC	9		90		
Energy....kJ	841				9		378		
Protein....g	12.70	0.091	30	A	1		5.72		
Total lipid (fat)....g	14.50	0.183	30	A	1		6.53		
Ash....g	3.80	0.115	3	A	1		1.71		
Carbohydrate, by difference....g	5.10		0	MC	9		2.30		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.70	0.173	3	A	1		0.77		
Starch....g									
Minerals:									
Calcium, Ca....mg	243	17.321	3	A	1		109		
Iron, Fe....mg	2.11	0.081	3	A	1		0.95		
Magnesium, Mg....mg	22	1.559	3	MA	12		10		
Phosphorus, P....mg	204	9.815	3	MA	12		92		
Potassium, K....mg	158	9.815	3	MA	12		71		
Sodium, Na....mg	1070	68.127	3	A	1		482		
Zinc, Zn....mg	1.80	0.127	3	MA	12		0.81		
Copper, Cu....mg	0.200	0.029	3	MA	12		0.090		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.190		0	A	1		2.336		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.100	0.012	3	A	1		0.045		
13:0....g									
14:0....g	0.430	0.029	3	A	1		0.194		
15:0....g									
16:0....g	3.480	0.064	3	A	1		1.566		
17:0....g									
18:0....g	1.180	0.040	3	A	1		0.531		
20:0....g									

NDB No. 07252
LOUIS RICH, Franks (turkey and chicken cheese)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.220		0	A	1		2.799		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.760	0.029	3	A	1		0.342		
17:1 ... g									
18:1 undifferentiated ... g	5.460	0.196	3	A	1		2.457		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.980		0	A	1		1.341		
18:2 undifferentiated ... g	2.830	0.266	3	A	1		1.274		
18:3 undifferentiated ... g	0.150	0.017	3	A	1		0.068		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	94	7.506	3	A	1		42		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07253
LOUIS RICH, Franks (turkey and chicken)

frankfurter, hot dog, wiener
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.90	0.099	102	A	1		30.11		
Energy....kcal	188		0	MC	9		85		
Energy....kJ	787				9		354		
Protein....g	11.20	0.050	102	A	1		5.04		
Total lipid (fat)....g	13.50	0.119	102	A	1		6.08		
Ash....g	3.10	0.134	5	A	1		1.40		
Carbohydrate, by difference....g	5.30		0	MC	9		2.39		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.50	0.268	5	A	1		0.68		
Starch....g									
Minerals:									
Calcium, Ca....mg	131	7.603	5	A	1		59		
Iron, Fe....mg	2.18	0.157	5	A	1		0.98		
Magnesium, Mg....mg	23	1.476	5	MA	12		10		
Phosphorus, P....mg	147	6.261	5	MA	12		66		
Potassium, K....mg	160	5.814	5	MA	12		72		
Sodium, Na....mg	1136		2	A	1		511		
Zinc, Zn....mg	1.86	0.063	5	MA	12		0.84		
Copper, Cu....mg	0.220	0.009	5	MA	12		0.099		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.839		0	A	1		1.728		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.009	0.004	5	A	1		0.004		
13:0....g									
14:0....g	0.123	0.008	5	A	1		0.055		
15:0....g									
16:0....g	2.829	0.145	5	A	1		1.273		
17:0....g									
18:0....g	0.879	0.035	5	A	1		0.396		
20:0....g									

NDB No. 07253
LOUIS RICH, Franks (turkey and chicken)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.553		0	A	1		2.499		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.712	0.078	5	A	1		0.320		
17:1....g									
18:1 undifferentiated....g	4.841	0.272	5	A	1		2.178		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.163		0	A	1		1.423		
18:2 undifferentiated....g	3.022	0.205	5	A	1		1.360		
18:3 undifferentiated....g	0.141	0.011	5	A	1		0.063		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	92	1.789	5	A	1		41		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07258
LOUIS RICH, Turkey (honey roasted, fat free)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.00	0.235	26	A	1		40.32		
Energy....kcal	102		0	MC	9		57		
Energy....kJ	427				9		239		
Protein....g	19.30	0.333	26	A	1		10.81		
Total lipid (fat)....g	0.80	0.068	35	A	1		0.45		
Ash....g	3.50	0.106	8	A	1		1.96		
Carbohydrate, by difference....g	4.50		0	MC	9		2.52		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	3.90	0.450	4	A	1		2.18		
Starch....g									
Minerals:									
Calcium, Ca....mg	15	3.889	8	A	1		8		
Iron, Fe....mg	1.11	0.106	8	A	1		0.62		
Magnesium, Mg....mg	28	2.263	8	MA	12		16		
Phosphorus, P....mg	276	12.728	8	MA	12		155		
Potassium, K....mg	262	15.203	8	MA	12		147		
Sodium, Na....mg	1180	48.083	8	A	1		661		
Zinc, Zn....mg	1.00	0.071	8	MA	12		0.56		
Copper, Cu....mg	0.220	0.028	8	MA	12		0.123		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.234		0	A	1		0.131		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	8	A	1		0.000		
13:0....g									
14:0....g	0.005	0.002	8	A	1		0.003		
15:0....g									
16:0....g	0.154	0.034	8	A	1		0.086		
17:0....g									
18:0....g	0.074	0.017	8	A	1		0.041		
20:0....g									

NDB No. 07258
LOUIS RICH, Turkey (honey roasted, fat free)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.239		0	A	1		0.134		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.021	0.007	8	A	1		0.012		
17:1 ... g									
18:1 undifferentiated ... g	0.218	0.053	8	A	1		0.122		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.143		0	A	1		0.080		
18:2 undifferentiated ... g	0.138	0.030	8	A	1		0.077		
18:3 undifferentiated ... g	0.005	0.002	8	A	1		0.003		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	40	3.024	7	A	1		22		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07254
LOUIS RICH, Turkey Bacon
Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.00	0.400	45	A	1		8.26		
Energy....kcal	250		0	NC	4		35		
Energy....kJ	1046		0	NC	4		146		
Protein (N x 6.25)....g	15.10	0.300	45	A	1		2.11		
Total lipid (fat)....g	20.30	0.900	45	A	1		2.84		
Ash....g	3.90	0.000	6	A	1		0.55		
Carbohydrate, by difference....g	1.70		0	NC	4		0.24		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.80		2	A	1		0.25		
Starch....g									
Minerals:									
Calcium, Ca....mg	40	2.683	5	A	1		6		
Iron, Fe....mg	1.45	0.031	5	A	1		0.20		
Magnesium, Mg....mg	19	1.163	5	MA	12		3		
Phosphorus, P....mg	199	5.367	5	MA	12		28		
Potassium, K....mg	208	5.814	5	MA	12		29		
Sodium, Na....mg	1213	103.000	9	A	1		170		
Zinc, Zn....mg	2.52	0.067	5	MA	12		0.35		
Copper, Cu....mg	0.250	0.013	5	MA	12		0.035		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	8		0	BFZN	4		1		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	8		0	BFZN	4		1		
Folate, DFE....mcg_DFE	8		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.270		0	A	1		0.738		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07254
LOUIS RICH, Turkey Bacon

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.020	0.004	5	A	1		0.003		
13:0....g									
14:0....g	0.190	0.009	5	A	1		0.027		
15:0....g									
16:0....g	3.790	0.170	5	A	1		0.531		
17:0....g									
18:0....g	1.270	0.031	5	A	1		0.178		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.510		0	A	1		1.051		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.680	0.125	5	A	1		0.095		
17:1....g									
18:1 undifferentiated....g	6.830	0.072	5	A	1		0.956		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.700		0	A	1		0.658		
18:2 undifferentiated....g	4.530	0.134	5	A	1		0.634		
18:3 undifferentiated....g	0.170	0.018	5	A	1		0.024		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	90	1.300	6	A	1		13		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07255
LOUIS RICH, Turkey Bologna

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.55	0.150	112	A	1		18.91		
Energy....kcal	184		1	JO	11		51		
Energy....kJ	770				9		216		
Protein (N x 6.25)....g	11.30	0.100	112	A	1		3.16		
Total lipid (fat)....g	13.20	0.000	112	A	1		3.70		
Ash....g	3.10	0.200	10	A	1		0.87		
Carbohydrate, by difference....g	4.85		1	JO	11		1.36		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.20	0.151	7	A	1		0.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	124	20.506	8	A	1		35		
Iron, Fe....mg	1.64	0.095	8	A	1		0.46		
Magnesium, Mg....mg	22	1.626	8	MA	12		6		
Phosphorus, P....mg	196	6.010	8	MA	12		55		
Potassium, K....mg	152	8.132	8	MA	12		43		
Sodium, Na....mg	1077	113.000	9	A	1		302		
Zinc, Zn....mg	1.85	0.103	8	MA	12		0.52		
Copper, Cu....mg	0.180	0.007	8	MA	12		0.050		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	6		0	BFZN	4		2		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	6		0	BFZN	4		2		
Folate, DFE....mcg_DFE	6		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.790		0	A	1		1.061		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07255
LOUIS RICH, Turkey Bologna

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.010	0.004	8	A	1		0.003		
13:0....g									
14:0....g	0.140	0.014	8	A	1		0.039		
15:0....g									
16:0....g	2.690	0.194	8	A	1		0.753		
17:0....g									
18:0....g	0.950	0.060	8	A	1		0.266		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.310		0	A	1		1.487		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.540	0.064	8	A	1		0.151		
17:1....g									
18:1 undifferentiated....g	4.770	0.230	8	A	1		1.336		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.590		0	A	1		1.005		
18:2 undifferentiated....g	3.350	0.152	8	A	1		0.938		
18:3 undifferentiated....g	0.240	0.060	8	A	1		0.067		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	67	1.000	9	A	1		19		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07261
LOUIS RICH, Turkey Breast (Smoked, Carving Board)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.30	0.122	24	A	1		33.44	16.35	
Energy....kcal	94		0	MC	9		42	21	
Energy....kJ	393				9		177	87	
Protein....g	19.70	0.122	24	A	1		8.87	4.33	
Total lipid (fat)....g	1.00	0.061	24	A	1		0.45	0.22	
Ash....g	3.50	0.045	5	A	1		1.58	0.77	
Carbohydrate, by difference....g	1.60		0	MC	9		0.72	0.35	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	0.30	0.050	4	A	1		0.14	0.07	
Starch....g									
Minerals:									
Calcium, Ca....mg	15	3.130	5	A	1		7	3	
Iron, Fe....mg	1.47	0.072	5	A	1		0.66	0.32	
Magnesium, Mg....mg	31	0.805	5	MA	12		14	7	
Phosphorus, P....mg	318	7.603	5	MA	12		143	70	
Potassium, K....mg	312	2.683	5	MA	12		140	69	
Sodium, Na....mg	1201	28.622	5	A	1		540	264	
Zinc, Zn....mg	0.95	0.022	5	MA	12		0.43	0.21	
Copper, Cu....mg	0.170	0.022	5	MA	12		0.077	0.037	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.300		0	A	1		0.135	0.066	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.030	0.013	5	A	1		0.014	0.007	
13:0....g									
14:0....g	0.020	0.004	5	A	1		0.009	0.004	
15:0....g									
16:0....g	0.180	0.045	5	A	1		0.081	0.040	
17:0....g									
18:0....g	0.070	0.027	5	A	1		0.032	0.015	
20:0....g									

NDB No. 07261
LOUIS RICH, Turkey Breast (Smoked, Carving Board)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.330		0	A	1		0.149	0.073	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.050	0.013	5	A	1		0.023	0.011	
17:1....g									
18:1 undifferentiated....g	0.280	0.072	5	A	1		0.126	0.062	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.190		0	A	1		0.086	0.042	
18:2 undifferentiated....g	0.180	0.036	5	A	1		0.081	0.040	
18:3 undifferentiated....g	0.010	0.000	5	A	1		0.005	0.002	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	43	0.447	5	A	1		19	9	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 serving

Measure 2 = 22g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07259
LOUIS RICH, Turkey Breast (oven roasted, fat free)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.50	0.088	32	A	1		21.42		
Energy....kcal	84		0	MC	9		24		
Energy....kJ	351				9		98		
Protein....g	15.00	0.106	32	A	1		4.20		
Total lipid (fat)....g	0.70	0.018	32	A	1		0.20		
Ash....g	3.30	0.055	13	A	1		0.92		
Carbohydrate, by difference....g	4.50		0	MC	9		1.26		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.70	0.115	3	A	1		0.48		
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.500	4	A	1		3		
Iron, Fe....mg	1.11	0.055	4	A	1		0.31		
Magnesium, Mg....mg	27	0.750	4	MA	12		8		
Phosphorus, P....mg	232	4.500	4	MA	12		65		
Potassium, K....mg	205	4.082	6	MA	12		57		
Sodium, Na....mg	1192	19.053	12	A	1		334		
Zinc, Zn....mg	0.86	0.030	4	MA	12		0.24		
Copper, Cu....mg	0.250	0.055	4	MA	12		0.070		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.205		0	A	1		0.057		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.007	0.003	4	A	1		0.002		
13:0....g									
14:0....g	0.007	0.000	4	A	1		0.002		
15:0....g									
16:0....g	0.130	0.017	4	A	1		0.036		
17:0....g									
18:0....g	0.061	0.007	4	A	1		0.017		
20:0....g									

NDB No. 07259
LOUIS RICH, Turkey Breast (oven roasted, fat free)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.198		0	A	1		0.055		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014	0.003	4	A	1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.184	0.027	4	A	1		0.052		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.136		0	A	1		0.038		
18:2 undifferentiated.....g	0.130	0.010	4	A	1		0.036		
18:3 undifferentiated.....g	0.007	0.000	4	A	1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	32	1.500	4	A	1		9		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07260
LOUIS RICH, Turkey Breast (oven roasted, portion fat free)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.80	0.164	30	A	1		41.89		
Energy....kcal	90		0	MC	9		50		
Energy....kJ	377				9		211		
Protein....g	19.10	0.274	30	A	1		10.70		
Total lipid (fat)....g	0.70	0.042	51	A	1		0.39		
Ash....g	3.50	0.055	13	A	1		1.96		
Carbohydrate, by difference....g	1.90		0	MC	9		1.06		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.40	0.167	9	A	1		0.22		
Starch....g									
Minerals:									
Calcium, Ca....mg	17	2.219	13	A	1		10		
Iron, Fe....mg	1.11	0.089	13	A	1		0.62		
Magnesium, Mg....mg	29	1.692	13	MA	12		16		
Phosphorus, P....mg	285	10.262	13	MA	12		160		
Potassium, K....mg	268	11.371	13	MA	12		150		
Sodium, Na....mg	1177	38.274	13	A	1		659		
Zinc, Zn....mg	0.96	0.097	13	MA	12		0.54		
Copper, Cu....mg	0.200	0.019	13	MA	12		0.112		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.207		0	A	1		0.116		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	13	A	1		0.000		
13:0....g									
14:0....g	0.007	0.000	13	A	1		0.004		
15:0....g									
16:0....g	0.133	0.016	13	A	1		0.074		
17:0....g									
18:0....g	0.066	0.008	13	A	1		0.037		
20:0....g									

NDB No. 07260
LOUIS RICH, Turkey Breast (oven roasted, portion fat free)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.199		0	A	1		0.111		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.015	0.002	13	A	1		0.008		
17:1 ... g									
18:1 undifferentiated ... g	0.185	0.021	13	A	1		0.104		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.133		0	A	1		0.074		
18:2 undifferentiated ... g	0.126	0.014	13	A	1		0.071		
18:3 undifferentiated ... g	0.007	0.002	13	A	1		0.004		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	40	1.732	12	A	1		22		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07262
LOUIS RICH, Turkey Breast (smoked, portion fat free)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.00	0.146	30	A	1		41.44		
Energy....kcal	93		0	MC	9		52		
Energy....kJ	389				9		218		
Protein....g	19.30	0.237	30	A	1		10.81		
Total lipid (fat)....g	0.80	0.043	49	A	1		0.45		
Ash....g	3.80	0.095	10	A	1		2.13		
Carbohydrate, by difference....g	2.20		0	MC	9		1.23		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.60	0.245	6	A	1		0.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	16	2.667	9	A	1		9		
Iron, Fe....mg	1.12	0.100	9	A	1		0.63		
Magnesium, Mg....mg	27	2.067	9	MA	12		15		
Phosphorus, P....mg	302	12.965	10	MA	12		169		
Potassium, K....mg	288	13.914	10	MA	12		161		
Sodium, Na....mg	1288	39.212	10	A	1		721		
Zinc, Zn....mg	0.88	0.043	9	MA	12		0.49		
Copper, Cu....mg	0.200	0.023	9	MA	12		0.112		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.234		0	A	1		0.131		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	10	A	1		0.000		
13:0....g									
14:0....g	0.007	0.002	10	A	1		0.004		
15:0....g									
16:0....g	0.149	0.018	10	A	1		0.083		
17:0....g									
18:0....g	0.078	0.009	10	A	1		0.044		
20:0....g									

NDB No. 07262
LOUIS RICH, Turkey Breast (smoked, portion fat free)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.219		0	A	1		0.123		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014	0.002	10	A	1		0.008		
17:1....g									
18:1 undifferentiated....g	0.205	0.025	10	A	1		0.115		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.163		0	A	1		0.091		
18:2 undifferentiated....g	0.156	0.018	10	A	1		0.087		
18:3 undifferentiated....g	0.007	0.002	10	A	1		0.004		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	41	2.000	9	A	1		23		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07256
LOUIS RICH, Turkey Breast and White Turkey (oven roasted)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.75	0.050	103	A	1		20.93		
Energy....kcal	99		0	NC	4		28		
Energy....kJ	416		0	NC	4		116		
Protein (N x 6.25)....g	17.10	0.600	103	A	1		4.79		
Total lipid (fat)....g	2.00	0.100	103	A	1		0.56		
Ash....g	2.95	0.350	12	A	1		0.83		
Carbohydrate, by difference....g	3.25		1	JO	11		0.91		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.80	0.100	4	A	1		0.22		
Starch....g									
Minerals:									
Calcium, Ca....mg	6	1.000	9	A	1		2		
Iron, Fe....mg	0.99	0.087	9	A	1		0.28		
Magnesium, Mg....mg	22	1.800	9	MA	12		6		
Phosphorus, P....mg	251	10.000	9	MA	12		70		
Potassium, K....mg	222	4.427	10	MA	12		62		
Sodium, Na....mg	966	138.500	15	A	1		270		
Zinc, Zn....mg	0.95	0.053	9	MA	12		0.27		
Copper, Cu....mg	0.170	0.030	9	MA	12		0.048		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	6		0	BFZN	4		2		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	6		0	BFZN	4		2		
Folate, DFE....mcg_DFE	6		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.468		0	A	1		0.131		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07256
LOUIS RICH, Turkey Breast and White Turkey (oven roasted)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g	0.006	0.002	9	A	1		0.002		
13:0 ... g									
14:0 ... g	0.018	0.004	9	A	1		0.005		
15:0 ... g									
16:0 ... g	0.334	0.041	9	A	1		0.094		
17:0 ... g									
18:0 ... g	0.111	0.018	9	A	1		0.031		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.585		0	A	1		0.164		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.059	0.010	9	A	1		0.017		
17:1 ... g									
18:1 undifferentiated ... g	0.527	0.068	9	A	1		0.148		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.410		0	A	1		0.115		
18:2 undifferentiated ... g	0.392	0.043	9	A	1		0.110		
18:3 undifferentiated ... g	0.018	0.002	9	A	1		0.005		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	41	2.650	24	A	1		11		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07257
LOUIS RICH, Turkey Breast and White Turkey (smoked sliced)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.80	0.123	42	A	1		20.94		
Energy....kcal	100		0	MC	9		28		
Energy....kJ	418				9		117		
Protein....g	17.60	0.123	42	A	1		4.93		
Total lipid (fat)....g	2.30	0.077	42	A	1		0.64		
Ash....g	3.00	0.038	7	A	1		0.84		
Carbohydrate, by difference....g	2.40		0	MC	9		0.67		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.10	0.245	6	A	1		0.31		
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.816	6	A	1		3		
Iron, Fe....mg	0.75	0.041	6	A	1		0.21		
Magnesium, Mg....mg	35	1.347	6	MA	12		10		
Phosphorus, P....mg	261	3.674	6	MA	12		73		
Potassium, K....mg	262	5.307	6	MA	12		73		
Sodium, Na....mg	919	15.497	7	A	1		257		
Zinc, Zn....mg	0.96	0.057	6	MA	12		0.27		
Copper, Cu....mg	0.230	0.012	6	MA	12		0.064		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.630		0	A	1		0.176		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010	0.008	6	A	1		0.003		
13:0....g									
14:0....g	0.030	0.004	6	A	1		0.008		
15:0....g									
16:0....g	0.410	0.029	6	A	1		0.115		
17:0....g									
18:0....g	0.180	0.012	6	A	1		0.050		
20:0....g									

NDB No. 07257
LOUIS RICH, Turkey Breast and White Turkey (smoked sliced)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.740		0	A	1		0.207		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.070	0.016	6	A	1		0.020		
17:1 ... g									
18:1 undifferentiated ... g	0.670	0.049	6	A	1		0.188		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.510		0	A	1		0.143		
18:2 undifferentiated ... g	0.470	0.045	6	A	1		0.132		
18:3 undifferentiated ... g	0.040	0.016	6	A	1		0.011		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	42	2.449	6	A	1		12		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07264
LOUIS RICH, Turkey Ham (10% water added)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.10	0.159	32	A	1		20.47		
Energy....kcal	113		0	MC	9		32		
Energy....kJ	473				9		132		
Protein....g	18.20	0.106	32	A	1		5.10		
Total lipid (fat)....g	4.10	0.141	32	A	1		1.15		
Ash....g	3.70	0.077	15	A	1		1.04		
Carbohydrate, by difference....g	0.90		0	MC	9		0.25		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.90	0.200	4	A	1		0.25		
Starch....g									
Minerals:									
Calcium, Ca....mg	5	0.603	11	A	1		1		
Iron, Fe....mg	1.27	0.051	11	A	1		0.36		
Magnesium, Mg....mg	22	1.357	11	MA	12		6		
Phosphorus, P....mg	294	9.045	11	MA	12		82		
Potassium, K....mg	290	6.633	11	MA	12		81		
Sodium, Na....mg	1127	25.500	4	A	1		316		
Zinc, Zn....mg	2.59	0.099	11	MA	12		0.73		
Copper, Cu....mg	0.250	0.015	11	MA	12		0.070		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.060		0	A	1		0.297		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	11	A	1		0.000		
13:0....g									
14:0....g	0.040	0.003	11	A	1		0.011		
15:0....g									
16:0....g	0.680	0.042	11	A	1		0.190		
17:0....g									
18:0....g	0.340	0.021	11	A	1		0.095		
20:0....g									

NDB No. 07264
LOUIS RICH, Turkey Ham (10% water added)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.140		0	A	1		0.319		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.100	0.009	11	A	1		0.028		
17:1 ... g									
18:1 undifferentiated ... g	1.040	0.072	11	A	1		0.291		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.700		0	A	1		0.196		
18:2 undifferentiated ... g	0.670	0.075	11	A	1		0.188		
18:3 undifferentiated ... g	0.030	0.003	11	A	1		0.008		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	67	2.840	15	A	1		19		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07265
LOUIS RICH, Turkey Nuggets/Sticks (breaded)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.70	0.243	17	A	1		14.20	43.10	
Energy....kcal	276		0	MC	9		77	235	
Energy....kJ	1155				9		323	982	
Protein....g	14.30	0.243	17	A	1		4.00	12.16	
Total lipid (fat)....g	17.50	0.218	17	A	1		4.90	14.88	
Ash....g	2.10	0.024	17	A	1		0.59	1.79	
Carbohydrate, by difference....g	15.40		0	MC	9		4.31	13.09	
Fiber, total dietary....g	0.5		0	MC	9		0.1	0.4	
Sugars, total....g	0.00	0.000	3	A	1		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	1.512	7	A	1		3	8	
Iron, Fe....mg	0.87	0.087	7	A	1		0.24	0.74	
Magnesium, Mg....mg	21	1.328	3	MA	12		6	18	
Phosphorus, P....mg	197	6.928	3	MA	12		55	167	
Potassium, K....mg	176	2.910	17	MA	12		49	150	
Sodium, Na....mg	679	11.157	17	A	1		190	577	
Zinc, Zn....mg	1.84	0.029	3	MA	12		0.52	1.56	
Copper, Cu....mg	0.290	0.029	3	MA	12		0.081	0.247	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.390		0	A	1		0.949	2.882	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	7	A	1		0.000	0.000	
13:0....g									
14:0....g	0.060	0.008	7	A	1		0.017	0.051	
15:0....g									
16:0....g	2.270	0.083	7	A	1		0.636	1.930	
17:0....g									
18:0....g	1.060	0.110	7	A	1		0.297	0.901	
20:0....g									

NDB No. 07265
LOUIS RICH, Turkey Nuggets/Sticks (breaded)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.190		0	A	1		2.293	6.962	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.210	0.030	7	A	1		0.059	0.179	
17:1 ... g									
18:1 undifferentiated ... g	7.980	0.684	7	A	1		2.234	6.783	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	5.480		0	A	1		1.534	4.658	
18:2 undifferentiated ... g	4.840	0.476	7	A	1		1.355	4.114	
18:3 undifferentiated ... g	0.640	0.212	7	A	1		0.179	0.544	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	40	1.512	7	A	1		11	34	
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 piece

Measure 2 = 85g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07266
LOUIS RICH, Turkey Salami

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.90	0.201	20	A	1		20.13		
Energy....kcal	147		0	MC	9		41		
Energy....kJ	615				9		172		
Protein....g	15.30	0.089	20	A	1		4.28		
Total lipid (fat)....g	9.40	0.268	20	A	1		2.63		
Ash....g	3.10	0.050	4	A	1		0.87		
Carbohydrate, by difference....g	0.40		0	MC	9		0.11		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.40		2	A	1		0.11		
Starch....g									
Minerals:									
Calcium, Ca....mg	40	13.500	4	A	1		11		
Iron, Fe....mg	1.25	0.210	4	A	1		0.35		
Magnesium, Mg....mg	22	1.950	4	MA	12		6		
Phosphorus, P....mg	266	5.500	4	MA	12		74		
Potassium, K....mg	216	6.000	4	MA	12		60		
Sodium, Na....mg	1004	19.000	4	A	1		281		
Zinc, Zn....mg	2.32	0.120	4	MA	12		0.65		
Copper, Cu....mg	0.190	0.065	4	MA	12		0.053		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.783		0	A	1		0.779		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.017	0.009	4	A	1		0.005		
13:0....g									
14:0....g	0.121	0.013	4	A	1		0.034		
15:0....g									
16:0....g	1.988	0.086	4	A	1		0.557		
17:0....g									
18:0....g	0.657	0.013	4	A	1		0.184		
20:0....g									

NDB No. 07266
LOUIS RICH, Turkey Salami

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.146		0	A	1		0.881		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.268	0.013	4	A	1		0.075		
17:1 ... g									
18:1 undifferentiated ... g	2.878	0.073	4	A	1		0.806		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.342		0	A	1		0.656		
18:2 undifferentiated ... g	2.291	0.164	4	A	1		0.641		
18:3 undifferentiated ... g	0.052	0.035	4	A	1		0.015		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	76	1.000	4	A	1		21		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07267
LOUIS RICH, Turkey Salami Cotto

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.40	0.146	47	A	1		19.99		
Energy....kcal	149		0	MC	9		42		
Energy....kJ	623				9		175		
Protein....g	15.00	0.102	47	A	1		4.20		
Total lipid (fat)....g	9.50	0.190	47	A	1		2.66		
Ash....g	3.20	0.038	7	A	1		0.90		
Carbohydrate, by difference....g	0.90		0	MC	9		0.25		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.40		2	A	1		0.11		
Starch....g									
Minerals:									
Calcium, Ca....mg	31	4.025	5	A	1		9		
Iron, Fe....mg	1.64	0.183	5	A	1		0.46		
Magnesium, Mg....mg	21	1.029	5	MA	12		6		
Phosphorus, P....mg	272	12.075	5	MA	12		76		
Potassium, K....mg	220	4.919	5	MA	12		62		
Sodium, Na....mg	1018	20.412	6	A	1		285		
Zinc, Zn....mg	2.35	0.080	5	MA	12		0.66		
Copper, Cu....mg	0.360	0.107	5	MA	12		0.101		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.900		0	A	1		0.812		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.100	0.005	4	A	1		0.028		
15:0....g									
16:0....g	2.140	0.060	4	A	1		0.599		
17:0....g									
18:0....g	0.660	0.030	4	A	1		0.185		
20:0....g									

NDB No. 07267
LOUIS RICH, Turkey Salami Cotto

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	3.920		0	A	1		1.098		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.470	0.065	4	A	1		0.132		
17:1 ... g									
18:1 undifferentiated ... g	3.450	0.070	4	A	1		0.966		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.330		0	A	1		0.652		
18:2 undifferentiated ... g	2.220	0.065	4	A	1		0.622		
18:3 undifferentiated ... g	0.110	0.040	4	A	1		0.031		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	77	2.041	6	A	1		22		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07268
LOUIS RICH, Turkey Smoked Sausage

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.10	0.000	34	A	1		38.70		
Energy	kcal	161		0	NC	4		90		
Energy	kJ	673		0	NC	4		377		
Protein (N x 6.25)	g	14.80	0.400	34	A	1		8.29		
Total lipid (fat)	g	9.90	0.300	34	A	1		5.54		
Ash	g	3.00	0.100	10	A	1		1.68		
Carbohydrate, by difference	g	3.15		1	JO	11		1.76		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	2.80	0.224	5	A	1		1.57		
Starch	g									
Minerals:										
Calcium, Ca	mg	26	6.000	9	A	1		15		
Iron, Fe	mg	1.38	0.040	9	A	1		0.77		
Magnesium, Mg	mg	21	1.330	9	MA	12		12		
Phosphorus, P	mg	204	18.333	9	MA	12		114		
Potassium, K	mg	201	5.667	9	MA	12		113		
Sodium, Na	mg	946	25.500	10	A	1		529		
Zinc, Zn	mg	2.15	0.060	9	MA	12		1.20		
Copper, Cu	mg	0.170	0.033	9	MA	12		0.095		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	6		0	BFZN	4		3		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	6		0	BFZN	4		3		
Folate, DFE	mcg_DFE	6		0	NC	4		3		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	MC	9		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.670		0	A	1		1.495		
4:0	g									
6:0	g									
8:0	g									

NDB No. 07268
LOUIS RICH, Turkey Smoked Sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.010	0.003	9	A	1		0.006		
13:0 g									
14:0 g	0.100	0.010	9	A	1		0.056		
15:0 g									
16:0 g	1.840	0.097	9	A	1		1.030		
17:0 g									
18:0 g	0.720	0.030	9	A	1		0.403		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.560		0	A	1		1.994		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.410	0.050	9	A	1		0.230		
17:1 g									
18:1 undifferentiated g	3.150	0.187	9	A	1		1.764		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.680		0	A	1		1.501		
18:2 undifferentiated g	2.420	0.160	9	A	1		1.355		
18:3 undifferentiated g	0.260	0.053	9	A	1		0.146		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	66	1.650	8	A	1		37		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07039
Lebanon bologna, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.77		0	MC	9		37.49	18.65	37.49
Energy....kcal	172		0	NC	4		98	49	98
Energy....kJ	719		0	NC	4		410	204	410
Protein (N x 6.25)....g	19.03		0	MC	9		10.85	5.40	10.85
Total lipid (fat)....g	10.44		0	MC	9		5.95	2.96	5.95
Ash....g	4.32		0	MC	9		2.46	1.22	2.46
Carbohydrate, by difference....g	0.44		0	NC	4		0.25	0.13	0.25
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	20		0	MC	9		12	6	12
Iron, Fe....mg	2.15		0	MC	9		1.23	0.61	1.23
Magnesium, Mg....mg	20		0	MC	9		11	6	11
Phosphorus, P....mg	192		0	MC	9		109	54	109
Potassium, K....mg	330		0	MC	9		188	94	188
Sodium, Na....mg	1374		0	MC	9		783	390	783
Zinc, Zn....mg	3.84		0	MC	9		2.19	1.09	2.19
Copper, Cu....mg	0.073		0	MC	9		0.042	0.021	0.042
Manganese, Mn....mg	0.022		0	MC	9		0.013	0.006	0.013
Selenium, Se....mcg	15.7		0	MC	9		8.9	4.5	8.9
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.9		0	MC	9		0.5	0.3	0.5
Thiamin....mg	0.101		0	MC	9		0.057	0.029	0.057
Riboflavin....mg	0.165		0	MC	9		0.094	0.047	0.094
Niacin....mg	3.223		0	MC	9		1.837	0.914	1.837
Pantothenic acid....mg	0.320		0	MC	9		0.182	0.091	0.182
Vitamin B-6....mg	0.391		0	MC	9		0.223	0.111	0.223
Folate, total....mcg	6		0	MC	9		4	2	4
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	6		0	MC	9		4	2	4
Folate, DFE....mcg_DFE	6		0	NC	4		4	2	4
Choline, total....mg	62.7		0	BFNN	4		35.7	17.8	35.7
Betaine....mg	6.8		0	BFNN	4		3.9	1.9	3.9
Vitamin B-12....mcg	2.90		0	MC	9		1.65	0.82	1.65
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	12		0	NR	4		7	3	7
Retinol....mcg	12		0	NR	4		7	3	7
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	39		0	MC	9		22	11	22
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.57		0	NR	4		0.32	0.16	0.32
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	BFFN	4		0.1	0.1	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	10		0	BFFN	4		6	3	6
Vitamin K (phylloquinone)....mcg	0.3		0	BFZN	4		0.2	0.1	0.2
Lipids:									
Fatty acids, total saturated....g	2.794		0	NC	4		1.592	0.792	1.592
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000

NDB No. 07039
Lebanon bologna, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0 g									
14:0 g	0.333		0	BFFN	4		0.190	0.094	0.190
15:0 g									
16:0 g	1.172		0	BFFN	4		0.668	0.332	0.668
17:0 g									
18:0 g	1.289		0	BFFN	4		0.735	0.365	0.735
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	4.436		0	NC	4		2.528	1.258	2.528
14:1 g									
15:1 g									
16:1 undifferentiated g	0.363		0	BFFN	4		0.207	0.103	0.207
17:1 g									
18:1 undifferentiated g	4.029		0	BFFN	4		2.297	1.142	2.297
20:1 g	0.044		0	BFFN	4		0.025	0.012	0.025
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.258		0	NC	4		0.147	0.073	0.147
18:2 undifferentiated g	0.246		0	BFFN	4		0.140	0.070	0.140
18:3 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.011		0	BFFN	4		0.006	0.003	0.006
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g									
Cholesterol mg	55		0	MC	9		31	16	31
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	MC	9		0.0	0.0	0.0
Caffeine mg	0		0	MC	9		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 serving 2 slices

Measure 2 = 28.35g: 1 oz

Measure 3 = 57g: 2 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07040
Liver cheese, pork

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.60	0.262	7		1		15.20	20.37	
Energy	kcal	304		0	NC	4		86	116	
Energy	kJ	1272				4		361	483	
Protein (N x 6.25)	g	15.20	0.118	7		1		4.31	5.78	
Total lipid (fat)	g	25.60	0.641	7		1		7.26	9.73	
Ash	g	3.50	0.020	7		1		0.99	1.33	
Carbohydrate, by difference	g	2.10		0	NC	4		0.60	0.80	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.601	6		1		2	3	
Iron, Fe	mg	10.83	0.689	6		1		3.07	4.12	
Magnesium, Mg	mg	12	0.392	6		1		3	5	
Phosphorus, P	mg	207	16.237	6		1		59	79	
Potassium, K	mg	226	11.424	6		1		64	86	
Sodium, Na	mg	1225	40.617	6		1		347	466	
Zinc, Zn	mg	3.70	0.238	6		1		1.05	1.41	
Copper, Cu	mg	0.383	0.060	6		1		0.109	0.146	
Manganese, Mn	mg	0.200	0.014	6		1		0.057	0.076	
Selenium, Se	mcg	36.5		0	RF	4		10.3	13.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0	1.209	7		1		0.9	1.1	
Thiamin	mg	0.212	0.005	6		1		0.060	0.081	
Riboflavin	mg	2.227	0.078	6		1		0.631	0.846	
Niacin	mg	11.768	1.510	6		1		3.336	4.472	
Pantothenic acid	mg	3.536	0.068	5		1		1.002	1.344	
Vitamin B-6	mg	0.470	0.084	6		1		0.133	0.179	
Folate, total	mcg	104		1		1		29	40	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	104		1		1		29	40	
Folate, DFE	mcg_DFE	104		0	NC	4		29	40	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	24.55	1.117	6		1		6.96	9.33	
Vitamin A, RAE	mcg_RAE	5252	122.592	6		1		1489	1996	
Retinol	mcg	5252	122.592	6		1		1489	1996	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	17490	408.231	6		1		4958	6646	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.960		0		1		2.540	3.405	
4:0	g	0.000		7		1		0.000	0.000	
6:0	g	0.000		7		1		0.000	0.000	
8:0	g	0.000		7		1		0.000	0.000	

NDB No. 07040
Liver cheese, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.050		7		1		0.014	0.019	
12:0 g	0.040		7		1		0.011	0.015	
13:0 g									
14:0 g	0.320		7		1		0.091	0.122	
15:0 g									
16:0 g	5.510		7		1		1.562	2.094	
17:0 g									
18:0 g	3.040		7		1		0.862	1.155	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.260		0		1		3.476	4.659	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.940		7		1		0.266	0.357	
17:1 g									
18:1 undifferentiated g	11.320		7		1		3.209	4.302	
20:1 g	0.000		7		1		0.000	0.000	
22:1 undifferentiated g	0.000		7		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.420		0		1		0.970	1.300	
18:2 undifferentiated g	3.090		7		1		0.876	1.174	
18:3 undifferentiated g	0.330		7		1		0.094	0.125	
18:4 g	0.000		7		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		7		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		7		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000	0.000	7		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		7		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	174	21.944	5		1		49	66	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.206		0		1		0.058	0.078	
Threonine g	0.651		0		1		0.185	0.247	
Isoleucine g	0.631		0		1		0.179	0.240	
Leucine g	1.331		0		1		0.377	0.506	
Lysine g	1.178		0		1		0.334	0.448	
Methionine g	0.342		0		1		0.097	0.130	
Cystine g	0.328		0		1		0.093	0.125	
Phenylalanine g	0.716		0		1		0.203	0.272	
Tyrosine g	0.466		0		1		0.132	0.177	
Valine g	0.806		0		1		0.229	0.306	
Arginine g	0.828		0		1		0.235	0.315	
Histidine g	0.393		0		1		0.111	0.149	
Alanine g	0.930		0		1		0.264	0.353	
Aspartic acid g	1.350		0		1		0.383	0.513	
Glutamic acid g	1.834		0		1		0.520	0.697	
Glycine g	0.935		0		1		0.265	0.355	
Proline g	0.716		0		1		0.203	0.272	
Serine g	0.690		0		1		0.196	0.262	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 slice

NDB No. 07040
Liver cheese, pork

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07041
Liver sausage, liverwurst, pork

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.10	0.646	7		1		9.38	14.77	
Energy	kcal	326		0	NC	4		59	92	
Energy	kJ	1364				4		246	387	
Protein (N x 6.25)	g	14.10	0.275	8		1		2.54	4.00	
Total lipid (fat)	g	28.50	0.448	7		1		5.13	8.08	
Ash	g	3.10	0.387	5		1		0.56	0.88	
Carbohydrate, by difference	g	2.20		0	NC	4		0.40	0.62	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		1		1		5	7	
Iron, Fe	mg	6.40		1		1		1.15	1.81	
Magnesium, Mg	mg	12		0		1		2	3	
Phosphorus, P	mg	230		1		1		41	65	
Potassium, K	mg	170		0		1		31	48	
Sodium, Na	mg	860		0		1		155	244	
Zinc, Zn	mg	2.30		0		1		0.41	0.65	
Copper, Cu	mg	0.240		0		1		0.043	0.068	
Manganese, Mn	mg	0.155		0		1		0.028	0.044	
Selenium, Se	mcg	58.0	6.667	9	A	1		10.4	16.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.272	0.023	5		1		0.049	0.077	
Riboflavin	mg	1.030	0.139	5		1		0.185	0.292	
Niacin	mg	4.300		0		1		0.774	1.219	
Pantothenic acid	mg	2.950		2		1		0.531	0.836	
Vitamin B-6	mg	0.190		0		1		0.034	0.054	
Folate, total	mcg	30	3.853	3		1		5	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	30	3.853	3		1		5	9	
Folate, DFE	mcg_DFE	30		0	NC	4		5	9	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	13.46		1		1		2.42	3.82	
Vitamin A, RAE	mcg_RAE	8308		0		1		1496	2355	
Retinol	mcg	8308		0	NR	4		1496	2355	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	27667		0		1		4980	7844	
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.600		0		1		1.908	3.005	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	

NDB No. 07041
Liver sausage, liverwurst, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.430		1		1		0.077	0.122	
15:0 g									
16:0 g	6.850		1		1		1.233	1.942	
17:0 g									
18:0 g	3.310		1		1		0.596	0.938	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.340		0		1		2.401	3.782	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.060		1		1		0.191	0.301	
17:1 g									
18:1 undifferentiated g	12.050		1		1		2.169	3.416	
20:1 g	0.000		1		1		0.000	0.000	
22:1 undifferentiated g	0.000		1		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.600		0		1		0.468	0.737	
18:2 undifferentiated g	2.450		1		1		0.441	0.695	
18:3 undifferentiated g	0.140		1		1		0.025	0.040	
18:4 g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		1		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		1		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		1		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	158		2		1		28	45	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.151		0		1		0.027	0.043	
Threonine g	0.671		0		1		0.121	0.190	
Isoleucine g	0.653		0		1		0.118	0.185	
Leucine g	1.139		0		1		0.205	0.323	
Lysine g	1.155		0		1		0.208	0.327	
Methionine g	0.285		0		1		0.051	0.081	
Cystine g	0.149		0		1		0.027	0.042	
Phenylalanine g	0.617		0		1		0.111	0.175	
Tyrosine g	0.362		0		1		0.065	0.103	
Valine g	0.857		0		1		0.154	0.243	
Arginine g	0.812		0		1		0.146	0.230	
Histidine g	0.448		0		1		0.081	0.127	
Alanine g	0.830		0		1		0.149	0.235	
Aspartic acid g	1.164		0		1		0.210	0.330	
Glutamic acid g	2.195		0		1		0.395	0.622	
Glycine g	1.096		0		1		0.197	0.311	
Proline g	0.850		0		1		0.153	0.241	
Serine g	0.694		0		1		0.125	0.197	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 18g: 1 slice (2-1/2" dia x 1/4" thick)

Measure 2 = 28.35g: 1 oz

NDB No. 07041
Liver sausage, liverwurst, pork

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07911
Liverwurst spread

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.53		0	MC	9		29.44		
Energy....kcal	305		0	NC	4		168		
Energy....kJ	1277		0	NC	4		702		
Protein (N x 6.25)....g	12.38		0	MC	9		6.81		
Total lipid (fat)....g	25.45		0	MC	9		14.00		
Ash....g	2.75		0	MC	9		1.51		
Carbohydrate, by difference....g	5.89		0	NC	4		3.24		
Fiber, total dietary....g	2.5		0	MC	9		1.4		
Sugars, total....g	1.65		0	MC	9		0.91		
Starch....g									
Minerals:									
Calcium, Ca....mg	22		0	MC	9		12		
Iron, Fe....mg	8.85		0	MC	9		4.87		
Magnesium, Mg....mg	12		0	BFZN	4		7		
Phosphorus, P....mg	230		0	BFZN	4		127		
Potassium, K....mg	170		0	BFZN	4		94		
Sodium, Na....mg	700		0	MC	9		385		
Zinc, Zn....mg	2.30		0	BFZN	4		1.27		
Copper, Cu....mg	0.240		0	BFZN	4		0.132		
Manganese, Mn....mg	0.155		0	BFZN	4		0.085		
Selenium, Se....mcg	58.0		0	BFZN	4		31.9		
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.5		0	MC	9		1.9		
Thiamin....mg	0.272		0	BFZN	4		0.150		
Riboflavin....mg	1.030		0	BFZN	4		0.567		
Niacin....mg	4.300		0	BFZN	4		2.365		
Pantothenic acid....mg	2.950		0	BFZN	4		1.623		
Vitamin B-6....mg	0.190		0	BFZN	4		0.105		
Folate, total....mcg	30		0	BFZN	4		17		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	30		0	BFZN	4		17		
Folate, DFE....mcg_DFE	30		0	NC	4		17		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	13.46		0	BFZN	4		7.40		
Vitamin A, RAE....mcg_RAE	4091		0	AS	1		2250		
Retinol....mcg	4091		0	NR	4		2250		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	13636		0	MC	9		7500		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.925		0	NC	4		5.459		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		

NDB No. 07911
Liverwurst spread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	BFZN	4		0.000		
12:0 g	0.000		0	BFZN	4		0.000		
13:0 g									
14:0 g	0.403		0	BFZN	4		0.222		
15:0 g									
16:0 g	6.420		0	BFZN	4		3.531		
17:0 g									
18:0 g	3.102		0	BFZN	4		1.706		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.286		0	NC	4		6.757		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.993		0	BFZN	4		0.546		
17:1 g									
18:1 undifferentiated g	11.293		0	BFZN	4		6.211		
20:1 g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated g	0.000		0	BFZN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.427		0	NC	4		1.335		
18:2 undifferentiated g	2.296		0	BFZN	4		1.263		
18:3 undifferentiated g	0.131		0	BFZN	4		0.072		
18:4 g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	118		0	MC	9		65		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.151		0	BFZN	4		0.083		
Threonine g	0.671		0	BFZN	4		0.369		
Isoleucine g	0.653		0	BFZN	4		0.359		
Leucine g	1.139		0	BFZN	4		0.626		
Lysine g	1.155		0	BFZN	4		0.635		
Methionine g	0.285		0	BFZN	4		0.157		
Cystine g	0.149		0	BFZN	4		0.082		
Phenylalanine g	0.617		0	BFZN	4		0.339		
Tyrosine g	0.362		0	BFZN	4		0.199		
Valine g	0.857		0	BFZN	4		0.471		
Arginine g	0.812		0	BFZN	4		0.447		
Histidine g	0.448		0	BFZN	4		0.246		
Alanine g	0.830		0	BFZN	4		0.457		
Aspartic acid g	1.164		0	BFZN	4		0.640		
Glutamic acid g	2.195		0	BFZN	4		1.207		
Glycine g	1.096		0	BFZN	4		0.603		
Proline g	0.850		0	BFZN	4		0.468		
Serine g	0.694		0	BFZN	4		0.382		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07911
Liverwurst spread

Common Measures:

Measure 1 = 55g: .25 cup

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07042
Luncheon meat, beef, loaved

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.50	1.937	3		1		14.70	29.93	
Energy....kcal	308		0	NC	4		86	176	
Energy....kJ	1289		0		4		361	735	
Protein (N x 6.25)....g	14.40	0.636	3		1		4.03	8.21	
Total lipid (fat)....g	26.20	2.455	3		1		7.34	14.93	
Ash....g	4.00	0.153	3		1		1.12	2.28	
Carbohydrate, by difference....g	2.90		0	NC	4		0.81	1.65	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.667	3		1		3	6	
Iron, Fe....mg	2.32	0.303	3		1		0.65	1.32	
Magnesium, Mg....mg	14	0.577	3		1		4	8	
Phosphorus, P....mg	119	4.484	3		1		33	68	
Potassium, K....mg	208	15.452	3		1		58	119	
Sodium, Na....mg	1329	36.129	3		1		372	758	
Zinc, Zn....mg	2.53	0.066	3		1		0.71	1.44	
Copper, Cu....mg	0.120	0.009	3		1		0.034	0.068	
Manganese, Mn....mg	0.045	0.006	3		1		0.013	0.026	
Selenium, Se....mcg	22.3		0	BFNN	4		6.2	12.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.110	0.006	3		1		0.031	0.063	
Riboflavin....mg	0.220	0.021	3		1		0.062	0.125	
Niacin....mg	3.660	0.318	3		1		1.025	2.086	
Pantothenic acid....mg	0.520		1		1		0.146	0.296	
Vitamin B-6....mg	0.190	0.012	3		1		0.053	0.108	
Folate, total....mcg	5		1		1		1	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		1		1		1	3	
Folate, DFE....mcg_DFE	5		0	NC	4		1	3	
Choline, total....mg	46.7		0	BFNN	4		13.1	26.6	
Betaine....mg	5.7		0	BFNN	4		1.6	3.2	
Vitamin B-12....mcg	3.89	0.240	3		1		1.09	2.22	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	NR	4		0.06	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.4		0	AS	1		0.1	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		0.1	0.2	
Vitamin D....IU	17		0	BFFN	4		5	10	
Vitamin K (phylloquinone)....mcg	1.8		0	CASN	4		0.5	1.0	
Lipids:									
Fatty acids, total saturated....g	11.214		0	NC	4		3.140	6.392	
4:0....g	0.000		3		1		0.000	0.000	

NDB No. 07042
Luncheon meat, beef, loaved

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		3		1		0.000	0.000	
8:0....g	0.000		3		1		0.000	0.000	
10:0....g	0.030		3		1		0.008	0.017	
12:0....g	0.010		3		1		0.003	0.006	
13:0....g									
14:0....g	0.753		3		1		0.211	0.429	
15:0....g									
16:0....g	6.335		3		1		1.774	3.611	
17:0....g									
18:0....g	4.086		3		1		1.144	2.329	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.288		0	NC	4		3.441	7.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.546		3		1		0.433	0.881	
17:1....g									
18:1 undifferentiated....g	10.742		3		1		3.008	6.123	
20:1....g	0.000		3		1		0.000	0.000	
22:1 undifferentiated....g	0.000		3		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.863		0	NC	4		0.242	0.492	
18:2 undifferentiated....g	0.653		3		1		0.183	0.372	
18:3 undifferentiated....g	0.211		3		1		0.059	0.120	
18:4....g	0.000		3		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		3		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		3		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		3		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	64	9.387	3		1		18	36	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.103		0		1		0.029	0.059	
Threonine....g	0.561		0		1		0.157	0.320	
Isoleucine....g	0.540		0		1		0.151	0.308	
Leucine....g	0.993		0		1		0.278	0.566	
Lysine....g	1.104		0		1		0.309	0.629	
Methionine....g	0.317		0		1		0.089	0.181	
Cystine....g	0.149		0		1		0.042	0.085	
Phenylalanine....g	0.508		0		1		0.142	0.290	
Tyrosine....g	0.386		0		1		0.108	0.220	
Valine....g	0.623		0		1		0.174	0.355	
Arginine....g	0.996		0		1		0.279	0.568	
Histidine....g	0.377		0		1		0.106	0.215	
Alanine....g	0.989		0		1		0.277	0.564	
Aspartic acid....g	1.223		0		1		0.342	0.697	
Glutamic acid....g	1.987		0		1		0.556	1.133	
Glycine....g	1.361		0		1		0.381	0.776	
Proline....g	0.943		0		1		0.264	0.538	
Serine....g	0.575		0		1		0.161	0.328	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07042

Luncheon meat, beef, loaved

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07043
Luncheon meat, beef, thin sliced

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.53	0.788	3	A	1		6.75	10.01	
Energy....kcal	117		0	NC	4		11	16	
Energy....kJ	491		0	NC	4		46	68	
Protein (N x 6.25)....g	17.94	0.545	3	A	1		1.67	2.48	
Total lipid (fat)....g	3.40	0.658	3	A	1		0.32	0.47	
Ash....g	3.54	0.304	3	A	1		0.33	0.49	
Carbohydrate, by difference....g	2.59		0	NC	4		0.24	0.36	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6	0.534	3	A	1		1	1	
Iron, Fe....mg	2.04	0.080	3	A	1		0.19	0.28	
Magnesium, Mg....mg	19	1.184	3	A	1		2	3	
Phosphorus, P....mg	254	10.786	3	A	1		24	35	
Potassium, K....mg	308	11.837	3	A	1		29	42	
Sodium, Na....mg	1117	103.976	3	A	1		104	154	
Zinc, Zn....mg	3.31	0.320	3	A	1		0.31	0.46	
Copper, Cu....mg	0.183	0.041	3	A	1		0.017	0.025	
Manganese, Mn....mg	0.015	0.002	3	A	1		0.001	0.002	
Selenium, Se....mcg	14.3	1.973	3	A	1		1.3	2.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.044	0.010	3	A	1		0.004	0.006	
Riboflavin....mg	0.289	0.022	3	A	1		0.027	0.040	
Niacin....mg	4.747	0.238	3	A	1		0.441	0.655	
Pantothenic acid....mg	0.419	0.076	3	A	1		0.039	0.058	
Vitamin B-6....mg	0.399	0.071	3	A	1		0.037	0.055	
Folate, total....mcg	3	0.577	3	A	1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3	0.577	3	A	1		0	0	
Folate, DFE....mcg_DFE	3		0	NC	4		0	0	
Choline, total....mg	52.8		0	AS	1		4.9	7.3	
Betaine....mg	6.4		1	A	1		0.6	0.9	
Vitamin B-12....mcg	1.93	0.476	3	A	1		0.18	0.27	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	NR	4		0.02	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.0	
Vitamin D....IU	2		0	BFFN	4		0	0	
Vitamin K (phylloquinone)....mcg	0.4	0.417	3	A	1		0.0	0.1	
Lipids:									
Fatty acids, total saturated....g	1.101		0	NC	4		0.102	0.152	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 07043
Luncheon meat, beef, thin sliced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.077	0.011	3	A	1		0.007	0.011	
15:0....g	0.012	0.001	3	A	1		0.001	0.002	
16:0....g	0.650	0.129	3	A	1		0.060	0.090	
17:0....g	0.030	0.004	3	A	1		0.003	0.004	
18:0....g	0.331	0.033	3	A	1		0.031	0.046	
20:0....g	0.001	0.001	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.289		0	NC	4		0.120	0.178	
14:1....g	0.021	0.006	3	A	1		0.002	0.003	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.104	0.031	3	A	1		0.010	0.014	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	1.159	0.311	3	AS	1		0.108	0.160	
18:1 c....g	1.059	0.302	3	A	1		0.098	0.146	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.100	0.017	3	A	1		0.009	0.014	
18:1-11t (18:1t n-7)....g									
20:1....g	0.005	0.001	3	A	1		0.000	0.001	
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0	NC	4		0.008	0.012	
18:2 undifferentiated....g	0.082	0.015	3	AS	1		0.008	0.011	
18:2 n-6 c,c....g	0.054	0.014	3	A	1		0.005	0.007	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.027	0.002	3	A	1		0.003	0.004	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.005	0.003	3	AS	1		0.000	0.001	
18:3 n-3 c,c,c (ALA)....g	0.005	0.003	3	A	1		0.000	0.001	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.002	0.002	3	A	1		0.000	0.000	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.128		0	NC	4		0.012	0.018	
Fatty acids, total trans-monoenoic....g	0.100		0	NC	4		0.009	0.014	
Fatty acids, total trans-polyenoic....g	0.027		0	NC	4		0.003	0.004	
Cholesterol....mg	48	1.617	3	A	1		4	7	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.229		0		1		0.021	0.032	
Threonine....g	1.178		0		1		0.110	0.163	
Isoleucine....g	1.151		0		1		0.107	0.159	

NDB No. 07043
Luncheon meat, beef, thin sliced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	2.100		0		1		0.195	0.290	
Lysine....g	2.293		0		1		0.213	0.316	
Methionine....g	0.679		0		1		0.063	0.094	
Cystine....g	0.333		0		1		0.031	0.046	
Phenylalanine....g	1.052		0		1		0.098	0.145	
Tyrosine....g	0.850		0		1		0.079	0.117	
Valine....g	1.291		0		1		0.120	0.178	
Arginine....g	1.898		0		1		0.177	0.262	
Histidine....g	0.814		0		1		0.076	0.112	
Alanine....g	1.857		0		1		0.173	0.256	
Aspartic acid....g	2.496		0		1		0.232	0.344	
Glutamic acid....g	4.052		0		1		0.377	0.559	
Glycine....g	2.087		0		1		0.194	0.288	
Proline....g	1.529		0		1		0.142	0.211	
Serine....g	1.147		0		1		0.107	0.158	
Hydroxyproline....g	0.094	0.019	3	A	1		0.009	0.013	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.3g: 1 slice oval

Measure 2 = 13.8g: 1 slice rectangle

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07909

Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.72		1	A	1		36.80		
Energy....kcal	196		0	NC	4		110		
Energy....kJ	819		0	NC	4		458		
Protein (N x 6.25)....g	15.23		1	A	1		8.53		
Total lipid (fat)....g	13.90		1	A	1		7.78		
Ash....g	3.80		1	A	1		2.13		
Carbohydrate, by difference....g	1.35		1	A	1		0.76		
Fiber, total dietary....g	0.0		1	A	1		0.0		
Sugars, total....g	1.26		1	A	1		0.71		
Starch....g									
Minerals:									
Calcium, Ca....mg	39		1	A	1		22		
Iron, Fe....mg	1.40		1	A	1		0.78		
Magnesium, Mg....mg	18		1	A	1		10		
Phosphorus, P....mg	109		0	BFZN	4		61		
Potassium, K....mg	461		1	A	1		258		
Sodium, Na....mg	1032		1	A	1		578		
Zinc, Zn....mg	2.20		1	A	1		1.23		
Copper, Cu....mg	0.100		1	A	1		0.056		
Manganese, Mn....mg									
Selenium, Se....mcg	27.0		0	RF	4		15.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	38.5		1	A	1		21.6		
Thiamin....mg	0.180		0	MC	9		0.101		
Riboflavin....mg	0.210		0	MC	9		0.118		
Niacin....mg	3.450		0	MC	9		1.932		
Pantothenic acid....mg									
Vitamin B-6....mg	0.283		0	BFZN	4		0.158		
Folate, total....mcg	4		0	BFZN	4		2		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	4		0	BFZN	4		2		
Folate, DFE....mcg_DFE	4		0	NC	4		2		
Choline, total....mg	64.3		0	BFNN	4		36.0		
Betaine....mg	6.3		0	BFNN	4		3.5		
Vitamin B-12....mcg	0.61		0	BFZN	4		0.34		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	A	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.24		0	NR	4		0.13		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	BFNN	4		0.3		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFNN	4		0.3		
Vitamin D....IU	24		0	BFNN	4		14		
Vitamin K (phylloquinone)....mcg	0.0		0	CAZN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	4.514		0	NC	4		2.528		
4:0....g	0.000		0	BFFN	4		0.000		

NDB No. 07909

Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.024		0	BFFN	4		0.013		
12:0 ... g	0.010		1	A	1		0.006		
13:0 ... g									
14:0 ... g	0.150		1	A	1		0.084		
15:0 ... g									
16:0 ... g	2.920		1	A	1		1.635		
17:0 ... g									
18:0 ... g	1.410		1	A	1		0.790		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.020		0	NC	4		3.931		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.450		1	A	1		0.252		
17:1 ... g									
18:1 undifferentiated ... g	6.570		1	A	1		3.679		
20:1 ... g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFFN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.470		0	NC	4		0.823		
18:2 undifferentiated ... g	1.350		1	A	1		0.756		
18:3 undifferentiated ... g	0.120		1	A	1		0.067		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	75		1	A	1		42		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 2 oz (1 serving)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07908

Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.70		1	A	1		28.95		
Energy	kcal	315		0	NC	4		176		
Energy	kJ	1318		0	NC	4		738		
Protein (N x 6.25)	g	13.40		1	A	1		7.50		
Total lipid (fat)	g	26.60		1	A	1		14.90		
Ash	g	3.70		1	A	1		2.07		
Carbohydrate, by difference	g	4.60		0	NC	4		2.58		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	0		0	Z	7		0		
Iron, Fe	mg	0.64		0	MC	9		0.36		
Magnesium, Mg	mg	14		0	MC	9		8		
Phosphorus, P	mg	151		0	BFZN	4		85		
Potassium, K	mg	409		0	MC	9		229		
Sodium, Na	mg	1330		1	A	1		745		
Zinc, Zn	mg	1.59		0	MC	9		0.89		
Copper, Cu	mg	0.051		0	BFZN	4		0.029		
Manganese, Mn	mg									
Selenium, Se	mcg	22.9		0	RF	4		12.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.317		0	MC	9		0.178		
Riboflavin	mg	0.176		0	MC	9		0.099		
Niacin	mg	3.530		0	MC	9		1.977		
Pantothenic acid	mg									
Vitamin B-6	mg	0.218		0	BFZN	4		0.122		
Folate, total	mcg	3		0	BFZN	4		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	3		0	BFZN	4		2		
Folate, DFE	mcg_DFE	3		0	NC	4		2		
Choline, total	mg	68.5		0	BFNN	4		38.4		
Betaine	mg	6.7		0	BFNN	4		3.8		
Vitamin B-12	mcg	0.45		0	BFZN	4		0.25		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		1	A	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.42		0	NR	4		0.24		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.6		0	BFNN	4		0.4		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.6		0	BFNN	4		0.4		
Vitamin D	IU	26		0	BFNN	4		15		
Vitamin K (phylloquinone)	mcg	0.0		0	CAZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	9.987		0	NC	4		5.593		
4:0	g	0.000		0	BFFN	4		0.000		

NDB No. 07908

Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.024		0	BFFN	4		0.013		
12:0....g	0.024		0	BFFN	4		0.013		
13:0....g									
14:0....g	0.354		0	BFFN	4		0.198		
15:0....g									
16:0....g	6.211		0	BFFN	4		3.478		
17:0....g									
18:0....g	3.374		0	BFFN	4		1.889		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.505		0	NC	4		7.563		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.852		0	BFFN	4		0.477		
17:1....g									
18:1 undifferentiated....g	12.434		0	BFFN	4		6.963		
20:1....g	0.219		0	BFFN	4		0.123		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.019		0	NC	4		1.131		
18:2 undifferentiated....g	1.891		0	BFFN	4		1.059		
18:3 undifferentiated....g	0.076		0	BFFN	4		0.043		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.052		0	BFFN	4		0.029		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	71		1	A	1		40		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 2 oz 1 NLEA serving

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07047
Luncheon meat, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.28	0.535	5		1		13.80	28.09	
Energy....kcal	353		0	NC	4		99	201	
Energy....kJ	1477		0		4		414	842	
Protein (N x 6.25)....g	12.59	0.304	5		1		3.53	7.18	
Total lipid (fat)....g	32.16	0.521	5		1		9.00	18.33	
Ash....g	3.64	0.075	5		1		1.02	2.07	
Carbohydrate, by difference....g	2.33		0	NC	4		0.65	1.33	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.860	5		1		3	5	
Iron, Fe....mg	0.86	0.195	5		1		0.24	0.49	
Magnesium, Mg....mg	14	1.613	6		1		4	8	
Phosphorus, P....mg	86	8.820	5		1		24	49	
Potassium, K....mg	202	6.116	5		1		57	115	
Sodium, Na....mg	1293	42.492	5		1		362	737	
Zinc, Zn....mg	1.66	0.140	5		1		0.46	0.95	
Copper, Cu....mg	0.040	0.011	5		1		0.011	0.023	
Manganese, Mn....mg	0.029	0.005	4		1		0.008	0.017	
Selenium, Se....mcg	28.6		0	BFNN	4		8.0	16.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.314	0.022	5		1		0.088	0.179	
Riboflavin....mg	0.152	0.006	5		1		0.043	0.087	
Niacin....mg	2.830	0.159	5		1		0.792	1.613	
Pantothenic acid....mg	0.630	0.050	3		1		0.176	0.359	
Vitamin B-6....mg	0.200	0.012	5		1		0.056	0.114	
Folate, total....mcg	6	1.400	4		1		2	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6	1.400	4		1		2	3	
Folate, DFE....mcg_DFE	6		0	NC	4		2	3	
Choline, total....mg	40.7		0	BFNN	4		11.4	23.2	
Betaine....mg	4.9		0	BFNN	4		1.4	2.8	
Vitamin B-12....mcg	1.28	0.163	4		1		0.36	0.73	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	NR	4		0.06	0.13	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	BFFN	4		0.3	0.6	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	41		0	BFFN	4		12	24	
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		0.4	0.9	
Lipids:									
Fatty acids, total saturated....g	11.590		0		1		3.245	6.606	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07047
Luncheon meat, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.080		2		1		0.022	0.046	
12:0....g	0.050		2		1		0.014	0.029	
13:0....g									
14:0....g	0.480	0.027	5		1		0.134	0.274	
15:0....g									
16:0....g	7.090	0.215	5		1		1.985	4.041	
17:0....g									
18:0....g	3.890	0.165	5		1		1.089	2.217	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.090		0		1		4.225	8.601	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.350	0.075	5		1		0.378	0.770	
17:1....g									
18:1 undifferentiated....g	13.740	0.273	5		1		3.847	7.832	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.740		0		1		1.047	2.132	
18:2 undifferentiated....g	3.160	0.106	5		1		0.885	1.801	
18:3 undifferentiated....g	0.580	0.100	5		1		0.162	0.331	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	55	10.975	3		1		15	31	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.133		1		1		0.037	0.076	
Threonine....g	0.544		1		1		0.152	0.310	
Isoleucine....g	0.643		1		1		0.180	0.367	
Leucine....g	1.048		1		1		0.293	0.597	
Lysine....g	1.185		2		1		0.332	0.675	
Methionine....g	0.288		2		1		0.081	0.164	
Cystine....g	0.230		1		1		0.064	0.131	
Phenylalanine....g	0.510		1		1		0.143	0.291	
Tyrosine....g	0.502		1		1		0.141	0.286	
Valine....g	0.713		1		1		0.200	0.406	
Arginine....g	0.925		1		1		0.259	0.527	
Histidine....g	0.405		1		1		0.113	0.231	
Alanine....g	0.806		0		1		0.226	0.459	
Aspartic acid....g	1.312		1		1		0.367	0.748	
Glutamic acid....g	1.769		1		1		0.495	1.008	
Glycine....g	0.985		1		1		0.276	0.561	
Proline....g	0.729		1		1		0.204	0.416	
Serine....g	0.528		1		1		0.148	0.301	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07047
Luncheon meat, pork, beef

Common Measures:

Measure 1 = 28g: 1 slice (1 oz)

Measure 2 = 57g: 1 slice (4" x 4" x 3/32" thick)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07045
Luncheon meat, pork, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.50	0.442	8		1		14.60	10.82	
Energy....kcal	334		0	NC	4		95	70	
Energy....kJ	1397		0		4		396	293	
Protein (N x 6.25)....g	12.50	0.179	8		1		3.54	2.63	
Total lipid (fat)....g	30.30	0.451	8		1		8.59	6.36	
Ash....g	3.60	0.033	8		1		1.02	0.76	
Carbohydrate, by difference....g	2.10		0	NC	4		0.60	0.44	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1		1		2	1	
Iron, Fe....mg	0.72	0.077	8		1		0.20	0.15	
Magnesium, Mg....mg	10	0.463	8		1		3	2	
Phosphorus, P....mg	82	5.835	8		1		23	17	
Potassium, K....mg	215	8.026	8		1		61	45	
Sodium, Na....mg	1289	8.677	8		1		365	271	
Zinc, Zn....mg	1.48	0.053	8		1		0.42	0.31	
Copper, Cu....mg	0.037	0.008	8		1		0.010	0.008	
Manganese, Mn....mg	0.024		1		1		0.007	0.005	
Selenium, Se....mcg	28.0		2	A	1		7.9	5.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.567	8		1		0.3	0.2	
Thiamin....mg	0.367	0.031	8		1		0.104	0.077	
Riboflavin....mg	0.194	0.023	8		1		0.055	0.041	
Niacin....mg	3.126	0.236	8		1		0.886	0.656	
Pantothenic acid....mg	0.473	0.089	3		1		0.134	0.099	
Vitamin B-6....mg	0.210	0.016	8		1		0.060	0.044	
Folate, total....mcg	6		1		1		2	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	6		1		1		2	1	
Folate, DFE....mcg_DFE	6		0	NC	4		2	1	
Choline, total....mg	61.8		0	BFNN	4		17.5	13.0	
Betaine....mg	4.1		0	BFNN	4		1.2	0.9	
Vitamin B-12....mcg	0.90	0.039	8		1		0.26	0.19	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.26		0	NR	4		0.07	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.5		0	BFNN	4		0.2	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.5		0	BFNN	4		0.2	0.1	
Vitamin D....IU	22		0	BFNN	4		6	5	
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	10.790		0		1		3.059	2.266	
4:0....g	0.000		8		1		0.000	0.000	

NDB No. 07045
Luncheon meat, pork, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		8		1		0.000	0.000	
8:0....g	0.000		8		1		0.000	0.000	
10:0....g	0.080		8		1		0.023	0.017	
12:0....g	0.060		8		1		0.017	0.013	
13:0....g									
14:0....g	0.370		8		1		0.105	0.078	
15:0....g									
16:0....g	6.680		8		1		1.894	1.403	
17:0....g									
18:0....g	3.590		8		1		1.018	0.754	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.290		0		1		4.051	3.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.140		8		1		0.323	0.239	
17:1....g									
18:1 undifferentiated....g	13.140		8		1		3.725	2.759	
20:1....g	0.000		8		1		0.000	0.000	
22:1 undifferentiated....g	0.000		8		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.560		0		1		1.009	0.748	
18:2 undifferentiated....g	3.080		8		1		0.873	0.647	
18:3 undifferentiated....g	0.470		8		1		0.133	0.099	
18:4....g	0.000		8		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		8		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		8		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	8		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		8		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	62	7.847	7		1		18	13	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.122		0		1		0.035	0.026	
Threonine....g	0.487		0		1		0.138	0.102	
Isoleucine....g	0.571		0		1		0.162	0.120	
Leucine....g	0.952		0		1		0.270	0.200	
Lysine....g	0.931		0		1		0.264	0.196	
Methionine....g	0.333		0		1		0.094	0.070	
Cystine....g	0.214		0		1		0.061	0.045	
Phenylalanine....g	0.491		0		1		0.139	0.103	
Tyrosine....g	0.383		0		1		0.109	0.080	
Valine....g	0.653		0		1		0.185	0.137	
Arginine....g	0.867		0		1		0.246	0.182	
Histidine....g	0.357		0		1		0.101	0.075	
Alanine....g	0.877		0		1		0.249	0.184	
Aspartic acid....g	1.148		0		1		0.325	0.241	
Glutamic acid....g	1.837		0		1		0.521	0.386	
Glycine....g	1.080		0		1		0.306	0.227	
Proline....g	0.679		0		1		0.192	0.143	
Serine....g	0.497		0		1		0.141	0.104	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07045
Luncheon meat, pork, canned

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice (4-1/4" x 4-1/4" x 1/16")

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07906

Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodiu

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.50		1	A	1		31.08		
Energy....kcal	293		0	NC	4		164		
Energy....kJ	1226		0	NC	4		686		
Protein (N x 6.25)....g	12.50		1	A	1		7.00		
Total lipid (fat)....g	25.10		1	A	1		14.06		
Ash....g	3.50		1	A	1		1.96		
Carbohydrate, by difference....g	3.40		0	NC	4		1.90		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	0		0	MC	9		0		
Iron, Fe....mg	0.64		0	MC	9		0.36		
Magnesium, Mg....mg	14		0	MC	9		8		
Phosphorus, P....mg	109		0	RA	4		61		
Potassium, K....mg	564		0	MC	9		316		
Sodium, Na....mg	946		1	A	1		530		
Zinc, Zn....mg	2.12		0	MC	9		1.19		
Copper, Cu....mg	0.046		0	RA	4		0.026		
Manganese, Mn....mg									
Selenium, Se....mcg	25.0		0	RF	4		14.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	43.0		1	A	1		24.1		
Thiamin....mg	0.264		0	LC	8		0.148		
Riboflavin....mg	0.179		0	LC	8		0.100		
Niacin....mg	3.175		0	LC	8		1.778		
Pantothenic acid....mg									
Vitamin B-6....mg	0.283		0	BFZN	4		0.158		
Folate, total....mcg	4		0	BFZN	4		2		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	4		0	BFZN	4		2		
Folate, DFE....mcg_DFE	4		0	NC	4		2		
Choline, total....mg	61.2		0	BFNN	4		34.3		
Betaine....mg	6.0		0	BFNN	4		3.4		
Vitamin B-12....mcg	0.61		0	BFZN	4		0.34		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	A	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.24		0	NR	4		0.14		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	BFNN	4		0.3		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.6		0	BFNN	4		0.3		
Vitamin D....IU	23		0	BFNN	4		13		
Vitamin K (phylloquinone)....mcg	0.0		0	CAZN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	8.873		0	NC	4		4.969		

NDB No. 07906

Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodiu

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.044		0	BFFN	4		0.025		
12:0....g	0.047		0	BFFN	4		0.026		
13:0....g									
14:0....g	0.311		0	BFFN	4		0.174		
15:0....g									
16:0....g	5.839		0	BFFN	4		3.270		
17:0....g									
18:0....g	2.632		0	BFFN	4		1.474		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.340		0	NC	4		6.910		
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.168		0	BFFN	4		0.654		
17:1....g									
18:1 undifferentiated....g	11.172		0	BFFN	4		6.256		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.666		0	NC	4		1.493		
18:2 undifferentiated....g	2.436		0	BFFN	4		1.364		
18:3 undifferentiated....g	0.230		0	BFFN	4		0.129		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	76		1	A	1		42		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 2 oz 1 NLEA serving

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07090
Luncheon sausage, pork and beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.62	0.870	6		1		13.48	16.62	
Energy....kcal	260		0	NC	4		60	74	
Energy....kJ	1088				4		250	308	
Protein (N x 6.25)....g	15.38	0.490	6		1		3.54	4.36	
Total lipid (fat)....g	20.90	0.625	6		1		4.81	5.93	
Ash....g	3.52	0.105	6		1		0.81	1.00	
Carbohydrate, by difference....g	1.58		0	NC	4		0.36	0.45	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.088	6		1		3	4	
Iron, Fe....mg	1.43	0.048	6		1		0.33	0.41	
Magnesium, Mg....mg	14	0.543	6		1		3	4	
Phosphorus, P....mg	122	7.342	6		1		28	35	
Potassium, K....mg	245	9.888	6		1		56	69	
Sodium, Na....mg	1182	32.498	6		1		272	335	
Zinc, Zn....mg	2.45	0.152	6		1		0.56	0.69	
Copper, Cu....mg	0.080	0.011	6		1		0.018	0.023	
Manganese, Mn....mg	0.042	0.005	4		1		0.010	0.012	
Selenium, Se....mcg	15.4		0	BFNN	4		3.5	4.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.217	0.004	6		1		0.050	0.062	
Riboflavin....mg	0.195	0.009	6		1		0.045	0.055	
Niacin....mg	3.527	0.202	6		1		0.811	1.000	
Pantothenic acid....mg	0.370		2		1		0.085	0.105	
Vitamin B-6....mg	0.200	0.018	6		1		0.046	0.057	
Folate, total....mcg	3		0		4		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		4		1	1	
Folate, DFE....mcg_DFE	3		0	NC	4		1	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.96	0.153	6		1		0.45	0.56	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.620		0		1		1.753	2.160	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 07090
Luncheon sausage, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020	0.007	6		1		0.005	0.006	
12:0 g	0.020	0.003	6		1		0.005	0.006	
13:0 g									
14:0 g	0.300	0.009	6		1		0.069	0.085	
15:0 g									
16:0 g	4.630	0.151	6		1		1.065	1.313	
17:0 g									
18:0 g	2.650	0.076	6		1		0.610	0.751	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.930		0		1		2.284	2.815	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.830	0.018	6		1		0.191	0.235	
17:1 g									
18:1 undifferentiated g	9.110	0.311	6		1		2.095	2.583	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.050		0		1		0.472	0.581	
18:2 undifferentiated g	1.770	0.067	6		1		0.407	0.502	
18:3 undifferentiated g	0.280	0.032	6		1		0.064	0.079	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	64	3.565	6		1		15	18	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.162		0		1		0.037	0.046	
Threonine g	0.664		0		1		0.153	0.188	
Isoleucine g	0.785		0		1		0.181	0.223	
Leucine g	1.280		0		1		0.294	0.363	
Lysine g	1.447		0		1		0.333	0.410	
Methionine g	0.352		0		1		0.081	0.100	
Cystine g	0.281		0		1		0.065	0.080	
Phenylalanine g	0.623		0		1		0.143	0.177	
Tyrosine g	0.613		0		1		0.141	0.174	
Valine g	0.871		0		1		0.200	0.247	
Arginine g	1.130		0		1		0.260	0.320	
Histidine g	0.495		0		1		0.114	0.140	
Alanine g	0.984		0		1		0.226	0.279	
Aspartic acid g	1.602		0		1		0.368	0.454	
Glutamic acid g	2.161		0		1		0.497	0.613	
Glycine g	1.203		0		1		0.277	0.341	
Proline g	0.891		0		1		0.205	0.253	
Serine g	0.645		0		1		0.148	0.183	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 23g: 1 slice (4" dia x 1/8" thick)

Measure 2 = 28.35g: 1 oz

NDB No. 07090
Luncheon sausage, pork and beef

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07060
Luxury loaf, pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.20	0.225	4		1		19.10	38.87	
Energy....kcal	141		0	NC	4		39	80	
Energy....kJ	590				4		165	336	
Protein (N x 6.25)....g	18.40	0.232	4		1		5.15	10.49	
Total lipid (fat)....g	4.80	0.309	4		1		1.34	2.74	
Ash....g	3.60	0.170	4		1		1.01	2.05	
Carbohydrate, by difference....g	4.90		0	NC	4		1.37	2.79	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	36	5.977	4		1		10	21	
Iron, Fe....mg	1.05	0.191	4		1		0.29	0.60	
Magnesium, Mg....mg	20	0.707	4		1		6	11	
Phosphorus, P....mg	185	12.662	4		1		52	105	
Potassium, K....mg	377	18.085	4		1		106	215	
Sodium, Na....mg	1225	95.799	4		1		343	698	
Zinc, Zn....mg	3.05	0.064	4		1		0.85	1.74	
Copper, Cu....mg	0.100	0.007	4		1		0.028	0.057	
Manganese, Mn....mg	0.041	0.005	4		1		0.011	0.023	
Selenium, Se....mcg	21.5		0	BFNN	4		6.0	12.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.707	0.039	4		1		0.198	0.403	
Riboflavin....mg	0.297	0.024	4		1		0.083	0.169	
Niacin....mg	3.482	0.315	4		1		0.975	1.985	
Pantothenic acid....mg	0.515		2		1		0.144	0.294	
Vitamin B-6....mg	0.310	0.027	4		1		0.087	0.177	
Folate, total....mcg	2		1		1		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		1		1		1	1	
Folate, DFE....mcg_DFE	2		0	NC	4		1	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.37	0.245	4		1		0.38	0.78	
Vitamin A, RAE....mcg_RAE	0		1		1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		1		1		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	T	4		0.2	0.4	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	28		0	T	4		8	16	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.580		0		1		0.442	0.901	
4:0....g	0.000		4		1		0.000	0.000	
6:0....g	0.000		4		1		0.000	0.000	
8:0....g	0.000		4		1		0.000	0.000	

NDB No. 07060
Luxury loaf, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020		4		1		0.006	0.011	
12:0 g	0.010		4		1		0.003	0.006	
13:0 g									
14:0 g	0.060		4		1		0.017	0.034	
15:0 g									
16:0 g	0.970		4		1		0.272	0.553	
17:0 g									
18:0 g	0.520		4		1		0.146	0.296	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.330		0		1		0.652	1.328	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.180		4		1		0.050	0.103	
17:1 g									
18:1 undifferentiated g	2.150		4		1		0.602	1.226	
20:1 g	0.000		4		1		0.000	0.000	
22:1 undifferentiated g	0.000		4		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.510		0		1		0.143	0.291	
18:2 undifferentiated g	0.460		4		1		0.129	0.262	
18:3 undifferentiated g	0.050		4		1		0.014	0.029	
18:4 g	0.000		4		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		4		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		4		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000	0.000	4		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		4		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	36	4.589	4		1		10	21	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.215		0		1		0.060	0.123	
Threonine g	0.879		0		1		0.246	0.501	
Isoleucine g	0.815		0		1		0.228	0.465	
Leucine g	1.517		0		1		0.425	0.865	
Lysine g	1.653		0		1		0.463	0.942	
Methionine g	0.468		0		1		0.131	0.267	
Cystine g	0.153		0		1		0.043	0.087	
Phenylalanine g	0.718		0		1		0.201	0.409	
Tyrosine g	0.644		0		1		0.180	0.367	
Valine g	0.894		0		1		0.250	0.510	
Arginine g	1.170		0		1		0.328	0.667	
Histidine g	0.656		0		1		0.184	0.374	
Alanine g	1.073		0		1		0.300	0.612	
Aspartic acid g	1.741		0		1		0.487	0.992	
Glutamic acid g	2.941		0		1		0.823	1.676	
Glycine g	0.929		0		1		0.260	0.530	
Proline g	0.912		0		1		0.255	0.520	
Serine g	0.826		0		1		0.231	0.471	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

NDB No. 07060
Luxury loaf, pork

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07940
Macaroni and cheese loaf, chicken, pork and beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.63		79	A	1		21.90		
Energy....kcal	228		0	NC	4		87		
Energy....kJ	955		0	NC	4		363		
Protein (N x 6.25)....g	11.76		79	A	1		4.47		
Total lipid (fat)....g	14.96		79	A	1		5.68		
Ash....g	4.03	0.566	3	A	1		1.53		
Carbohydrate, by difference....g	11.63		0	NC	4		4.42		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	122		1	A	1		46		
Iron, Fe....mg	1.20		1	A	1		0.46		
Magnesium, Mg....mg	27		0	FLA	4		10		
Phosphorus, P....mg	173		0	FLA	4		66		
Potassium, K....mg	313		0	FLA	4		119		
Sodium, Na....mg	3	0.046	8	A	1		1		
Zinc, Zn....mg	1.51		0	FLA	4		0.57		
Copper, Cu....mg	0.110		0	FLA	4		0.042		
Manganese, Mn....mg	0.277		0	FLA	4		0.105		
Selenium, Se....mcg	23.0		0	FLA	4		8.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	16.7		0	FLA	4		6.4		
Thiamin....mg	0.237		0	FLA	4		0.090		
Riboflavin....mg	0.249		0	FLA	4		0.094		
Niacin....mg	2.840		0	FLA	4		1.079		
Pantothenic acid....mg	0.528		0	FLA	4		0.201		
Vitamin B-6....mg	0.329		0	FLA	4		0.125		
Folate, total....mcg	24		0	FLA	4		9		
Folic acid....mcg	13		0	FLA	4		5		
Folate, food....mcg	12		0	FLA	4		5		
Folate, DFE....mcg_DFE	33		0	NC	4		13		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.68		0	FLA	4		0.26		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.614		1	A	1		2.133		
4:0....g	0.002		0	FLA	4		0.001		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		

NDB No. 07940
Macaroni and cheese loaf, chicken, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.022		0	FLA	4		0.008		
12:0 g	0.025		0	FLA	4		0.009		
13:0 g									
14:0 g	0.273		0	FLA	4		0.104		
15:0 g									
16:0 g	3.595		0	FLA	4		1.366		
17:0 g									
18:0 g	1.635		0	FLA	4		0.621		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.614		1	A	1		2.893		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.709		0	FLA	4		0.269		
17:1 g									
18:1 undifferentiated g	6.764		0	FLA	4		2.570		
20:1 g	0.115		0	FLA	4		0.044		
22:1 undifferentiated g	0.000		0	FLA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	1.657		1	A	1		0.630		
18:2 undifferentiated g	1.463		0	FLA	4		0.556		
18:3 undifferentiated g	0.143		0	FLA	4		0.055		
18:4 g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.030		0	FLA	4		0.011		
20:5 n-3 (EPA) g	0.001		0	FLA	4		0.000		
22:5 n-3 (DPA) g	0.002		0	FLA	4		0.001		
22:6 n-3 (DHA) g	0.003		0	FLA	4		0.001		
Fatty acids, total trans g									
Cholesterol mg	44		1	A	1		17		
Phytosterols mg	0		0	FLA	4		0		
Amino Acids:									
Tryptophan g	0.144		0	FLA	4		0.055		
Threonine g	0.444		0	FLA	4		0.169		
Isoleucine g	0.541		0	FLA	4		0.206		
Leucine g	0.904		0	FLA	4		0.343		
Lysine g	0.722		0	FLA	4		0.274		
Methionine g	0.266		0	FLA	4		0.101		
Cystine g	0.178		0	FLA	4		0.068		
Phenylalanine g	0.497		0	FLA	4		0.189		
Tyrosine g	0.380		0	FLA	4		0.144		
Valine g	0.591		0	FLA	4		0.225		
Arginine g	0.638		0	FLA	4		0.243		
Histidine g	0.323		0	FLA	4		0.123		
Alanine g	0.516		0	FLA	4		0.196		
Aspartic acid g	0.876		0	FLA	4		0.333		
Glutamic acid g	2.481		0	FLA	4		0.943		
Glycine g	0.510		0	FLA	4		0.194		
Proline g	0.828		0	FLA	4		0.315		
Serine g	0.505		0	FLA	4		0.192		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07940

Macaroni and cheese loaf, chicken, pork and beef

Common Measures:

Measure 1 = 38g: 1 slice

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07050
Mortadella, beef, pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.30	0.710	14		1		14.83	7.85	
Energy....kcal	311		0	NC	4		88	47	
Energy....kJ	1301		0		4		369	195	
Protein (N x 6.25)....g	16.37	0.937	14		1		4.64	2.46	
Total lipid (fat)....g	25.39	1.139	14		1		7.20	3.81	
Ash....g	2.89	0.156	12		1		0.82	0.43	
Carbohydrate, by difference....g	3.05		0	NC	4		0.86	0.46	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	18	1.828	5		1		5	3	
Iron, Fe....mg	1.40	0.079	5		1		0.40	0.21	
Magnesium, Mg....mg	11	0.246	5		1		3	2	
Phosphorus, P....mg	97	2.237	5		1		27	15	
Potassium, K....mg	163	17.175	4		1		46	24	
Sodium, Na....mg	1246	65.485	4		1		353	187	
Zinc, Zn....mg	2.10	0.090	4		1		0.60	0.32	
Copper, Cu....mg	0.060	0.010	4		1		0.017	0.009	
Manganese, Mn....mg	0.030		1		1		0.009	0.005	
Selenium, Se....mcg	22.6		0	RF	4		6.4	3.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.119	0.004	27		1		0.034	0.018	
Riboflavin....mg	0.153	0.006	27		1		0.043	0.023	
Niacin....mg	2.673	0.185	6		1		0.758	0.401	
Pantothenic acid....mg	0.440		0		4		0.125	0.066	
Vitamin B-6....mg	0.130	0.030	4		1		0.037	0.020	
Folate, total....mcg	3		0		4		1	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		0		4		1	0	
Folate, DFE....mcg_DFE	3		0	NC	4		1	0	
Choline, total....mg	72.2		0	BFNN	4		20.5	10.8	
Betaine....mg	3.1		0	BFNN	4		0.9	0.5	
Vitamin B-12....mcg	1.48	0.065	4		1		0.42	0.22	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	NR	4		0.06	0.03	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	BFFN	4		0.3	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	41		0	BFFN	4		12	6	
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		0.5	0.2	
Lipids:									
Fatty acids, total saturated....g	9.510		0		1		2.696	1.427	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07050
Mortadella, beef, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.120	0.032	4		1		0.034	0.018	
12:0....g	0.070	0.024	4		1		0.020	0.011	
13:0....g									
14:0....g	0.510	0.045	4		1		0.145	0.077	
15:0....g									
16:0....g	5.430	0.437	4		1		1.539	0.815	
17:0....g									
18:0....g	3.230	0.204	4		1		0.916	0.485	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.380		0		1		3.226	1.707	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.140	0.064	4		1		0.323	0.171	
17:1....g									
18:1 undifferentiated....g	10.240	0.768	4		1		2.903	1.536	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.120		0		1		0.885	0.468	
18:2 undifferentiated....g	2.910	0.165	4		1		0.825	0.437	
18:3 undifferentiated....g	0.220	0.031	4		1		0.062	0.033	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	56	2.055	4		1		16	8	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.152		0		1		0.043	0.023	
Threonine....g	0.633		0		1		0.179	0.095	
Isoleucine....g	0.708		0		1		0.201	0.106	
Leucine....g	1.213		0		1		0.344	0.182	
Lysine....g	1.262		0		1		0.358	0.189	
Methionine....g	0.394		0		1		0.112	0.059	
Cystine....g	0.204		0		1		0.058	0.031	
Phenylalanine....g	0.598		0		1		0.170	0.090	
Tyrosine....g	0.530		0		1		0.150	0.080	
Valine....g	0.735		0		1		0.208	0.110	
Arginine....g	1.025		0		1		0.291	0.154	
Histidine....g	0.520		0		1		0.147	0.078	
Alanine....g	1.149		0		1		0.326	0.172	
Aspartic acid....g	1.580		0		1		0.448	0.237	
Glutamic acid....g	2.619		0		1		0.742	0.393	
Glycine....g	1.318		0		1		0.374	0.198	
Proline....g	1.099		0		1		0.312	0.165	
Serine....g	0.664		0		1		0.188	0.100	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07050
Mortadella, beef, pork

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 slice (15 per 8 oz package)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07061
Mother's loaf, pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.90	0.264	3		1		15.56	11.53	
Energy....kcal	282		0	NC	4		80	59	
Energy....kJ	1180				4		334	248	
Protein (N x 6.25)....g	12.07	0.033	3		1		3.42	2.53	
Total lipid (fat)....g	22.30	0.493	3		1		6.32	4.68	
Ash....g	3.20	0.000	3		1		0.91	0.67	
Carbohydrate, by difference....g	7.53		0	NC	4		2.13	1.58	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	43	1.453	3		1		12	9	
Iron, Fe....mg	1.32	0.171	3		1		0.37	0.28	
Magnesium, Mg....mg	16	0.333	3		1		5	3	
Phosphorus, P....mg	129	0.577	3		1		37	27	
Potassium, K....mg	225	7.506	3		1		64	47	
Sodium, Na....mg	1127	68.286	3		1		320	237	
Zinc, Zn....mg	1.43	0.145	3		1		0.41	0.30	
Copper, Cu....mg	0.090	0.010	3		1		0.026	0.019	
Manganese, Mn....mg	0.066	0.009	3		1		0.019	0.014	
Selenium, Se....mcg	35.1		0	BFNN	4		10.0	7.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.000	3		1		0.3	0.2	
Thiamin....mg	0.550	0.096	3		1		0.156	0.116	
Riboflavin....mg	0.170	0.012	3		1		0.048	0.036	
Niacin....mg	3.123	0.039	3		1		0.885	0.656	
Pantothenic acid....mg	0.470		2		1		0.133	0.099	
Vitamin B-6....mg	0.180	0.023	3		1		0.051	0.038	
Folate, total....mcg	8		0		4		2	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		4		2	2	
Folate, DFE....mcg_DFE	8		0	NC	4		2	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.05	0.141	3		1		0.30	0.22	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	T	4		0.3	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	40		0	T	4		11	8	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.950		0		1		2.254	1.670	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 07061
Mother's loaf, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.030	0.011	3		1		0.009	0.006	
12:0 g	0.010	0.003	3		1		0.003	0.002	
13:0 g									
14:0 g	0.260	0.008	3		1		0.074	0.055	
15:0 g									
16:0 g	4.970	0.133	3		1		1.409	1.044	
17:0 g									
18:0 g	2.690	0.156	3		1		0.763	0.565	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.340		0		1		2.931	2.171	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.670	0.012	3		1		0.190	0.141	
17:1 g									
18:1 undifferentiated g	9.680	0.195	3		1		2.744	2.033	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.580		0		1		0.731	0.542	
18:2 undifferentiated g	2.320	0.031	3		1		0.658	0.487	
18:3 undifferentiated g	0.260	0.003	3		1		0.074	0.055	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	45	2.333	3		1		13	9	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.171		0		4		0.048	0.036	
Threonine g	0.604		0		4		0.171	0.127	
Isoleucine g	0.637		0		4		0.181	0.134	
Leucine g	1.122		0		4		0.318	0.236	
Lysine g	1.178		0		4		0.334	0.247	
Methionine g	0.357		0		4		0.101	0.075	
Cystine g	0.205		0		4		0.058	0.043	
Phenylalanine g	0.573		0		4		0.162	0.120	
Tyrosine g	0.447		0		4		0.127	0.094	
Valine g	0.666		0		4		0.189	0.140	
Arginine g	0.910		0		4		0.258	0.191	
Histidine g	0.533		0		4		0.151	0.112	
Alanine g	0.759		0		4		0.215	0.159	
Aspartic acid g	1.278		0		4		0.362	0.268	
Glutamic acid g	2.294		0		4		0.650	0.482	
Glycine g	0.628		0		4		0.178	0.132	
Proline g	0.675		0		4		0.191	0.142	
Serine g	0.569		0		4		0.161	0.119	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 slice (4-1/4" x 4-1/4" x 1/16")

NDB No. 07061
Mother's loaf, pork

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07091
New england brand sausage, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.77	0.567	38		1		15.36	18.93	
Energy....kcal	161		0	NC	4		37	46	
Energy....kJ	674				4		155	191	
Protein (N x 6.25)....g	17.27	0.284	38		1		3.97	4.90	
Total lipid (fat)....g	7.58	0.122	6		1		1.74	2.15	
Ash....g	3.55	0.129	6		1		0.82	1.01	
Carbohydrate, by difference....g	4.83		0	NC	4		1.11	1.37	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.333	6		1		2	2	
Iron, Fe....mg	0.94	0.064	6		1		0.22	0.27	
Magnesium, Mg....mg	16	0.654	6		1		4	5	
Phosphorus, P....mg	136	12.213	6		1		31	39	
Potassium, K....mg	321	10.124	6		1		74	91	
Sodium, Na....mg	1220	84.892	6		1		281	346	
Zinc, Zn....mg	2.70	0.195	6		1		0.62	0.77	
Copper, Cu....mg	0.100	0.020	6		1		0.023	0.028	
Manganese, Mn....mg	0.036	0.006	5		1		0.008	0.010	
Selenium, Se....mcg	19.2		0	BFNN	4		4.4	5.4	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.640	0.023	6		1		0.147	0.181	
Riboflavin....mg	0.248	0.005	6		1		0.057	0.070	
Niacin....mg	3.478	0.278	6		1		0.800	0.986	
Pantothenic acid....mg	0.680		2		1		0.156	0.193	
Vitamin B-6....mg	0.360	0.095	6		1		0.083	0.102	
Folate, total....mcg	7	1.856	3		1		2	2	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	7	1.856	3		1		2	2	
Folate, DFE....mcg_DFE	7		0	NC	4		2	2	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.34	0.107	6		1		0.31	0.38	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	2.560		0		1		0.589	0.726	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	

NDB No. 07091
New england brand sausage, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.010	0.003	6		1		0.002	0.003	
12:0 g	0.010	0.002	6		1		0.002	0.003	
13:0 g									
14:0 g	0.100	0.006	6		1		0.023	0.028	
15:0 g									
16:0 g	1.620	0.029	6		1		0.373	0.459	
17:0 g									
18:0 g	0.830	0.015	6		1		0.191	0.235	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.640		0		1		0.837	1.032	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.300	0.012	6		1		0.069	0.085	
17:1 g									
18:1 undifferentiated g	3.330	0.060	6		1		0.766	0.944	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.720		0		1		0.166	0.204	
18:2 undifferentiated g	0.640	0.033	6		1		0.147	0.181	
18:3 undifferentiated g	0.090	0.014	6		1		0.021	0.026	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	49	4.152	5		1		11	14	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.193		0		1		0.044	0.055	
Threonine g	0.757		0		1		0.174	0.215	
Isoleucine g	0.761		0		1		0.175	0.216	
Leucine g	1.363		0		1		0.313	0.386	
Lysine g	1.511		0		1		0.348	0.428	
Methionine g	0.446		0		1		0.103	0.126	
Cystine g	0.246		0		1		0.057	0.070	
Phenylalanine g	0.684		0		1		0.157	0.194	
Tyrosine g	0.533		0		1		0.123	0.151	
Valine g	0.803		0		1		0.185	0.228	
Arginine g	1.201		0		1		0.276	0.340	
Histidine g	0.652		0		1		0.150	0.185	
Alanine g	1.039		0		1		0.239	0.295	
Aspartic acid g	1.639		0		1		0.377	0.465	
Glutamic acid g	2.585		0		1		0.595	0.733	
Glycine g	0.946		0		1		0.218	0.268	
Proline g	0.761		0		1		0.175	0.216	
Serine g	0.686		0		1		0.158	0.194	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07091

New england brand sausage, pork, beef

Common Measures:

Measure 1 = 23g: 1 slice (4" dia x 1/8" thick)

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07202
OSCAR MAYER, Bologna (beef light)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.00	0.000	31	A	1		18.20		
Energy	kcal	200		0	MC	9		56		
Energy	kJ	835		0	MC	9		234		
Protein (N x 6.25)	g	11.75	0.050	31	A	1		3.29		
Total lipid (fat)	g	14.50	0.300	31	A	1		4.06		
Ash	g	3.20	0.000	14	A	1		0.90		
Carbohydrate, by difference	g	5.60		0	MC	9		1.57		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	2.30		2	A	1		0.64		
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.816	6	A	1		4		
Iron, Fe	mg	1.22	0.086	6	A	1		0.34		
Magnesium, Mg	mg	14	0.694	6	MA	12		4		
Phosphorus, P	mg	178	4.899	6	MA	12		50		
Potassium, K	mg	156	2.858	6	MA	12		44		
Sodium, Na	mg	1151	29.500	7	A	1		322		
Zinc, Zn	mg	1.91	0.061	6	MA	12		0.53		
Copper, Cu	mg	0.210	0.012	6	MA	12		0.059		
Manganese, Mn	mg									
Selenium, Se	mcg									
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		2	A	1		0.0		
Thiamin	mg									
Riboflavin	mg									
Niacin	mg									
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg	13		0	BFZN	4		4		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	13		0	BFZN	4		4		
Folate, DFE	mcg_DFE	13		0	NC	4		4		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg									
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		1	JO	11		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.820		0	A	1		1.630		
4:0	g									
6:0	g									
8:0	g									

NDB No. 07202
OSCAR MAYER, Bologna (beef light)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.040	0.008	6	A	1		0.011		
13:0....g									
14:0....g	0.460	0.029	6	A	1		0.129		
15:0....g									
16:0....g	3.610	0.192	6	A	1		1.011		
17:0....g									
18:0....g	1.710	0.090	6	A	1		0.479		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.160		0	A	1		2.005		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.690	0.053	6	A	1		0.193		
17:1....g									
18:1 undifferentiated....g	6.470	0.241	6	A	1		1.812		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.470		0	A	1		0.132		
18:2 undifferentiated....g	0.450	0.029	6	A	1		0.126		
18:3 undifferentiated....g	0.020	0.004	6	A	1		0.006		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	44	0.600	7	A	1		12		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving (1 slice)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07201
OSCAR MAYER, Bologna (beef)
Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.15	0.050	124	A	1		15.16		
Energy....kcal	316		0	MC	9		88		
Energy....kJ	1322		0	MC	9		370		
Protein (N x 6.25)....g	11.05	0.050	124	A	1		3.09		
Total lipid (fat)....g	29.10	0.100	124	A	1		8.15		
Ash....g	3.25	0.050	31	A	1		0.91		
Carbohydrate, by difference....g	2.45		0	MC	9		0.69		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.40	0.141	8	A	1		0.39		
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.730	30	A	1		3		
Iron, Fe....mg	1.36	0.071	30	A	1		0.38		
Magnesium, Mg....mg	14	0.676	30	MA	12		4		
Phosphorus, P....mg	109	5.295	30	MA	12		31		
Potassium, K....mg	168	4.017	30	MA	12		47		
Sodium, Na....mg	1179	71.000	31	A	1		330		
Zinc, Zn....mg	2.03	0.062	30	MA	12		0.57		
Copper, Cu....mg	0.110	0.011	30	MA	12		0.031		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.050	0.003	11	MA	12		0.014		
Riboflavin....mg	0.110	0.006	11	MA	12		0.031		
Niacin....mg	2.420	0.069	11	MA	12		0.678		
Pantothenic acid....mg	0.280		1	MA	12		0.078		
Vitamin B-6....mg	0.170	0.009	11	MA	12		0.048		
Folate, total....mcg	13	5.268	5	MA	12		4		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	13	5.268	5	MA	12		4		
Folate, DFE....mcg_DFE	13		0	NC	4		4		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.43	0.075	11	MA	12		0.40		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	JO	11		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8	0.041	6	MA	12		0.2		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	32	1.633	6	MA	12		9		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	12.850		0	A	1		3.598		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07201
OSCAR MAYER, Bologna (beef)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.020	0.004	28	A	1		0.006		
13:0....g									
14:0....g	0.980	0.028	28	A	1		0.274		
15:0....g									
16:0....g	7.510	0.076	28	A	1		2.103		
17:0....g									
18:0....g	4.340	0.083	28	A	1		1.215		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.210		0	A	1		4.259		
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.630	0.055	28	A	1		0.456		
17:1....g									
18:1 undifferentiated....g	13.580	0.119	28	A	1		3.802		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.110		0	A	1		0.311		
18:2 undifferentiated....g	0.860	0.042	28	A	1		0.241		
18:3 undifferentiated....g	0.250	0.021	28	A	1		0.070		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	64	5.850	31	A	1		18		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving (1 slice)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07200
OSCAR MAYER, Bologna (chicken, pork, beef)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.70	0.094	73	A	1		15.04		
Energy....kcal	318		0	MC	9		89		
Energy....kJ	1331				9		373		
Protein....g	10.90	0.047	73	A	1		3.05		
Total lipid (fat)....g	29.40	0.117	73	A	1		8.23		
Ash....g	3.50	0.058	3	A	1		0.98		
Carbohydrate, by difference....g	2.40		0	MC	9		0.67		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.40	0.058	3	A	1		0.39		
Starch....g									
Minerals:									
Calcium, Ca....mg	69	12.124	3	A	1		19		
Iron, Fe....mg	1.78	0.058	3	A	1		0.50		
Magnesium, Mg....mg	21	0.346	3	MA	12		6		
Phosphorus, P....mg	199	4.619	3	MA	12		56		
Potassium, K....mg	154	7.506	3	MA	12		43		
Sodium, Na....mg	1033	50.807	3	A	1		289		
Zinc, Zn....mg	1.42	0.023	3	MA	12		0.40		
Copper, Cu....mg	0.200	0.006	3	MA	12		0.056		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.490		0	A	1		2.937		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.020	0.006	3	A	1		0.006		
13:0....g									
14:0....g	0.370	0.012	3	A	1		0.104		
15:0....g									
16:0....g	7.170	0.069	3	A	1		2.008		
17:0....g									
18:0....g	2.930	0.069	3	A	1		0.820		
20:0....g									

NDB No. 07200
OSCAR MAYER, Bologna (chicken, pork, beef)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	14.480		0	A	1		4.054		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.250	0.144	3	A	1		0.350		
17:1 ... g									
18:1 undifferentiated ... g	13.230	0.300	3	A	1		3.704		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.930		0	A	1		1.100		
18:2 undifferentiated ... g	3.590	0.104	3	A	1		1.005		
18:3 undifferentiated ... g	0.340	0.023	3	A	1		0.095		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	103	1.732	3	A	1		29		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07203
OSCAR MAYER, Bologna (fat free)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.00	0.060	99	A	1		21.84		
Energy....kcal	79		0	MC	9		22		
Energy....kJ	331				9		93		
Protein....g	12.60	0.040	99	A	1		3.53		
Total lipid (fat)....g	0.60	0.040	99	A	1		0.17		
Ash....g	2.90	0.058	12	A	1		0.81		
Carbohydrate, by difference....g	6.00		0	MC	9		1.68		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	2.20	0.447	5	A	1		0.62		
Starch....g									
Minerals:									
Calcium, Ca....mg	15	1.789	5	A	1		4		
Iron, Fe....mg	0.92	0.049	5	A	1		0.26		
Magnesium, Mg....mg	22	0.984	5	MA	12		6		
Phosphorus, P....mg	154	5.814	5	MA	12		43		
Potassium, K....mg	156	8.497	5	MA	12		44		
Sodium, Na....mg	977	33.068	6	A	1		274		
Zinc, Zn....mg	1.14	0.045	5	MA	12		0.32		
Copper, Cu....mg	0.200	0.009	5	MA	12		0.056		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.235		0	A	1		0.066		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.009	0.004	5	A	1		0.003		
13:0....g									
14:0....g	0.027	0.020	5	A	1		0.008		
15:0....g									
16:0....g	0.136	0.024	5	A	1		0.038		
17:0....g									
18:0....g	0.063	0.012	5	A	1		0.018		
20:0....g									

NDB No. 07203
OSCAR MAYER, Bologna (fat free)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.208		0	A	1		0.058		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009	0.000	5	A	1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.199	0.044	5	A	1		0.056		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0	A	1		0.036		
18:2 undifferentiated.....g	0.109	0.016	5	A	1		0.031		
18:3 undifferentiated.....g	0.018	0.008	5	A	1		0.005		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	25	2.236	5	A	1		7		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07205
OSCAR MAYER, Bologna Light (pork, chicken, beef)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.75	0.350	31	A	1		18.13		
Energy....kcal	202		1	JO	11		56		
Energy....kJ	843		0	JO	11		236		
Protein (N x 6.25)....g	11.50	0.000	31	A	1		3.22		
Total lipid (fat)....g	14.75	0.250	31	A	1		4.13		
Ash....g	3.35	0.050	7	A	1		0.94		
Carbohydrate, by difference....g	5.70		1	JO	11		1.60		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	2.60	0.327	6	A	1		0.73		
Starch....g									
Minerals:									
Calcium, Ca....mg	50	6.532	6	A	1		14		
Iron, Fe....mg	1.39	0.004	6	A	1		0.39		
Magnesium, Mg....mg	20	0.245	6	MA	12		6		
Phosphorus, P....mg	185	4.491	6	MA	12		52		
Potassium, K....mg	163	2.041	6	MA	12		46		
Sodium, Na....mg	1117	3.000	7	A	1		313		
Zinc, Zn....mg	1.61	0.053	6	MA	12		0.45		
Copper, Cu....mg	0.200	0.004	6	MA	12		0.056		
Manganese, Mn....mg	0.155			FLM	4		0.043		
Selenium, Se....mcg	5.6			FLM	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.159			FLM	4		0.044		
Riboflavin....mg	0.097			FLM	4		0.027		
Niacin....mg	3.072			FLM	4		0.860		
Pantothenic acid....mg	0.340			FLM	4		0.095		
Vitamin B-6....mg	0.163			FLM	4		0.046		
Folate, total....mcg	18			FLM	4		5		
Folic acid....mcg	0			FLM	4		0		
Folate, food....mcg	18			FLM	4		5		
Folate, DFE....mcg_DFE	18		0	NC	4		5		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.29			FLM	4		0.08		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	JO	11		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.620		0	A	1		1.574		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07205
OSCAR MAYER, Bologna Light (pork, chicken, beef)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.010	0.000	6	A	1		0.003		
13:0....g									
14:0....g	0.260	0.016	6	A	1		0.073		
15:0....g									
16:0....g	3.690	0.057	6	A	1		1.033		
17:0....g									
18:0....g	1.660	0.033	6	A	1		0.465		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.300		0	A	1		2.044		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.460	0.020	6	A	1		0.129		
17:1....g									
18:1 undifferentiated....g	6.840	0.167	6	A	1		1.915		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.540		0	A	1		0.431		
18:2 undifferentiated....g	1.480	0.065	6	A	1		0.414		
18:3 undifferentiated....g	0.060	0.012	6	A	1		0.017		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	56	2.250	7	A	1		16		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving (1 slice)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07208
OSCAR MAYER, Braunschweiger Liver Sausage (saren tube)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.60	0.108	31	A	1		27.78		
Energy....kcal	341		0	MC	9		191		
Energy....kJ	1427				9		799		
Protein....g	14.20	0.072	31	A	1		7.95		
Total lipid (fat)....g	30.60	0.126	31	A	1		17.14		
Ash....g	3.40	0.025	16	A	1		1.90		
Carbohydrate, by difference....g	2.30		0	MC	9		1.29		
Fiber, total dietary....g	0.1		0	MC	9		0.1		
Sugars, total....g	0.70		2	A	1		0.39		
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.750	16	A	1		5		
Iron, Fe....mg	9.74	0.460	16	A	1		5.45		
Magnesium, Mg....mg	12	0.500	16	MA	12		7		
Phosphorus, P....mg	194	7.250	16	MA	12		109		
Potassium, K....mg	184	6.000	16	MA	12		103		
Sodium, Na....mg	1118	20.851	23	A	1		626		
Zinc, Zn....mg	3.16	0.103	16	MA	12		1.77		
Copper, Cu....mg	0.400	0.043	16	MA	12		0.224		
Manganese, Mn....mg	0.090	0.030	9	MA	12		0.050		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.0		1	A	1		5.0		
Thiamin....mg	0.230	0.003	10	MA	12		0.129		
Riboflavin....mg	1.550	0.063	10	MA	12		0.868		
Niacin....mg	8.280	0.297	10	MA	12		4.637		
Pantothenic acid....mg	2.880	0.110	6	MA	12		1.613		
Vitamin B-6....mg	0.340	0.035	10	MA	12		0.190		
Folate, total....mcg	61	9.580	9	MA	12		34		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	61	9.580	9	MA	12		34		
Folate, DFE....mcg_DFE	61		0	NC	4		34		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	18.52	1.186	10	MA	12		10.37		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg	0		2	MA	12		0		
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	16670		0	MC	9		9335		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8	0.145	5	MA	12		0.5		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	33	5.814	5	MA	12		18		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.890		0	A	1		6.098		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07208
OSCAR MAYER, Braunschweiger Liver Sausage (saren tube)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.040	0.014	13	A	1		0.022		
13:0....g									
14:0....g	0.420	0.025	13	A	1		0.235		
15:0....g									
16:0....g	6.960	0.186	13	A	1		3.898		
17:0....g									
18:0....g	3.470	0.083	13	A	1		1.943		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.570		0	A	1		8.719		
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.200	0.078	13	A	1		0.672		
17:1....g									
18:1 undifferentiated....g	14.370	0.322	13	A	1		8.047		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.760		0	A	1		2.106		
18:2 undifferentiated....g	3.440	0.086	13	A	1		1.926		
18:3 undifferentiated....g	0.320	0.050	13	A	1		0.179		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	160	5.893	18	A	1		90		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07207

OSCAR MAYER, Braunschweiger Liver Sausage (sliced)

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.50	0.100	31	A	1		14.14		
Energy....kcal	331		0	MC	9		93		
Energy....kJ	1387		0	MC	9		388		
Protein (N x 6.25)....g	14.25	0.250	31	A	1		3.99		
Total lipid (fat)....g	29.35	0.850	31	A	1		8.22		
Ash....g	3.35	0.050	21	A	1		0.94		
Carbohydrate, by difference....g	2.60		0	MC	9		0.73		
Fiber, total dietary....g	0.2		0	MC	9		0.1		
Sugars, total....g	1.20		2	A	1		0.34		
Starch....g									
Minerals:									
Calcium, Ca....mg	9	0.750	16	A	1		3		
Iron, Fe....mg	10.51	0.695	17	A	1		2.94		
Magnesium, Mg....mg	14	1.175	16	MA	12		4		
Phosphorus, P....mg	199	7.250	16	MA	12		56		
Potassium, K....mg	202	4.500	16	MA	12		57		
Sodium, Na....mg	1159	1.500	17	A	1		324		
Zinc, Zn....mg	3.40	0.138	16	MA	12		0.95		
Copper, Cu....mg	0.500	0.078	16	MA	12		0.140		
Manganese, Mn....mg	0.148	0.009	8	MA	12		0.041		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	9.0		1	A	1		2.5		
Thiamin....mg	0.230	0.007	9	MA	12		0.064		
Riboflavin....mg	1.600	0.063	9	MA	12		0.448		
Niacin....mg	9.190	0.593	9	MA	12		2.573		
Pantothenic acid....mg	3.450	0.481	8	MA	12		0.966		
Vitamin B-6....mg	0.330	0.023	9	MA	12		0.092		
Folate, total....mcg	47	5.614	8	MA	12		13		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	47	5.614	8	MA	12		13		
Folate, DFE....mcg_DFE	47		0	NC	4		13		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	18.78	1.020	9	MA	12		5.26		
Vitamin A, RAE....mcg_RAE	4723		0	NC	4		1322		
Retinol....mcg	4723		0	NR	4		1322		
Carotene, beta....mcg	0	0.000	3	MA	12		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	15728		0	MC	9		4404		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1	0.123	5	MA	12		0.3		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	44	4.919	5	MA	12		12		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.940		0	A	1		3.063		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07207
OSCAR MAYER, Braunschweiger Liver Sausage (sliced)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.040	0.010	16	A	1		0.011		
13:0 g									
14:0 g	0.420	0.020	16	A	1		0.118		
15:0 g									
16:0 g	6.990	0.115	16	A	1		1.957		
17:0 g									
18:0 g	3.490	0.113	16	A	1		0.977		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	15.480		0	A	1		4.334		
14:1 g									
15:1 g									
16:1 undifferentiated g	1.210	0.060	16	A	1		0.339		
17:1 g									
18:1 undifferentiated g	14.271	0.235	16	A	1		3.996		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	3.730		0	A	1		1.044		
18:2 undifferentiated g	3.370	0.085	16	A	1		0.944		
18:3 undifferentiated g	0.360	0.058	16	A	1		0.101		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	178	2.500	15	A	1		50		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving (1 slice)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07209

OSCAR MAYER, Chicken Breast (honey glazed)

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.40	0.200	32	A	1		36.61		
Energy....kcal	109		0	MC	9		56		
Energy....kJ	454		0	MC	9		236		
Protein (N x 6.25)....g	19.85	0.050	32	A	1		10.32		
Total lipid (fat)....g	1.50	0.100	32	A	1		0.78		
Ash....g	4.30	0.100	5	A	1		2.24		
Carbohydrate, by difference....g	3.95		0	NC	4		2.05		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	4.30	0.600	4	A	1		2.24		
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.500	4	A	1		5		
Iron, Fe....mg	1.13	0.175	4	A	1		0.59		
Magnesium, Mg....mg	36	4.600	4	MA	12		19		
Phosphorus, P....mg	289	15.000	4	MA	12		150		
Potassium, K....mg	329	8.500	4	MA	12		171		
Sodium, Na....mg	1438	52.000	5	A	1		748		
Zinc, Zn....mg	0.70	0.105	4	MA	12		0.36		
Copper, Cu....mg	0.170	0.025	4	MA	12		0.088		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	4		0	BFZN	4		2		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	4		0	BFZN	4		2		
Folate, DFE....mcg_DFE	4		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	JO	11		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.394		0	A	1		0.205		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07209
OSCAR MAYER, Chicken Breast (honey glazed)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.006	0.003	4	A	1		0.003		
15:0....g									
16:0....g	0.285	0.024	4	A	1		0.148		
17:0....g									
18:0....g	0.103	0.006	4	A	1		0.054		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.564		0	A	1		0.293		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.091	0.012	4	A	1		0.047		
17:1....g									
18:1 undifferentiated....g	0.473	0.024	4	A	1		0.246		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.218		0	A	1		0.113		
18:2 undifferentiated....g	0.200	0.006	4	A	1		0.104		
18:3 undifferentiated....g	0.018	0.009	4	A	1		0.009		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	53	0.550	5	A	1		28		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 serving (4 slices)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07210
OSCAR MAYER, Chicken Breast (oven roasted, fat free)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.80	0.119	45	A	1		39.42	9.85	
Energy....kcal	85		0	MC	9		44	11	
Energy....kJ	356				9		185	46	
Protein....g	18.30	0.089	45	A	1		9.52	2.38	
Total lipid (fat)....g	0.60	0.030	45	A	1		0.31	0.08	
Ash....g	3.70	0.095	10	A	1		1.92	0.48	
Carbohydrate, by difference....g	1.70		0	MC	9		0.88	0.22	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	0.90	0.402	5	A	1		0.47	0.12	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.408	6	A	1		6	2	
Iron, Fe....mg	1.33	0.127	6	A	1		0.69	0.17	
Magnesium, Mg....mg	36	1.674	6	MA	12		19	5	
Phosphorus, P....mg	256	6.532	6	MA	12		133	33	
Potassium, K....mg	316	4.914	7	MA	12		164	41	
Sodium, Na....mg	1242	27.667	9	A	1		646	161	
Zinc, Zn....mg	0.60	0.012	6	MA	12		0.31	0.08	
Copper, Cu....mg	0.230	0.016	6	MA	12		0.120	0.030	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.170		0	A	1		0.088	0.022	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	6	A	1		0.000	0.000	
13:0....g									
14:0....g	0.010	0.004	6	A	1		0.005	0.001	
15:0....g									
16:0....g	0.110	0.016	6	A	1		0.057	0.014	
17:0....g									
18:0....g	0.050	0.004	6	A	1		0.026	0.007	
20:0....g									

NDB No. 07210
OSCAR MAYER, Chicken Breast (oven roasted, fat free)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.160		0	A	1		0.083	0.021	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020	0.004	6	A	1		0.010	0.003	
17:1....g									
18:1 undifferentiated....g	0.140	0.020	6	A	1		0.073	0.018	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.060		0	A	1		0.031	0.008	
18:2 undifferentiated....g	0.060	0.008	6	A	1		0.031	0.008	
18:3 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	44	0.816	6	A	1		23	6	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 serving

Measure 2 = 13.0g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07217
OSCAR MAYER, Ham (40% ham/water product, smoked, fat free)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	79.20	0.072	125	A	1		37.22	12.67	
Energy....kcal	72		0	MC	9		34	12	
Energy....kJ	301				9		142	48	
Protein....g	14.60	0.054	125	A	1		6.86	2.34	
Total lipid (fat)....g	0.70	0.018	125	A	1		0.33	0.11	
Ash....g	3.70	0.082	6	A	1		1.74	0.59	
Carbohydrate, by difference....g	1.90		0	MC	9		0.89	0.30	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	1.10	0.115	3	A	1		0.52	0.18	
Starch....g									
Minerals:									
Calcium, Ca....mg	11	0.577	3	A	1		5	2	
Iron, Fe....mg	0.91	0.064	3	A	1		0.43	0.15	
Magnesium, Mg....mg	27	0.866	3	MA	12		13	4	
Phosphorus, P....mg	197	9.238	3	MA	12		93	32	
Potassium, K....mg	234	24.826	3	MA	12		110	37	
Sodium, Na....mg	1084	87.180	3	A	1		509	173	
Zinc, Zn....mg	1.57	0.237	3	MA	12		0.74	0.25	
Copper, Cu....mg	0.200	0.012	3	MA	12		0.094	0.032	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.221		0	A	1		0.104	0.035	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.009	0.000	3	A	1		0.004	0.001	
15:0....g									
16:0....g	0.145	0.010	3	A	1		0.068	0.023	
17:0....g									
18:0....g	0.068	0.010	3	A	1		0.032	0.011	
20:0....g									

NDB No. 07217
OSCAR MAYER, Ham (40% ham/water product, smoked, fat free)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.272		0	A	1		0.128	0.044	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.017	0.005	3	A	1		0.008	0.003	
17:1 ... g									
18:1 undifferentiated ... g	0.255	0.010	3	A	1		0.120	0.041	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.136		0	A	1		0.064	0.022	
18:2 undifferentiated ... g	0.128	0.020	3	A	1		0.060	0.020	
18:3 undifferentiated ... g	0.009	0.005	3	A	1		0.004	0.001	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	38	5.196	3	A	1		18	6	
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 serving

Measure 2 = 16g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07212

OSCAR MAYER, Ham (chopped with natural juice)

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water ... g	65.25	0.050	121	A	1		18.27		
Energy ... kcal	180		0	MC	9		50		
Energy ... kJ	754		0	MC	9		211		
Protein (N x 6.25) ... g	16.30	0.200	121	A	1		4.56		
Total lipid (fat) ... g	11.15	0.850	121	A	1		3.12		
Ash ... g	3.65	0.050	8	A	1		1.02		
Carbohydrate, by difference ... g	3.65		0	MC	9		1.02		
Fiber, total dietary ... g	0.0		0	MC	9		0.0		
Sugars, total ... g	2.20	0.404	3	A	1		0.62		
Starch ... g									
Minerals:									
Calcium, Ca ... mg	9	1.225	6	A	1		3		
Iron, Fe ... mg	1.30	0.176	6	A	1		0.36		
Magnesium, Mg ... mg	23	0.653	6	MA	12		6		
Phosphorus, P ... mg	219	3.674	6	MA	12		61		
Potassium, K ... mg	260	2.858	6	MA	12		73		
Sodium, Na ... mg	1249	81.500	7	A	1		350		
Zinc, Zn ... mg	2.25	0.061	6	MA	12		0.63		
Copper, Cu ... mg	0.240	0.069	6	MA	12		0.067		
Manganese, Mn ... mg									
Selenium, Se ... mcg									
Vitamins:									
Vitamin C, total ascorbic acid ... mg	0.0		1	A	1		0.0		
Thiamin ... mg									
Riboflavin ... mg									
Niacin ... mg									
Pantothenic acid ... mg									
Vitamin B-6 ... mg									
Folate, total ... mcg	3		0	BFZN	4		1		
Folic acid ... mcg	0		0	BFZN	4		0		
Folate, food ... mcg	3		0	BFZN	4		1		
Folate, DFE ... mcg_DFE	3		0	NC	4		1		
Choline, total ... mg									
Betaine ... mg									
Vitamin B-12 ... mcg									
Vitamin A, RAE ... mcg_RAE	0		0	NC	4		0		
Retinol ... mcg	0		0	NR	4		0		
Carotene, beta ... mcg	0		0	Z	7		0		
Carotene, alpha ... mcg	0		0	Z	7		0		
Cryptoxanthin, beta ... mcg	0		0	Z	7		0		
Vitamin A, IU ... IU	0		1	JO	11		0		
Lycopene ... mcg	0		0	Z	7		0		
Lutein + zeaxanthin ... mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) ... mg									
Tocopherol, beta ... mg									
Tocopherol, gamma ... mg									
Tocopherol, delta ... mg									
Vitamin D (D2 + D3) ... mcg									
Vitamin D2 (ergocalciferol) ... mcg									
Vitamin D3 (cholecalciferol) ... mcg									
Vitamin D ... IU									
Vitamin K (phylloquinone) ... mcg									
Lipids:									
Fatty acids, total saturated ... g	4.056		0	A	1		1.136		
4:0 ... g									
6:0 ... g									
8:0 ... g									

NDB No. 07212
OSCAR MAYER, Ham (chopped with natural juice)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.018	0.004	7	A	1		0.005		
13:0....g									
14:0....g	0.166	0.018	7	A	1		0.046		
15:0....g									
16:0....g	2.698	0.080	7	A	1		0.755		
17:0....g									
18:0....g	1.173	0.042	7	A	1		0.328		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.829		0	A	1		1.632		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.379	0.018	7	A	1		0.106		
17:1....g									
18:1 undifferentiated....g	5.451	0.143	7	A	1		1.526		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.275		0	A	1		0.357		
18:2 undifferentiated....g	1.210	0.453	7	A	1		0.339		
18:3 undifferentiated....g	0.065	0.007	7	A	1		0.018		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	59		1	A	1		16		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving (1 slice)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07213
OSCAR MAYER, Ham (water added, baked cooked 96% fat free)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.45	0.350	5	A	1		46.90		
Energy....kcal	104		0	MC	9		66		
Energy....kJ	435		0	MC	9		274		
Protein (N x 6.25)....g	16.30	0.200	5	A	1		10.27		
Total lipid (fat)....g	3.52	0.180	5	A	1		2.22		
Ash....g	3.90		2	A	1		2.46		
Carbohydrate, by difference....g	1.83		0	MC	9		1.15		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.00		1	A	1		0.63		
Starch....g									
Minerals:									
Calcium, Ca....mg	10		1	A	1		6		
Iron, Fe....mg	1.30		1	A	1		0.82		
Magnesium, Mg....mg	31		1	MA	12		20		
Phosphorus, P....mg	233		1	MA	12		147		
Potassium, K....mg	268		1	MA	12		169		
Sodium, Na....mg	1242		2	A	1		782		
Zinc, Zn....mg	1.81		1	MA	12		1.14		
Copper, Cu....mg	0.240		1	MA	12		0.151		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	4		0	BFZN	4		3		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	4		0	BFZN	4		3		
Folate, DFE....mcg_DFE	4		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	JO	11		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.851		0	A	1		0.536		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07213
OSCAR MAYER, Ham (water added, baked cooked 96% fat free)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g									
12:0 ... g	0.000		1	A	1		0.000		
13:0 ... g									
14:0 ... g	0.040		1	A	1		0.025		
15:0 ... g									
16:0 ... g	0.571		1	A	1		0.360		
17:0 ... g									
18:0 ... g	0.240		1	A	1		0.151		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	1.165		0	A	1		0.734		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.074		1	A	1		0.047		
17:1 ... g									
18:1 undifferentiated ... g	1.091		1	A	1		0.687		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.314		0	A	1		0.828		
18:2 undifferentiated ... g	0.223		1	A	1		0.140		
18:3 undifferentiated ... g	1.091		1	A	1		0.687		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	48		1	A	1		30		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 63g: 1 serving (3 slices)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07214
OSCAR MAYER, Ham (water added, boiled)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.60	0.073	120	A	1		47.00	15.67	
Energy....kcal	104		0	MC	9		66	22	
Energy....kJ	435				9		274	91	
Protein....g	16.60	0.055	120	A	1		10.46	3.49	
Total lipid (fat)....g	3.70	0.055	120	A	1		2.33	0.78	
Ash....g	4.00	0.076	7	A	1		2.52	0.84	
Carbohydrate, by difference....g	1.20		0	MC	9		0.76	0.25	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	0.30		2	A	1		0.19	0.06	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		2	A	1		6	2	
Iron, Fe....mg	1.48		2	A	1		0.93	0.31	
Magnesium, Mg....mg	31		2	MA	12		20	7	
Phosphorus, P....mg	239		2	MA	12		151	50	
Potassium, K....mg	283		2	MA	12		178	59	
Sodium, Na....mg	1348		2	A	1		849	283	
Zinc, Zn....mg	1.85		2	MA	12		1.17	0.39	
Copper, Cu....mg	0.240		2	MA	12		0.151	0.050	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.247		0	A	1		0.786	0.262	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.053		2	A	1		0.033	0.011	
15:0....g									
16:0....g	0.846		2	A	1		0.533	0.178	
17:0....g									
18:0....g	0.347		2	A	1		0.219	0.073	
20:0....g									

NDB No. 07214
OSCAR MAYER, Ham (water added, boiled)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.727		0	A	1		1.088	0.363	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.107		2	A	1		0.067	0.022	
17:1....g									
18:1 undifferentiated....g	1.620		2	A	1		1.021	0.340	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.356		0	A	1		0.224	0.075	
18:2 undifferentiated....g	0.321		2	A	1		0.202	0.067	
18:3 undifferentiated....g	0.036		2	A	1		0.023	0.008	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	47		2	A	1		30	10	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 63g: 1 serving

Measure 2 = 21g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07215
OSCAR MAYER, Ham (water added, honey)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.70	0.064	120	A	1		45.80	15.27	
Energy....kcal	111		0	MC	9		70	23	
Energy....kJ	464				9		293	98	
Protein....g	16.70	0.046	120	A	1		10.52	3.51	
Total lipid (fat)....g	3.50	0.046	120	A	1		2.21	0.74	
Ash....g	4.00	0.041	6	A	1		2.52	0.84	
Carbohydrate, by difference....g	3.10		0	MC	9		1.95	0.65	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	3.10	0.250	4	A	1		1.95	0.65	
Starch....g									
Minerals:									
Calcium, Ca....mg	10	1.500	4	A	1		6	2	
Iron, Fe....mg	1.35	0.055	4	A	1		0.85	0.28	
Magnesium, Mg....mg	31	1.400	4	MA	12		20	7	
Phosphorus, P....mg	259	6.500	4	MA	12		163	54	
Potassium, K....mg	281	6.000	4	MA	12		177	59	
Sodium, Na....mg	1248	13.864	5	A	1		786	262	
Zinc, Zn....mg	2.08	0.105	4	MA	12		1.31	0.44	
Copper, Cu....mg	0.230	0.005	4	MA	12		0.145	0.048	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.167		0	A	1		0.735	0.245	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.054	0.004	4	A	1		0.034	0.011	
15:0....g									
16:0....g	0.781	0.040	4	A	1		0.492	0.164	
17:0....g									
18:0....g	0.332	0.013	4	A	1		0.209	0.070	
20:0....g									

NDB No. 07215
OSCAR MAYER, Ham (water added, honey)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.669		0	A	1		1.051	0.350	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099	0.009	4	A	1		0.062	0.021	
17:1.....g									
18:1 undifferentiated.....g	1.571	0.072	4	A	1		0.990	0.330	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.314		0	A	1		0.198	0.066	
18:2 undifferentiated.....g	0.305	0.009	4	A	1		0.192	0.064	
18:3 undifferentiated.....g	0.009	0.000	4	A	1		0.006	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	45	1.789	5	A	1		28	9	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 63g: 1 serving

Measure 2 = 21g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07216
OSCAR MAYER, Ham (water added, smoked, cooked)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	75.80	0.046	120	A	1		47.75	15.92	
Energy....kcal	99		0	MC	9		62	21	
Energy....kJ	414				9		261	87	
Protein....g	16.60	0.037	120	A	1		10.46	3.49	
Total lipid (fat)....g	3.60	0.046	120	A	1		2.27	0.76	
Ash....g	3.90	0.041	24	A	1		2.46	0.82	
Carbohydrate, by difference....g	0.10		0	MC	9		0.06	0.02	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	0.10	0.050	4	A	1		0.06	0.02	
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.500	4	A	1		6	2	
Iron, Fe....mg	1.30	0.025	4	A	1		0.82	0.27	
Magnesium, Mg....mg	31	1.350	4	MA	12		20	7	
Phosphorus, P....mg	233	6.000	4	MA	12		147	49	
Potassium, K....mg	268	9.000	4	MA	12		169	56	
Sodium, Na....mg	1214	30.000	4	A	1		765	255	
Zinc, Zn....mg	1.81	0.150	4	MA	12		1.14	0.38	
Copper, Cu....mg	0.240	0.010	4	MA	12		0.151	0.050	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	1.222		0	A	1		0.770	0.257	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.057	0.008	4	A	1		0.036	0.012	
15:0....g									
16:0....g	0.820	0.139	4	A	1		0.517	0.172	
17:0....g									
18:0....g	0.345	0.053	4	A	1		0.217	0.072	
20:0....g									

NDB No. 07216
OSCAR MAYER, Ham (water added, smoked, cooked)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.673		0	A	1		1.054	0.351	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.107	0.016	4	A	1		0.067	0.022	
17:1.....g									
18:1 undifferentiated.....g	1.567	0.217	4	A	1		0.987	0.329	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.345		0	A	1		0.217	0.072	
18:2 undifferentiated.....g	0.320	0.045	4	A	1		0.202	0.067	
18:3 undifferentiated.....g	0.025	0.008	4	A	1		0.016	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	48	2.000	4	A	1		30	10	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 63g: 1 serving

Measure 2 = 21g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07211
OSCAR MAYER, Ham and Cheese Loaf

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.50	0.200	31	A	1		16.94		
Energy....kcal	234		0	NC	4		66		
Energy....kJ	980		0	NC	4		274		
Protein (N x 6.25)....g	13.85	0.250	31	A	1		3.88		
Total lipid (fat)....g	18.20	0.500	31	A	1		5.10		
Ash....g	3.70	0.300	26	A	1		1.04		
Carbohydrate, by difference....g	3.75		0	NC	4		1.05		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	3.30	0.520	3	A	1		0.92		
Starch....g									
Minerals:									
Calcium, Ca....mg	67	3.624	22	A	1		19		
Iron, Fe....mg	0.86	0.036	22	A	1		0.24		
Magnesium, Mg....mg	19	0.704	22	MA	12		5		
Phosphorus, P....mg	270	7.036	22	MA	12		76		
Potassium, K....mg	265	7.036	22	MA	12		74		
Sodium, Na....mg	1167	86.500	31	A	1		327		
Zinc, Zn....mg	1.81	0.038	22	MA	12		0.51		
Copper, Cu....mg	0.120	0.011	22	MA	12		0.034		
Manganese, Mn....mg	0.018	0.013	7	MA	12		0.005		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.580	0.032	8	MA	12		0.162		
Riboflavin....mg	0.190	0.014	8	MA	12		0.053		
Niacin....mg	3.480	0.230	8	MA	12		0.974		
Pantothenic acid....mg	0.440	0.133	3	MA	12		0.123		
Vitamin B-6....mg	0.250	0.021	8	MA	12		0.070		
Folate, total....mcg	3	0.335	3	MA	12		1		
Folic acid....mcg	0		0	NR	4		0		
Folate, food....mcg	3	0.335	3	MA	12		1		
Folate, DFE....mcg_DFE	3		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.76	0.032	8	MA	12		0.21		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0	0.000	3	MA	12		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	A	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1	0.213	4	MA	12		0.3		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	42	8.500	4	MA	12		12		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.561		0	A	1		1.837		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07211
OSCAR MAYER, Ham and Cheese Loaf

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.073	0.011	20	A	1		0.020		
13:0 g									
14:0 g	0.397	0.015	20	A	1		0.111		
15:0 g									
16:0 g	4.115	0.117	20	A	1		1.152		
17:0 g									
18:0 g	1.976	0.089	20	A	1		0.553		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.278		0	A	1		2.318		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.608	0.034	20	A	1		0.170		
17:1 g									
18:1 undifferentiated g	7.671	0.195	20	A	1		2.148		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.798		0	A	1		0.503		
18:2 undifferentiated g	1.604	0.070	20	A	1		0.449		
18:3 undifferentiated g	0.194	0.031	20	A	1		0.054		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	62	4.250	31	A	1		17		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.226			FLA	4		0.063		
Threonine g	0.673			FLA	4		0.188		
Isoleucine g	0.783			FLA	4		0.219		
Leucine g	1.418			FLA	4		0.397		
Lysine g	1.593			FLA	4		0.446		
Methionine g	0.440			FLA	4		0.123		
Cystine g	0.168			FLA	4		0.047		
Phenylalanine g	0.757			FLA	4		0.212		
Tyrosine g	0.732			FLA	4		0.205		
Valine g	0.960			FLA	4		0.269		
Arginine g	0.919			FLA	4		0.257		
Histidine g	0.673			FLA	4		0.189		
Alanine g	0.751			FLA	4		0.210		
Aspartic acid g	1.336			FLA	4		0.374		
Glutamic acid g	3.009			FLA	4		0.843		
Glycine g	0.632			FLA	4		0.177		
Proline g	1.167			FLA	4		0.327		
Serine g	0.754			FLA	4		0.211		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 07211
OSCAR MAYER, Ham and Cheese Loaf

Measure 1 = 28g: 1 serving

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07218
OSCAR MAYER, Head Cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.50	0.335	20	A	1		18.90		
Energy....kcal	185		0	MC	9		52		
Energy....kJ	774				9		217		
Protein....g	15.70	0.179	20	A	1		4.40		
Total lipid (fat)....g	13.50	0.335	20	A	1		3.78		
Ash....g	3.30	0.103	15	A	1		0.92		
Carbohydrate, by difference....g	0.00		0	MC	9		0.00		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.00		2	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	21	3.474	14	A	1		6		
Iron, Fe....mg	1.63	0.192	14	A	1		0.46		
Magnesium, Mg....mg	11	1.283	14	MA	12		3		
Phosphorus, P....mg	63	2.405	14	MA	12		18		
Potassium, K....mg	29	5.612	14	MA	12		8		
Sodium, Na....mg	1073		2	A	1		300		
Zinc, Zn....mg	1.19	0.078	14	MA	12		0.33		
Copper, Cu....mg	0.200	0.027	14	MA	12		0.056		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.040	0.004	7	MA	12		0.011		
Riboflavin....mg	0.170	0.011	7	MA	12		0.048		
Niacin....mg	0.970	0.106	7	MA	12		0.272		
Pantothenic acid....mg	0.220		2	MA	12		0.062		
Vitamin B-6....mg	0.130	0.064	7	MA	12		0.036		
Folate, total....mcg	1		2	MA	12		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	1		2	MA	12		0		
Folate, DFE....mcg_DFE	1		0	NC	4		0		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.95	0.083	7	MA	12		0.27		
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	100		0	MC	9		28		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2	0.163	4	MA	12		0.3		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	46	6.500	4	MA	12		13		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.299		0	A	1		1.204		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07218
OSCAR MAYER, Head Cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0.....g									
12:0.....g	0.018	0.007	13	A	1		0.005		
13:0.....g									
14:0.....g	0.193	0.020	13	A	1		0.054		
15:0.....g									
16:0.....g	2.835	0.095	13	A	1		0.794		
17:0.....g									
18:0.....g	1.252	0.066	13	A	1		0.351		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.913		0	A	1		1.936		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.635	0.030	13	A	1		0.178		
17:1.....g									
18:1 undifferentiated.....g	6.278	0.265	13	A	1		1.758		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.344		0	A	1		0.376		
18:2 undifferentiated.....g	1.178	0.051	13	A	1		0.330		
18:3 undifferentiated.....g	0.166	0.030	13	A	1		0.046		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	91	6.682	14	A	1		25		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07220

OSCAR MAYER, Liver Cheese, pork fat wrapped

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.20		1	A	1		19.84		
Energy....kcal	313		0	NC	4		119		
Energy....kJ	1310		0	NC	4		498		
Protein (N x 6.25)....g	15.20		1	A	1		5.78		
Total lipid (fat)....g	26.40		1	A	1		10.03		
Ash....g	3.60		1	A	1		1.37		
Carbohydrate, by difference....g	2.60		0	NC	4		0.99		
Fiber, total dietary....g	0.0		1	A	1		0.0		
Sugars, total....g	1.30		1	A	1		0.49		
Starch....g									
Minerals:									
Calcium, Ca....mg	9		1	A	1		3		
Iron, Fe....mg	11.90		1	A	1		4.52		
Magnesium, Mg....mg	15		1	A	1		6		
Phosphorus, P....mg	233		1	A	1		88		
Potassium, K....mg	214		1	A	1		81		
Sodium, Na....mg	1105		1	A	1		420		
Zinc, Zn....mg	3.85		1	A	1		1.46		
Copper, Cu....mg	0.584		1	A	1		0.222		
Manganese, Mn....mg	0.196		1	A	1		0.074		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.7		1	A	1		1.0		
Thiamin....mg	0.210		1	A	1		0.080		
Riboflavin....mg	2.200		1	A	1		0.836		
Niacin....mg	12.010		1	A	1		4.564		
Pantothenic acid....mg	3.730		1	A	1		1.417		
Vitamin B-6....mg	0.450		1	A	1		0.171		
Folate, total....mcg	113		1	A	1		43		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	113		1	A	1		43		
Folate, DFE....mcg_DFE	113		0	NC	4		43		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	24.29		1	A	1		9.23		
Vitamin A, RAE....mcg_RAE	7133		0	NC	4		2711		
Retinol....mcg	7133		1	NR	4		2711		
Carotene, beta....mcg	0		1	A	1		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	23778		1	A	1		9036		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		1	A	1		0.5		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	49		1	A	1		19		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.300		0	NC	4		3.534		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07220
OSCAR MAYER, Liver Cheese, pork fat wrapped

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		1	A	1		0.000		
12:0 ... g	0.000		1	A	1		0.000		
13:0 ... g									
14:0 ... g	0.400		1	A	1		0.152		
15:0 ... g									
16:0 ... g	5.900		1	A	1		2.242		
17:0 ... g									
18:0 ... g	3.000		1	A	1		1.140		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	13.100		0	NC	4		4.978		
14:1 ... g	0.000		1	A	1		0.000		
15:1 ... g									
16:1 undifferentiated ... g	0.900		1	A	1		0.342		
17:1 ... g									
18:1 undifferentiated ... g	11.900		1	A	1		4.522		
20:1 ... g	0.300		1	A	1		0.114		
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	4.100		0	NC	4		1.558		
18:2 undifferentiated ... g	3.200		1	A	1		1.216		
18:3 undifferentiated ... g	0.300		1	A	1		0.114		
18:3 n-3 c,c,c (ALA) ... g	0.300		1	A	1		0.114		
18:3 n-6 c,c,c ... g									
18:3i ... g									
18:4 ... g									
20:2 n-6 c,c ... g	0.100		1	A	1		0.038		
20:3 undifferentiated ... g									
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.200		1	A	1		0.076		
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g									
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	211		1	A	1		80		
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		1	A	1		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 slice

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07221
OSCAR MAYER, Luncheon Loaf (spiced)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.60	0.110	30	A	1		16.41		
Energy....kcal	234		0	MC	9		66		
Energy....kJ	979				9		274		
Protein....g	13.50	0.091	30	A	1		3.78		
Total lipid (fat)....g	16.90	0.183	30	A	1		4.73		
Ash....g	4.00	0.058	27	A	1		1.12		
Carbohydrate, by difference....g	7.00		0	MC	9		1.96		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	4.60		2	A	1		1.29		
Starch....g									
Minerals:									
Calcium, Ca....mg	109	9.798	6	A	1		31		
Iron, Fe....mg	1.35	0.057	6	A	1		0.38		
Magnesium, Mg....mg	24	2.164	6	MA	12		7		
Phosphorus, P....mg	195	9.390	6	MA	12		55		
Potassium, K....mg	270	3.780	7	MA	12		76		
Sodium, Na....mg	1226	11.700	19	A	1		343		
Zinc, Zn....mg	1.95	0.041	6	MA	12		0.55		
Copper, Cu....mg	2.310	2.139	6	MA	12		0.647		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.367		0	A	1		1.503		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.009	0.000	6	A	1		0.003		
13:0....g									
14:0....g	0.202	0.007	6	A	1		0.057		
15:0....g									
16:0....g	3.669	0.149	6	A	1		1.027		
17:0....g									
18:0....g	1.486	0.041	6	A	1		0.416		
20:0....g									

NDB No. 07221
OSCAR MAYER, Luncheon Loaf (spiced)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.393		0	A	1		2.070		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.523	0.038	6	A	1		0.146		
17:1 ... g									
18:1 undifferentiated ... g	6.870	0.180	6	A	1		1.924		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.789		0	A	1		0.781		
18:2 undifferentiated ... g	2.587	0.157	6	A	1		0.724		
18:3 undifferentiated ... g	0.202	0.045	6	A	1		0.057		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	67	1.250	16	A	1		19		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07222
OSCAR MAYER, Old Fashioned Loaf

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.90	0.146	30	A	1		16.49		
Energy....kcal	231		0	MC	9		65		
Energy....kJ	967				9		271		
Protein....g	13.10	0.146	30	A	1		3.67		
Total lipid (fat)....g	16.30	0.219	30	A	1		4.56		
Ash....g	3.70	0.113	7	A	1		1.04		
Carbohydrate, by difference....g	8.00		0	MC	9		2.24		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	4.60		2	A	1		1.29		
Starch....g									
Minerals:									
Calcium, Ca....mg	113	8.693	7	A	1		32		
Iron, Fe....mg	1.32	0.106	7	A	1		0.37		
Magnesium, Mg....mg	23	1.361	7	MA	12		6		
Phosphorus, P....mg	208	8.315	7	MA	12		58		
Potassium, K....mg	294	5.669	7	MA	12		82		
Sodium, Na....mg	1184	22.556	17	A	1		332		
Zinc, Zn....mg	1.87	0.068	7	MA	12		0.52		
Copper, Cu....mg	0.140	0.023	7	MA	12		0.039		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.600		0	A	1		1.568		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.020	0.004	7	A	1		0.006		
13:0....g									
14:0....g	0.230	0.011	7	A	1		0.064		
15:0....g									
16:0....g	3.820	0.106	7	A	1		1.070		
17:0....g									
18:0....g	1.530	0.042	7	A	1		0.428		
20:0....g									

NDB No. 07222
OSCAR MAYER, Old Fashioned Loaf

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.860		0	A	1		2.201		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.560	0.034	7	A	1		0.157		
17:1 g									
18:1 undifferentiated g	7.300	0.234	7	A	1		2.044		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	2.640		0	A	1		0.739		
18:2 undifferentiated g	2.520	0.106	7	A	1		0.706		
18:3 undifferentiated g	0.120	0.008	7	A	1		0.034		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	61	1.871	14	A	1		17		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07223
OSCAR MAYER, Olive Loaf (chicken, pork, turkey)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.50	0.246	20	A	1		16.10		
Energy....kcal	263		0	MC	9		74		
Energy....kJ	1100				9		308		
Protein....g	9.90	0.134	20	A	1		2.77		
Total lipid (fat)....g	21.80	0.335	20	A	1		6.10		
Ash....g	3.90	0.122	6	A	1		1.09		
Carbohydrate, by difference....g	6.90		0	MC	9		1.93		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	3.20	0.327	6	A	1		0.90		
Starch....g									
Minerals:									
Calcium, Ca....mg	111	12.247	6	A	1		31		
Iron, Fe....mg	1.74	0.151	6	A	1		0.49		
Magnesium, Mg....mg	27	1.102	6	MA	12		8		
Phosphorus, P....mg	132	7.757	6	MA	12		37		
Potassium, K....mg	186	7.757	6	MA	12		52		
Sodium, Na....mg	1318	40.008	6	A	1		369		
Zinc, Zn....mg	1.05	0.090	6	MA	12		0.29		
Copper, Cu....mg	0.220	0.012	6	MA	12		0.062		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.020		0	A	1		1.966		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.020	0.008	6	A	1		0.006		
13:0....g									
14:0....g	0.270	0.024	6	A	1		0.076		
15:0....g									
16:0....g	5.020	0.306	6	A	1		1.406		
17:0....g									
18:0....g	1.710	0.110	6	A	1		0.479		
20:0....g									

NDB No. 07223
OSCAR MAYER, Olive Loaf (chicken, pork, turkey)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	11.130		0	A	1		3.116		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.920	0.078	6	A	1		0.258		
17:1 ... g									
18:1 undifferentiated ... g	10.210	0.686	6	A	1		2.859		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.630		0	A	1		0.736		
18:2 undifferentiated ... g	2.490	0.086	6	A	1		0.697		
18:3 undifferentiated ... g	0.140	0.020	6	A	1		0.039		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	71	2.858	6	A	1		20		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07224
OSCAR MAYER, Pickle Pimiento Loaf (with chicken)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.80	0.164	30	A	1		15.62		
Energy....kcal	269		0	MC	9		75		
Energy....kJ	1125				9		315		
Protein....g	9.60	0.110	30	A	1		2.69		
Total lipid (fat)....g	21.60	0.183	30	A	1		6.05		
Ash....g	3.80	0.050	4	A	1		1.06		
Carbohydrate, by difference....g	9.10		0	MC	9		2.55		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	6.90	0.800	4	A	1		1.93		
Starch....g									
Minerals:									
Calcium, Ca....mg	110	15.500	4	A	1		31		
Iron, Fe....mg	2.17	0.250	4	A	1		0.61		
Magnesium, Mg....mg	29	1.800	4	MA	12		8		
Phosphorus, P....mg	150	10.000	4	MA	12		42		
Potassium, K....mg	174	8.000	4	MA	12		49		
Sodium, Na....mg	1275	8.500	4	A	1		357		
Zinc, Zn....mg	1.18	0.045	4	MA	12		0.33		
Copper, Cu....mg	0.280	0.015	4	MA	12		0.078		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.990		0	A	1		1.957		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010	0.005	4	A	1		0.003		
13:0....g									
14:0....g	0.280	0.025	4	A	1		0.078		
15:0....g									
16:0....g	4.980	0.245	4	A	1		1.394		
17:0....g									
18:0....g	1.720	0.070	4	A	1		0.482		
20:0....g									

NDB No. 07224
OSCAR MAYER, Pickle Pimiento Loaf (with chicken)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.430		0	A	1		2.920		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.880	0.071	4	A	1		0.246		
17:1.....g									
18:1 undifferentiated.....g	9.550	0.515	4	A	1		2.674		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.810		0	A	1		0.787		
18:2 undifferentiated.....g	2.670	0.110	4	A	1		0.748		
18:3 undifferentiated.....g	0.140	0.020	4	A	1		0.039		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80	2.500	4	A	1		22		
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07225
OSCAR MAYER, Pork Sausage Links (cooked)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.50	0.857	6	A	1		23.76	11.88	
Energy....kcal	343		0	MC	9		165	82	
Energy....kJ	1435				9		689	344	
Protein....g	16.30	0.490	6	A	1		7.82	3.91	
Total lipid (fat)....g	30.50	1.184	6	A	1		14.64	7.32	
Ash....g	2.70	0.082	6	A	1		1.30	0.65	
Carbohydrate, by difference....g	1.00		0	MC	9		0.48	0.24	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	0.90	0.173	3	A	1		0.43	0.22	
Starch....g									
Minerals:									
Calcium, Ca....mg	16	5.307	6	A	1		8	4	
Iron, Fe....mg	1.72	0.163	6	A	1		0.83	0.41	
Magnesium, Mg....mg	18	1.878	6	MA	12		9	4	
Phosphorus, P....mg	158	5.307	6	MA	12		76	38	
Potassium, K....mg	238	4.491	6	MA	12		114	57	
Sodium, Na....mg	836	36.334	6	A	1		401	201	
Zinc, Zn....mg	2.60	0.131	6	MA	12		1.25	0.62	
Copper, Cu....mg	0.320	0.073	6	MA	12		0.154	0.077	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.690		0	A	1		5.131	2.566	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.020	0.004	6	A	1		0.010	0.005	
13:0....g									
14:0....g	0.440	0.020	6	A	1		0.211	0.106	
15:0....g									
16:0....g	7.100	0.298	6	A	1		3.408	1.704	
17:0....g									
18:0....g	3.130	0.106	6	A	1		1.502	0.751	
20:0....g									

NDB No. 07225
OSCAR MAYER, Pork Sausage Links (cooked)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.800		0	A	1		7.104	3.552	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.060	0.094	6	A	1		0.509	0.254	
17:1 g									
18:1 undifferentiated g	13.740	0.935	6	A	1		6.595	3.298	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	3.680		0	A	1		1.766	0.883	
18:2 undifferentiated g	3.130	0.163	6	A	1		1.502	0.751	
18:3 undifferentiated g	0.550	0.212	6	A	1		0.264	0.132	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	77	5.307	6	A	1		37	18	
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 serving 2 links

Measure 2 = 24g: 1 link

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07229
OSCAR MAYER, Salami (Genoa)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	39.10	0.310	30	A	1		10.56	3.52	
Energy....kcal	388		0	MC	9		105	35	
Energy....kJ	1623				9		438	146	
Protein....g	20.70	0.219	30	A	1		5.59	1.86	
Total lipid (fat)....g	33.30	0.329	30	A	1		8.99	3.00	
Ash....g	5.60	0.107	14	A	1		1.51	0.50	
Carbohydrate, by difference....g	1.20		0	MC	9		0.32	0.11	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	0.20		1	A	1		0.05	0.02	
Starch....g									
Minerals:									
Calcium, Ca....mg	20	2.214	10	A	1		5	2	
Iron, Fe....mg	1.86	0.180	10	A	1		0.50	0.17	
Magnesium, Mg....mg	23	1.202	10	MA	12		6	2	
Phosphorus, P....mg	202	6.008	10	MA	12		55	18	
Potassium, K....mg	334	6.641	10	MA	12		90	30	
Sodium, Na....mg	1826	18.623	30	A	1		493	164	
Zinc, Zn....mg	3.36	0.171	10	MA	12		0.91	0.30	
Copper, Cu....mg	0.250	0.063	10	MA	12		0.068	0.023	
Manganese, Mn....mg	0.043	0.003	3	MA	12		0.012	0.004	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.620	0.020	4	MA	12		0.167	0.056	
Riboflavin....mg	0.300	0.015	4	MA	12		0.081	0.027	
Niacin....mg	4.270	0.480	4	MA	12		1.153	0.384	
Pantothenic acid....mg									
Vitamin B-6....mg	0.340	0.040	4	MA	12		0.092	0.031	
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.32	0.100	4	MA	12		0.36	0.12	
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	12.040		0	A	1		3.251	1.084	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.020	0.007	9	A	1		0.005	0.002	
13:0....g									
14:0....g	0.620	0.030	9	A	1		0.167	0.056	
15:0....g									
16:0....g	7.730	0.217	9	A	1		2.087	0.696	
17:0....g									
18:0....g	3.670	0.197	9	A	1		0.991	0.330	

NDB No. 07229
OSCAR MAYER, Salami (Genoa)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	16.750		0	A	1		4.523	1.508	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.460	0.147	9	A	1		0.394	0.131	
17:1....g									
18:1 undifferentiated....g	15.290	0.353	9	A	1		4.128	1.376	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.710		0	A	1		0.732	0.244	
18:2 undifferentiated....g	2.550	0.230	9	A	1		0.689	0.230	
18:3 undifferentiated....g	0.160	0.050	9	A	1		0.043	0.014	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	102	2.921	30	A	1		28	9	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 1 serving 3 slices

Measure 2 = 9.0g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07228
OSCAR MAYER, Salami (for beer)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	62.90	0.180	31	A	1		28.93	14.47	
Energy....kcal	225		0	MC	9		104	52	
Energy....kJ	941				9		433	217	
Protein....g	13.50	0.108	31	A	1		6.21	3.11	
Total lipid (fat)....g	18.20	0.233	31	A	1		8.37	4.19	
Ash....g	3.60	0.063	10	A	1		1.66	0.83	
Carbohydrate, by difference....g	1.90		0	MC	9		0.87	0.44	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	1.10		2	A	1		0.51	0.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	1.265	10	A	1		4	2	
Iron, Fe....mg	1.18	0.057	10	A	1		0.54	0.27	
Magnesium, Mg....mg	18	0.822	10	MA	12		8	4	
Phosphorus, P....mg	231	19.922	10	MA	12		106	53	
Potassium, K....mg	212	3.795	10	MA	12		98	49	
Sodium, Na....mg	1231	12.963	30	A	1		566	283	
Zinc, Zn....mg	2.04	0.142	10	MA	12		0.94	0.47	
Copper, Cu....mg	0.240	0.022	10	MA	12		0.110	0.055	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.388		0	A	1		2.938	1.469	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.009	0.003	10	A	1		0.004	0.002	
13:0....g									
14:0....g	0.221	0.008	10	A	1		0.102	0.051	
15:0....g									
16:0....g	4.146	0.101	10	A	1		1.907	0.954	
17:0....g									
18:0....g	2.011	0.065	10	A	1		0.925	0.463	
20:0....g									

NDB No. 07228
OSCAR MAYER, Salami (for beer)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.824		0	A	1		4.059	2.030	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.567	0.012	10	A	1		0.261	0.130	
17:1....g									
18:1 undifferentiated....g	8.257	0.244	10	A	1		3.798	1.899	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.896		0	A	1		0.872	0.436	
18:2 undifferentiated....g	1.683	0.058	10	A	1		0.774	0.387	
18:3 undifferentiated....g	0.213	0.025	10	A	1		0.098	0.049	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	69	1.461	30	A	1		32	16	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07230
OSCAR MAYER, Salami (hard)
Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	38.25	4.650	47	A	1		10.33	3.44	
Energy....kcal	368		0	NC	4		99	33	
Energy....kJ	1541		0	NC	4		416	139	
Protein (N x 6.25)....g	25.90	1.500	47	A	1		6.99	2.33	
Total lipid (fat)....g	28.70	2.100	47	A	1		7.75	2.58	
Ash....g	5.55	0.150	15	A	1		1.50	0.50	
Carbohydrate, by difference....g	1.60		0	NC	4		0.43	0.14	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	0.20		2	A	1		0.05	0.02	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	2.405	14	A	1		3	1	
Iron, Fe....mg	1.83	0.136	14	A	1		0.49	0.16	
Magnesium, Mg....mg	21	2.111	14	MA	12		6	2	
Phosphorus, P....mg	180	9.087	14	MA	12		49	16	
Potassium, K....mg	356	11.759	14	MA	12		96	32	
Sodium, Na....mg	1976	94.000	31	A	1		534	178	
Zinc, Zn....mg	3.16	0.227	14	MA	12		0.85	0.28	
Copper, Cu....mg	0.190	0.045	14	MA	12		0.051	0.017	
Manganese, Mn....mg	0.039	0.004	6	MA	12		0.011	0.004	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.570	0.029	6	MA	12		0.154	0.051	
Riboflavin....mg	0.260	0.016	6	MA	12		0.070	0.023	
Niacin....mg	5.050	0.163	6	MA	12		1.364	0.455	
Pantothenic acid....mg	1.060	0.017	3	MA	12		0.286	0.095	
Vitamin B-6....mg	0.440	0.086	6	MA	12		0.119	0.040	
Folate, total....mcg	3		2	MA	12		1	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	3		2	MA	12		1	0	
Folate, DFE....mcg_DFE	3		0	NC	4		1	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.88	0.131	6	MA	12		0.51	0.17	
Vitamin A, RAE....mcg_RAE	5		0	NC	4		1	0	
Retinol....mcg	3		0	NR	4		1	0	
Carotene, beta....mcg	20		1	MA	12		5	2	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	44		0	NC	4		12	4	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.6	0.213	4	MA	12		0.4	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	62	8.500	4	MA	12		17	6	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.085		0	NC	4		2.993	0.998	
4:0....g									
6:0....g									
8:0....g									

NDB No. 07230
OSCAR MAYER, Salami (hard)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.085	0.041	13	A	1		0.023	0.008	
13:0....g									
14:0....g	0.554	0.060	13	A	1		0.150	0.050	
15:0....g									
16:0....g	6.923	0.138	13	A	1		1.869	0.623	
17:0....g									
18:0....g	3.523	0.117	13	A	1		0.951	0.317	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	15.011		0	NC	4		4.053	1.351	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.296	0.097	13	A	1		0.350	0.117	
17:1....g									
18:1 undifferentiated....g	13.715	0.263	13	A	1		3.703	1.234	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.856		0	NC	4		0.771	0.257	
18:2 undifferentiated....g	2.593	0.146	13	A	1		0.700	0.233	
18:3 undifferentiated....g	0.263	0.052	13	A	1		0.071	0.024	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	97	0.900	31	A	1		26	9	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 1 serving 3 slices

Measure 2 = 9.0g: 1 slice

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07226
OSCAR MAYER, Salami Beef Cotto

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.50	0.103	77	A	1		29.67	14.84	
Energy....kcal	206		0	MC	9		95	47	
Energy....kJ	862				9		396	198	
Protein....g	14.20	0.057	77	A	1		6.53	3.27	
Total lipid (fat)....g	15.70	0.103	77	A	1		7.22	3.61	
Ash....g	3.80	0.050	16	A	1		1.75	0.87	
Carbohydrate, by difference....g	1.90		0	MC	9		0.87	0.44	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	1.10		1	A	1		0.51	0.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	0.250	16	A	1		3	2	
Iron, Fe....mg	2.71	0.038	16	A	1		1.25	0.62	
Magnesium, Mg....mg	17	0.525	16	MA	12		8	4	
Phosphorus, P....mg	224	5.000	16	MA	12		103	52	
Potassium, K....mg	207	5.000	16	MA	12		95	48	
Sodium, Na....mg	1309	11.685	30	A	1		602	301	
Zinc, Zn....mg	2.09	0.063	16	MA	12		0.96	0.48	
Copper, Cu....mg	0.230	0.018	16	MA	12		0.106	0.053	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.740		0	A	1		3.100	1.550	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010	0.000	12	A	1		0.005	0.002	
13:0....g									
14:0....g	0.420	0.012	12	A	1		0.193	0.097	
15:0....g									
16:0....g	3.640	0.121	12	A	1		1.674	0.837	
17:0....g									
18:0....g	2.670	0.107	12	A	1		1.228	0.614	
20:0....g									

NDB No. 07226
OSCAR MAYER, Salami Beef Cotto

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.910		0	A	1		3.179	1.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.760	0.046	12	A	1		0.350	0.175	
17:1.....g									
18:1 undifferentiated.....g	6.150	0.162	12	A	1		2.829	1.415	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.780		0	A	1		0.359	0.179	
18:2 undifferentiated.....g	0.590	0.026	12	A	1		0.271	0.136	
18:3 undifferentiated.....g	0.190	0.023	12	A	1		0.087	0.044	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3 (EPA).....g									
22:5 n-3 (DPA).....g									
22:6 n-3 (DHA).....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83	1.643	30	A	1		38	19	
Phytosterols.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07227
OSCAR MAYER, Salami Cotto (beef, pork, chicken)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.60	0.094	73	A	1		27.88	13.94	
Energy....kcal	245		0	MC	9		113	56	
Energy....kJ	1025				9		472	236	
Protein....g	13.40	0.047	73	A	1		6.16	3.08	
Total lipid (fat)....g	20.30	0.105	73	A	1		9.34	4.67	
Ash....g	3.50	0.058	3	A	1		1.61	0.81	
Carbohydrate, by difference....g	2.20		0	MC	9		1.01	0.51	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	1.50	0.058	3	A	1		0.69	0.35	
Starch....g									
Minerals:									
Calcium, Ca....mg	75	8.660	3	A	1		35	17	
Iron, Fe....mg	2.89	0.075	3	A	1		1.33	0.66	
Magnesium, Mg....mg	29	1.212	3	MA	12		13	7	
Phosphorus, P....mg	247	5.774	3	MA	12		114	57	
Potassium, K....mg	217	10.392	3	MA	12		100	50	
Sodium, Na....mg	1095	13.856	3	A	1		504	252	
Zinc, Zn....mg	1.97	0.052	3	MA	12		0.91	0.45	
Copper, Cu....mg	0.420	0.110	3	MA	12		0.193	0.097	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.470		0	A	1		3.896	1.948	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.030	0.006	3	A	1		0.014	0.007	
13:0....g									
14:0....g	0.410	0.023	3	A	1		0.189	0.094	
15:0....g									
16:0....g	5.000	0.133	3	A	1		2.300	1.150	
17:0....g									
18:0....g	3.030	0.110	3	A	1		1.394	0.697	
20:0....g									

NDB No. 07227
OSCAR MAYER, Salami Cotto (beef, pork, chicken)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	10.150		0	A	1		4.669	2.335	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.640	0.035	3	A	1		0.294	0.147	
17:1 ... g									
18:1 undifferentiated ... g	9.510	0.410	3	A	1		4.375	2.187	
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.670		0	A	1		0.768	0.384	
18:2 undifferentiated ... g	1.610	0.150	3	A	1		0.741	0.370	
18:3 undifferentiated ... g	0.060	0.000	3	A	1		0.028	0.014	
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	80	4.619	3	A	1		37	18	
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07231
OSCAR MAYER, Sandwich Spread (pork, chicken, beef)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	59.20	0.305	13	A	1		17.76		
Energy....kcal	237		0	MC	9		71		
Energy....kJ	992				9		297		
Protein....g	6.50	0.111	13	A	1		1.95		
Total lipid (fat)....g	16.60	0.471	13	A	1		4.98		
Ash....g	2.40		2	A	1		0.72		
Carbohydrate, by difference....g	15.40		0	MC	9		4.62		
Fiber, total dietary....g	0.3		0	MC	9		0.1		
Sugars, total....g	7.90		2	A	1		2.37		
Starch....g									
Minerals:									
Calcium, Ca....mg	27		2	A	1		8		
Iron, Fe....mg	0.80		2	A	1		0.24		
Magnesium, Mg....mg	12		2	MA	12		4		
Phosphorus, P....mg	69		2	MA	12		21		
Potassium, K....mg	118		2	MA	12		35		
Sodium, Na....mg	821		2	A	1		246		
Zinc, Zn....mg	0.88		2	MA	12		0.26		
Copper, Cu....mg	0.180		2	MA	12		0.054		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	100		0	MC	9		30		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.754		0	A	1		1.726		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.017		2	A	1		0.005		
13:0....g									
14:0....g	0.274		2	A	1		0.082		
15:0....g									
16:0....g	3.690		2	A	1		1.107		
17:0....g									
18:0....g	1.772		2	A	1		0.532		
20:0....g									

NDB No. 07231
OSCAR MAYER, Sandwich Spread (pork, chicken, beef)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.201		0	A	1		2.160		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.437		2	A	1		0.131		
17:1 ... g									
18:1 undifferentiated ... g	6.764		2	A	1		2.029		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.483		0	A	1		0.745		
18:2 undifferentiated ... g	2.243		2	A	1		0.673		
18:3 undifferentiated ... g	0.240		2	A	1		0.072		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	45		2	A	1		14		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07232
OSCAR MAYER, Smokie Links Sausage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.50	0.117	106	A	1		23.87		
Energy....kcal	302		0	MC	9		130		
Energy....kJ	1264				9		543		
Protein....g	12.40	0.058	106	A	1		5.33		
Total lipid (fat)....g	27.30	0.117	106	A	1		11.74		
Ash....g	3.10	0.040	25	A	1		1.33		
Carbohydrate, by difference....g	1.70		0	MC	9		0.73		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.60	0.173	3	A	1		0.69		
Starch....g									
Minerals:									
Calcium, Ca....mg	10	1.109	13	A	1		4		
Iron, Fe....mg	1.17	0.039	13	A	1		0.50		
Magnesium, Mg....mg	17	0.638	13	MA	12		7		
Phosphorus, P....mg	240	10.817	13	MA	12		103		
Potassium, K....mg	180	3.250	16	MA	12		77		
Sodium, Na....mg	1007	19.718	30	A	1		433		
Zinc, Zn....mg	2.09	0.108	13	MA	12		0.90		
Copper, Cu....mg	0.250	0.039	13	MA	12		0.108		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.380		0	A	1		4.033		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010	0.003	13	A	1		0.004		
13:0....g									
14:0....g	0.390	0.028	13	A	1		0.168		
15:0....g									
16:0....g	6.160	0.161	13	A	1		2.649		
17:0....g									
18:0....g	2.820	0.125	13	A	1		1.213		
20:0....g									

NDB No. 07232
OSCAR MAYER, Smokie Links Sausage

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	13.170		0	A	1		5.663		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.850	0.031	13	A	1		0.366		
17:1 ... g									
18:1 undifferentiated ... g	12.320	0.194	13	A	1		5.298		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.780		0	A	1		1.195		
18:2 undifferentiated ... g	2.550	0.083	13	A	1		1.097		
18:3 undifferentiated ... g	0.230	0.053	13	A	1		0.099		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	63	1.643	30	A	1		27		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07233
OSCAR MAYER, Smokies (beef)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.30	0.200	31	A	1		24.21		
Energy....kcal	296		1	JO	11		127		
Energy....kJ	1240		0	JO	11		533		
Protein (N x 6.25)....g	12.25	0.150	31	A	1		5.27		
Total lipid (fat)....g	26.65	0.150	31	A	1		11.46		
Ash....g	2.90	0.200	20	A	1		1.25		
Carbohydrate, by difference....g	1.95		1	JO	11		0.84		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.40		2	A	1		0.60		
Starch....g									
Minerals:									
Calcium, Ca....mg	11	1.890	7	A	1		5		
Iron, Fe....mg	1.75	0.076	7	A	1		0.75		
Magnesium, Mg....mg	15	1.398	7	MA	12		6		
Phosphorus, P....mg	230	21.544	7	MA	12		99		
Potassium, K....mg	173	3.162	10	MA	12		74		
Sodium, Na....mg	967	21.000	31	A	1		416		
Zinc, Zn....mg	2.96	0.231	7	MA	12		1.27		
Copper, Cu....mg	0.200	0.034	7	MA	12		0.086		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	11		0	BFZN	4		5		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	11		0	BFZN	4		5		
Folate, DFE....mcg_DFE	11		0	NC	4		5		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	JO	11		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.250		0	A	1		4.838		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07233
OSCAR MAYER, Smokies (beef)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.010	0.004	7	A	1		0.004		
13:0....g									
14:0....g	0.850	0.064	7	A	1		0.366		
15:0....g									
16:0....g	6.570	0.299	7	A	1		2.825		
17:0....g									
18:0....g	3.820	0.110	7	A	1		1.643		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.800		0	A	1		5.504		
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.200	0.057	7	A	1		0.516		
17:1....g									
18:1 undifferentiated....g	11.600	0.212	7	A	1		4.988		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.900		0	A	1		0.387		
18:2 undifferentiated....g	0.700	0.038	7	A	1		0.301		
18:3 undifferentiated....g	0.200	0.060	7	A	1		0.086		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	62	1.750	31	A	1		27		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving (1 link)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07234
OSCAR MAYER, Smokies (cheese)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.90	0.201	30	A	1		23.61		
Energy....kcal	303		0	MC	9		130		
Energy....kJ	1268				9		545		
Protein....g	12.90	0.110	30	A	1		5.55		
Total lipid (fat)....g	27.10	0.183	30	A	1		11.65		
Ash....g	3.30	0.046	19	A	1		1.42		
Carbohydrate, by difference....g	1.80		0	MC	9		0.77		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.50		1	A	1		0.65		
Starch....g									
Minerals:									
Calcium, Ca....mg	45	3.667	9	A	1		19		
Iron, Fe....mg	1.07	0.050	9	A	1		0.46		
Magnesium, Mg....mg	16	0.700	9	MA	12		7		
Phosphorus, P....mg	288	13.000	9	MA	12		124		
Potassium, K....mg	181	5.060	10	MA	12		78		
Sodium, Na....mg	1046	13.328	30	A	1		450		
Zinc, Zn....mg	1.96	0.183	9	MA	12		0.84		
Copper, Cu....mg	0.200	0.037	9	MA	12		0.086		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	160		0	MC	9		69		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.160		0	A	1		4.369		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.060	0.013	9	A	1		0.026		
13:0....g									
14:0....g	0.560	0.023	9	A	1		0.241		
15:0....g									
16:0....g	6.400	0.117	9	A	1		2.752		
17:0....g									
18:0....g	3.140	0.140	9	A	1		1.350		
20:0....g									

NDB No. 07234
OSCAR MAYER, Smokies (cheese)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	12.990		0	A	1		5.586		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.910	0.067	9	A	1		0.391		
17:1 ... g									
18:1 undifferentiated ... g	12.080	0.150	9	A	1		5.194		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.700		0	A	1		1.161		
18:2 undifferentiated ... g	2.360	0.087	9	A	1		1.015		
18:3 undifferentiated ... g	0.340	0.053	9	A	1		0.146		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	70	1.461	30	A	1		30		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07235
OSCAR MAYER, Smokies Sausage Little (pork, turkey)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.50	0.212	18	A	1		5.00	31.64	
Energy....kcal	301		0	MC	9		27	172	
Energy....kJ	1259				9		113	718	
Protein....g	12.40	0.118	18	A	1		1.12	7.07	
Total lipid (fat)....g	27.10	0.236	18	A	1		2.44	15.45	
Ash....g	3.20		1	A	1		0.29	1.82	
Carbohydrate, by difference....g	1.80		0	MC	9		0.16	1.03	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	1.40		1	A	1		0.13	0.80	
Starch....g									
Minerals:									
Calcium, Ca....mg	11		1	A	1		1	6	
Iron, Fe....mg	1.18		1	A	1		0.11	0.67	
Magnesium, Mg....mg	17		1	MA	12		2	10	
Phosphorus, P....mg	212		1	MA	12		19	121	
Potassium, K....mg	173		1	MA	12		16	99	
Sodium, Na....mg	1022		1	A	1		92	583	
Zinc, Zn....mg	1.97		1	MA	12		0.18	1.12	
Copper, Cu....mg	0.200		1	MA	12		0.018	0.114	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.444		0	A	1		0.850	5.383	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.009		1	A	1		0.001	0.005	
13:0....g									
14:0....g	0.361		1	A	1		0.032	0.206	
15:0....g									
16:0....g	6.120		1	A	1		0.551	3.488	
17:0....g									
18:0....g	2.954		1	A	1		0.266	1.684	
20:0....g									

NDB No. 07235
OSCAR MAYER, Smokies Sausage Little (pork, turkey)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.889		0	A	1		1.160	7.347	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.898		1	A	1		0.081	0.512	
17:1....g									
18:1 undifferentiated....g	11.990		1	A	1		1.079	6.834	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.870		0	A	1		0.258	1.636	
18:2 undifferentiated....g	2.537		1	A	1		0.228	1.446	
18:3 undifferentiated....g	0.333		1	A	1		0.030	0.190	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	64		1	A	1		6	36	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.0g: 1 link

Measure 2 = 57g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07236

OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)

Kraft Foods, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.20		2	A	1		4.79	30.32	
Energy....kcal	315		0	NC	4		28	179	
Energy....kJ	1316		0	NC	4		118	750	
Protein....g	13.50		2	A	1		1.22	7.70	
Total lipid (fat)....g	28.20		2	A	1		2.54	16.07	
Ash....g	3.40		1	A	1		0.31	1.94	
Carbohydrate, by difference....g	1.70		0	MC	9		0.15	0.97	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	0.30		1	A	1		0.03	0.17	
Starch....g									
Minerals:									
Calcium, Ca....mg	67		1	A	1		6	38	
Iron, Fe....mg	1.24		1	A	1		0.11	0.71	
Magnesium, Mg....mg	21		1	MA	12		2	12	
Phosphorus, P....mg	248		1	MA	12		22	141	
Potassium, K....mg	152		1	MA	12		14	87	
Sodium, Na....mg	1036		1	A	1		93	591	
Zinc, Zn....mg	2.04		1	MA	12		0.18	1.16	
Copper, Cu....mg	0.300		1	MA	12		0.027	0.171	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.160		0	A	1		1.004	6.361	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.080		1	A	1		0.007	0.046	
13:0....g									
14:0....g	0.590		1	A	1		0.053	0.336	
15:0....g									
16:0....g	7.080		1	A	1		0.637	4.036	
17:0....g									
18:0....g	3.410		1	A	1		0.307	1.944	
20:0....g									

NDB No. 07236
OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.190		0	A	1		1.187	7.518	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.770		1	A	1		0.069	0.439	
17:1....g									
18:1 undifferentiated....g	12.420		1	A	1		1.118	7.079	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.790		0	A	1		0.251	1.590	
18:2 undifferentiated....g	2.620		1	A	1		0.236	1.493	
18:3 undifferentiated....g	0.170		1	A	1		0.015	0.097	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	67		1	A	1		6	38	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.0g: 1 link

Measure 2 = 57g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07237
OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.50	0.177	32	A	1		24.15	12.08	
Energy....kcal	309		0	MC	9		142	71	
Energy....kJ	1293				9		595	297	
Protein....g	14.60	0.106	32	A	1		6.72	3.36	
Total lipid (fat)....g	27.00	0.177	32	A	1		12.42	6.21	
Ash....g	4.10	0.027	14	A	1		1.89	0.94	
Carbohydrate, by difference....g	1.90		0	MC	9		0.87	0.44	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	1.10		2	A	1		0.51	0.25	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	1.069	14	A	1		4	2	
Iron, Fe....mg	2.49	0.123	14	A	1		1.15	0.57	
Magnesium, Mg....mg	15	1.096	14	MA	12		7	3	
Phosphorus, P....mg	121	6.949	14	MA	12		56	28	
Potassium, K....mg	233	2.673	14	MA	12		107	54	
Sodium, Na....mg	1424	19.959	19	A	1		655	328	
Zinc, Zn....mg	2.34	0.094	14	MA	12		1.08	0.54	
Copper, Cu....mg	0.190	0.035	14	MA	12		0.087	0.044	
Manganese, Mn....mg	0.032	0.003	7	MA	12		0.015	0.007	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.150	0.008	7	MA	12		0.069	0.035	
Riboflavin....mg	0.330	0.011	7	MA	12		0.152	0.076	
Niacin....mg	4.310	0.302	7	MA	12		1.983	0.991	
Pantothenic acid....mg									
Vitamin B-6....mg	0.260	0.008	7	MA	12		0.120	0.060	
Folate, total....mcg	5		1	MA	12		2	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		1	MA	12		2	1	
Folate, DFE....mcg_DFE	5		0	NC	4		2	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	5.50	0.257	7	MA	12		2.53	1.27	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0	0.104	7	MA	12		0.5	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	40	4.158	7	MA	12		18	9	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.800		0	A	1		5.428	2.714	
4:0....g									
6:0....g									
8:0....g									

NDB No. 07237
OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.050	0.014	12	A	1		0.023	0.012	
13:0....g									
14:0....g	0.830	0.029	12	A	1		0.382	0.191	
15:0....g									
16:0....g	6.620	0.156	12	A	1		3.045	1.523	
17:0....g									
18:0....g	4.300	0.092	12	A	1		1.978	0.989	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.900		0	A	1		5.934	2.967	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.540	0.136	12	A	1		0.708	0.354	
17:1....g									
18:1 undifferentiated....g	11.360	0.312	12	A	1		5.226	2.613	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.130		0	A	1		0.520	0.260	
18:2 undifferentiated....g	0.930	0.110	12	A	1		0.428	0.214	
18:3 undifferentiated....g	0.200	0.029	12	A	1		0.092	0.046	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	80	3.750	16	A	1		37	18	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07238
OSCAR MAYER, Summer Sausage Thuringer Cervalat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.30	0.130	38	A	1		24.52	12.26	
Energy....kcal	304		0	MC	9		140	70	
Energy....kJ	1272				9		585	293	
Protein....g	14.90	0.097	38	A	1		6.85	3.43	
Total lipid (fat)....g	26.70	0.162	38	A	1		12.28	6.14	
Ash....g	4.10	0.027	14	A	1		1.89	0.94	
Carbohydrate, by difference....g	0.90		0	MC	9		0.41	0.21	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	0.50		2	A	1		0.23	0.12	
Starch....g									
Minerals:									
Calcium, Ca....mg	9	1.069	14	A	1		4	2	
Iron, Fe....mg	2.24	0.163	14	A	1		1.03	0.52	
Magnesium, Mg....mg	15	1.096	14	MA	12		7	3	
Phosphorus, P....mg	130	6.414	14	MA	12		60	30	
Potassium, K....mg	228	6.949	14	MA	12		105	52	
Sodium, Na....mg	1430	17.892	30	A	1		658	329	
Zinc, Zn....mg	2.13	0.099	14	MA	12		0.98	0.49	
Copper, Cu....mg	0.170	0.027	14	MA	12		0.078	0.039	
Manganese, Mn....mg	0.031	0.004	6	MA	12		0.014	0.007	
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg	0.230	0.015	7	MA	12		0.106	0.053	
Riboflavin....mg	0.290	0.034	7	MA	12		0.133	0.067	
Niacin....mg	4.390	0.170	7	MA	12		2.019	1.010	
Pantothenic acid....mg	0.550		2	MA	12		0.253	0.127	
Vitamin B-6....mg	0.300	0.057	7	MA	12		0.138	0.069	
Folate, total....mcg	5		2	MA	12		2	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		2	MA	12		2	1	
Folate, DFE....mcg_DFE	5		0	NC	4		2	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	3.76	0.567	7	MA	12		1.73	0.86	
Vitamin A, RAE....mcg_RAE									
Retinol....mcg									
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU									
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2	0.125	4	MA	12		0.5	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	47	5.000	4	MA	12		22	11	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.727		0	A	1		4.934	2.467	
4:0....g									
6:0....g									
8:0....g									

NDB No. 07238
OSCAR MAYER, Summer Sausage Thuringer Cervalat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.037	0.010	13	A	1		0.017	0.009	
13:0....g									
14:0....g	0.564	0.029	13	A	1		0.259	0.130	
15:0....g									
16:0....g	6.298	0.103	13	A	1		2.897	1.449	
17:0....g									
18:0....g	3.829	0.090	13	A	1		1.761	0.881	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.142		0	A	1		5.585	2.793	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.156	0.092	13	A	1		0.532	0.266	
17:1....g									
18:1 undifferentiated....g	10.986	0.208	13	A	1		5.054	2.527	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.229		0	A	1		1.025	0.513	
18:2 undifferentiated....g	1.942	0.072	13	A	1		0.893	0.447	
18:3 undifferentiated....g	0.287	0.033	13	A	1		0.132	0.066	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	84	2.556	30	A	1		39	19	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 46g: 1 serving 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07239
OSCAR MAYER, Turkey Breast (smoked, fat free)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	77.50	0.074	89	A	1		40.30	10.08	
Energy....kcal	80		0	MC	9		42	10	
Energy....kJ	335				9		174	44	
Protein....g	14.90	0.064	89	A	1		7.75	1.94	
Total lipid (fat)....g	0.60	0.021	89	A	1		0.31	0.08	
Ash....g	3.40	0.033	9	A	1		1.77	0.44	
Carbohydrate, by difference....g	3.60		0	MC	9		1.87	0.47	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	1.10	0.106	8	A	1		0.57	0.14	
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.354	8	A	1		5	1	
Iron, Fe....mg	0.77	0.053	8	A	1		0.40	0.10	
Magnesium, Mg....mg	30	0.955	8	MA	12		16	4	
Phosphorus, P....mg	243	2.475	8	MA	12		126	32	
Potassium, K....mg	218	5.657	8	MA	12		113	28	
Sodium, Na....mg	1095	16.667	9	A	1		569	142	
Zinc, Zn....mg	0.85	0.046	8	MA	12		0.44	0.11	
Copper, Cu....mg	0.260	0.021	8	MA	12		0.135	0.034	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.180		0	A	1		0.094	0.023	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.010	0.004	8	A	1		0.005	0.001	
13:0....g									
14:0....g	0.020	0.007	8	A	1		0.010	0.003	
15:0....g									
16:0....g	0.100	0.025	8	A	1		0.052	0.013	
17:0....g									
18:0....g	0.050	0.011	8	A	1		0.026	0.007	
20:0....g									

NDB No. 07239
OSCAR MAYER, Turkey Breast (smoked, fat free)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.150		0	A	1		0.078	0.020	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010	0.004	8	A	1		0.005	0.001	
17:1....g									
18:1 undifferentiated....g	0.140	0.039	8	A	1		0.073	0.018	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.110		0	A	1		0.057	0.014	
18:2 undifferentiated....g	0.100	0.025	8	A	1		0.052	0.013	
18:3 undifferentiated....g	0.010	0.004	8	A	1		0.005	0.001	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	31	1.414	8	A	1		16	4	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 serving 4 slices

Measure 2 = 13.0g: 1 slice

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07241

OSCAR MAYER, Wieners (beef franks)

Kraft Foods, Inc.

frankfurter, hot dog, hotdog, wiener

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.22	0.985	121	A	1		23.95		
Energy....kcal	327		0	NC	4		147		
Energy....kJ	1369		0	NC	4		616		
Protein (N x 6.25)....g	11.35	0.150	121	A	1		5.11		
Total lipid (fat)....g	30.26	1.061	121	A	1		13.62		
Ash....g	2.82	0.080	31	A	1		1.27		
Carbohydrate, by difference....g	2.35		0	NC	4		1.06		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.60		2	A	1		0.72		
Starch....g	1.18		1	A	1		0.53		
Minerals:									
Calcium, Ca....mg	10	0.950	31	A	1		5		
Iron, Fe....mg	1.34	0.144	31	A	1		0.60		
Magnesium, Mg....mg	13		1	A	1		6		
Phosphorus, P....mg	140		1	A	1		63		
Potassium, K....mg	130		1	A	1		59		
Sodium, Na....mg	1025	6.850	31	A	1		461		
Zinc, Zn....mg	2.19		1	A	1		0.98		
Copper, Cu....mg	0.140		1	A	1		0.063		
Manganese, Mn....mg	0.020		1	A	1		0.009		
Selenium, Se....mcg	11.5		1	A	1		5.2		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.034		1	A	1		0.015		
Riboflavin....mg	0.100	0.002	30	MA	12		0.045		
Niacin....mg	2.292		1	A	1		1.031		
Pantothenic acid....mg	0.220		1	A	1		0.099		
Vitamin B-6....mg	0.072		1	A	1		0.032		
Folate, total....mcg	6		1	A	1		3		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	6		1	A	1		3		
Folate, DFE....mcg_DFE	6		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.63		1	A	1		0.73		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	NR	4		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6	0.066	7	MA	12		0.3		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	24	2.646	7	MA	12		11		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	12.460		0	A	1		5.607		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07241
OSCAR MAYER, Wieners (beef franks)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g									
12:0 g	0.030	0.005	30	A	1		0.014		
13:0 g									
14:0 g	0.946	0.054	31	A	1		0.426		
15:0 g	0.162		1	A	1		0.073		
16:0 g	6.785	0.326	31	A	1		3.053		
17:0 g	0.421		1	A	1		0.189		
18:0 g	3.997	0.323	31	A	1		1.799		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.740		0	A	1		6.633		
14:1 g	0.331		1	A	1		0.149		
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g									
20:1 g	0.222		1	A	1		0.100		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	1.360		0	A	1		0.612		
18:2 undifferentiated g	0.951	0.100	31	A	1		0.428		
18:3 undifferentiated g	0.239	0.072	31	A	1		0.107		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	56	9.461	31	A	1		25		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07242
OSCAR MAYER, Wieners (beef franks, bun length)

frank, frankfurter, hot dog
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.15	0.450	121	A	1		30.30		
Energy....kcal	324		0	MC	9		185		
Energy....kJ	1354		0	MC	9		772		
Protein (N x 6.25)....g	11.10	0.100	121	A	1		6.33		
Total lipid (fat)....g	30.10	0.500	121	A	1		17.16		
Ash....g	2.85	0.050	10	A	1		1.62		
Carbohydrate, by difference....g	2.65		0	MC	9		1.51		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.80		2	A	1		1.03		
Starch....g									
Minerals:									
Calcium, Ca....mg	13	1.000	9	A	1		7		
Iron, Fe....mg	1.56	0.040	9	A	1		0.89		
Magnesium, Mg....mg	15	0.967	9	MA	12		9		
Phosphorus, P....mg	105	5.333	9	MA	12		60		
Potassium, K....mg	158	2.667	9	MA	12		90		
Sodium, Na....mg	1025	15.000	17	A	1		584		
Zinc, Zn....mg	2.25	0.120	9	MA	12		1.28		
Copper, Cu....mg	0.150	0.023	9	MA	12		0.086		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg	11		0	BFZN	4		6		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	11		0	BFZN	4		6		
Folate, DFE....mcg_DFE	11		0	NC	4		6		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	JO	11		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	12.530		0	A	1		7.142		
4:0....g									
6:0....g									
8:0....g									

NDB No. 07242
OSCAR MAYER, Wieners (beef franks, bun length)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g	0.020	0.003	9	A	1		0.011		
13:0....g									
14:0....g	0.980	0.030	9	A	1		0.559		
15:0....g									
16:0....g	7.400	0.147	9	A	1		4.218		
17:0....g									
18:0....g	4.130	0.107	9	A	1		2.354		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.620		0	A	1		8.333		
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.460	0.123	9	A	1		0.832		
17:1....g									
18:1 undifferentiated....g	13.160	0.093	9	A	1		7.501		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.960		0	A	1		0.547		
18:2 undifferentiated....g	0.790	0.043	9	A	1		0.450		
18:3 undifferentiated....g	0.170	0.050	9	A	1		0.097		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	59	1.850	12	A	1		34		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 serving (1 link)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07243
OSCAR MAYER, Wieners (beef franks, fat free)

frank, frankfurter, hot dog
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.00	0.095	40	A	1		39.00		
Energy....kcal	78		0	MC	9		39		
Energy....kJ	326				9		163		
Protein....g	13.20	0.063	40	A	1		6.60		
Total lipid (fat)....g	0.50	0.032	40	A	1		0.25		
Ash....g	3.20	0.163	6	A	1		1.60		
Carbohydrate, by difference....g	5.10		0	MC	9		2.55		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	3.80	0.447	5	A	1		1.90		
Starch....g									
Minerals:									
Calcium, Ca....mg	20	4.472	5	A	1		10		
Iron, Fe....mg	1.95	0.063	5	A	1		0.98		
Magnesium, Mg....mg	19	1.207	5	MA	12		10		
Phosphorus, P....mg	129	2.236	5	MA	12		65		
Potassium, K....mg	467	41.641	6	MA	12		234		
Sodium, Na....mg	927	37.559	6	A	1		464		
Zinc, Zn....mg	2.41	0.116	5	MA	12		1.21		
Copper, Cu....mg	0.160	0.027	5	MA	12		0.080		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.225		0	A	1		0.113		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	5	A	1		0.000		
13:0....g									
14:0....g	0.014	0.000	5	A	1		0.007		
15:0....g									
16:0....g	0.127	0.013	5	A	1		0.064		
17:0....g									
18:0....g	0.085	0.006	5	A	1		0.043		
20:0....g									

NDB No. 07243
OSCAR MAYER, Wieners (beef franks, fat free)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.190		0	A	1		0.095		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.014	0.003	5	A	1		0.007		
17:1 ... g									
18:1 undifferentiated ... g	0.176	0.016	5	A	1		0.088		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.049		0	A	1		0.025		
18:2 undifferentiated ... g	0.042	0.006	5	A	1		0.021		
18:3 undifferentiated ... g	0.007	0.003	5	A	1		0.004		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	30	1.789	5	A	1		15		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07244
OSCAR MAYER, Wieners (beef franks, light)

frank, frankfurter, hot dog
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.80	0.090	100	A	1		38.08		
Energy....kcal	193		0	MC	9		110		
Energy....kJ	808				9		460		
Protein....g	10.70	0.040	100	A	1		6.10		
Total lipid (fat)....g	14.90	0.100	101	A	1		8.49		
Ash....g	3.50	0.029	12	A	1		2.00		
Carbohydrate, by difference....g	4.10		0	MC	9		2.34		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	2.10	0.808	3	A	1		1.20		
Starch....g									
Minerals:									
Calcium, Ca....mg	21	3.130	5	A	1		12		
Iron, Fe....mg	1.56	0.116	5	A	1		0.89		
Magnesium, Mg....mg	18	1.342	5	MA	12		10		
Phosphorus, P....mg	164	9.391	5	MA	12		93		
Potassium, K....mg	401	33.094	5	MA	12		229		
Sodium, Na....mg	1079	6.667	9	A	1		615		
Zinc, Zn....mg	2.10	0.121	5	MA	12		1.20		
Copper, Cu....mg	0.210	0.009	5	MA	12		0.120		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.320		0	A	1		3.602		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.020	0.004	5	A	1		0.011		
13:0....g									
14:0....g	0.440	0.072	5	A	1		0.251		
15:0....g									
16:0....g	3.920	0.241	5	A	1		2.234		
17:0....g									
18:0....g	1.940	0.054	5	A	1		1.106		
20:0....g									

NDB No. 07244
OSCAR MAYER, Wieners (beef franks, light)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.520		0	A	1		4.286		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.600	0.045	5	A	1		0.342		
17:1 g									
18:1 undifferentiated g	6.920	0.353	5	A	1		3.944		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.990		0	A	1		0.564		
18:2 undifferentiated g	0.890	0.362	5	A	1		0.507		
18:3 undifferentiated g	0.100	0.036	5	A	1		0.057		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	49	1.789	5	A	1		28		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07245
OSCAR MAYER, Wieners (cheese hot dogs with turkey)

frank, frankfurter, hot dog
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	52.90	0.037	120	A	1		23.81		
Energy....kcal	318		0	MC	9		143		
Energy....kJ	1331				9		599		
Protein....g	12.00	0.027	120	A	1		5.40		
Total lipid (fat)....g	28.70	0.073	120	A	1		12.92		
Ash....g	3.60	0.047	18	A	1		1.62		
Carbohydrate, by difference....g	2.80		0	MC	9		1.26		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.80	0.134	5	A	1		0.81		
Starch....g									
Minerals:									
Calcium, Ca....mg	164	19.230	5	A	1		74		
Iron, Fe....mg	1.48	0.139	5	A	1		0.67		
Magnesium, Mg....mg	25	2.683	5	MA	12		11		
Phosphorus, P....mg	215	13.416	5	MA	12		97		
Potassium, K....mg	131	7.155	5	MA	12		59		
Sodium, Na....mg	1143	15.588	12	A	1		514		
Zinc, Zn....mg	1.84	0.130	5	MA	12		0.83		
Copper, Cu....mg	0.180	0.009	5	MA	12		0.081		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.025		0	A	1		4.511		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.312	0.086	5	A	1		0.140		
13:0....g									
14:0....g	0.623	0.025	5	A	1		0.280		
15:0....g									
16:0....g	6.442	0.245	5	A	1		2.899		
17:0....g									
18:0....g	2.648	0.184	5	A	1		1.192		
20:0....g									

NDB No. 07245
OSCAR MAYER, Wieners (cheese hot dogs with turkey)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.104		0	A	1		5.897		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.981	0.053	5	A	1		0.441		
17:1 g									
18:1 undifferentiated g	12.124	0.348	5	A	1		5.456		
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	3.849		0	A	1		1.732		
18:2 undifferentiated g	3.611	0.090	5	A	1		1.625		
18:3 undifferentiated g	0.238	0.058	5	A	1		0.107		
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	74	1.206	11	A	1		33		
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07246
OSCAR MAYER, Wieners (fat free hot dogs)

frank, frankfurter, hot dog
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	78.80	0.046	120	A	1		39.40		
Energy....kcal	73		0	MC	9		37		
Energy....kJ	305				9		153		
Protein....g	12.60	0.046	120	A	1		6.30		
Total lipid (fat)....g	0.60	0.018	120	A	1		0.30		
Ash....g	3.70	0.037	30	A	1		1.85		
Carbohydrate, by difference....g	4.30		0	MC	9		2.15		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	2.10	0.221	10	A	1		1.05		
Starch....g									
Minerals:									
Calcium, Ca....mg	15	1.265	10	A	1		8		
Iron, Fe....mg	0.92	0.063	10	A	1		0.46		
Magnesium, Mg....mg	21	0.443	10	MA	12		11		
Phosphorus, P....mg	162	3.479	10	MA	12		81		
Potassium, K....mg	471	4.536	7	MA	12		236		
Sodium, Na....mg	974	27.591	7	A	1		487		
Zinc, Zn....mg	1.19	0.032	10	MA	12		0.60		
Copper, Cu....mg	0.220	0.009	10	MA	12		0.110		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	0.200		0	A	1		0.100		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000	0.000	10	A	1		0.000		
13:0....g									
14:0....g	0.010	0.000	10	A	1		0.005		
15:0....g									
16:0....g	0.130	0.016	10	A	1		0.065		
17:0....g									
18:0....g	0.060	0.006	10	A	1		0.030		
20:0....g									

NDB No. 07246
OSCAR MAYER, Wieners (fat free hot dogs)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	0.210		0	A	1		0.105		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.020	0.003	10	A	1		0.010		
17:1 ... g									
18:1 undifferentiated ... g	0.190	0.022	10	A	1		0.095		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.110		0	A	1		0.055		
18:2 undifferentiated ... g	0.100	0.013	10	A	1		0.050		
18:3 undifferentiated ... g	0.010	0.000	10	A	1		0.005		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	29	1.581	10	A	1		15		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07247
OSCAR MAYER, Wieners (light pork, turkey, beef)

frank, frankfurter, hot dog
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.70	0.059	103	A	1		38.02		
Energy....kcal	194		0	MC	9		111		
Energy....kJ	812				9		463		
Protein....g	12.10	0.030	103	A	1		6.90		
Total lipid (fat)....g	14.90	0.049	103	A	1		8.49		
Ash....g	3.50	0.032	10	A	1		2.00		
Carbohydrate, by difference....g	2.80		0	MC	9		1.60		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.50	0.150	4	A	1		0.86		
Starch....g									
Minerals:									
Calcium, Ca....mg	38	2.449	6	A	1		22		
Iron, Fe....mg	1.28	0.094	6	A	1		0.73		
Magnesium, Mg....mg	17	1.102	6	MA	12		10		
Phosphorus, P....mg	169	7.348	6	MA	12		96		
Potassium, K....mg	397	30.619	6	MA	12		226		
Sodium, Na....mg	1036	25.324	7	A	1		591		
Zinc, Zn....mg	1.77	0.106	6	MA	12		1.01		
Copper, Cu....mg	0.200	0.008	6	MA	12		0.114		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		2	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	5.199		0	A	1		2.963		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.027	0.007	6	A	1		0.015		
13:0....g									
14:0....g	0.213	0.011	6	A	1		0.121		
15:0....g									
16:0....g	3.457	0.094	6	A	1		1.970		
17:0....g									
18:0....g	1.502	0.021	6	A	1		0.856		
20:0....g									

NDB No. 07247
OSCAR MAYER, Wieners (light pork, turkey, beef)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	6.763		0	A	1		3.855		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.435	0.011	6	A	1		0.248		
17:1 ... g									
18:1 undifferentiated ... g	6.328	0.221	6	A	1		3.607		
20:1 ... g									
22:1 undifferentiated ... g									
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.044		0	A	1		1.165		
18:2 undifferentiated ... g	1.920	0.061	6	A	1		1.094		
18:3 undifferentiated ... g	0.124	0.026	6	A	1		0.071		
18:4 ... g									
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g									
20:5 n-3 (EPA) ... g									
22:5 n-3 (DPA) ... g									
22:6 n-3 (DHA) ... g									
Fatty acids, total trans ... g									
Cholesterol ... mg	62	4.158	7	A	1		35		
Phytosterols ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07240
OSCAR MAYER, Wieners (pork, turkey)

frank, frankfurter, hot dog, hotdog
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.35	0.050	123	A	1		24.01		
Energy....kcal	327		0	NC	4		147		
Energy....kJ	1368		0	NC	4		615		
Protein (N x 6.25)....g	10.95	0.050	123	A	1		4.93		
Total lipid (fat)....g	29.90	0.300	123	A	1		13.46		
Ash....g	3.15	0.050	9	A	1		1.42		
Carbohydrate, by difference....g	2.70		0	MC	9		1.22		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	1.80	0.058	3	A	1		0.81		
Starch....g									
Minerals:									
Calcium, Ca....mg	60	4.950	8	A	1		27		
Iron, Fe....mg	1.16	0.074	8	A	1		0.52		
Magnesium, Mg....mg	17	1.131	8	MA	12		8		
Phosphorus, P....mg	137	7.778	8	MA	12		62		
Potassium, K....mg	162	5.303	8	MA	12		73		
Sodium, Na....mg	988	22.000	9	A	1		445		
Zinc, Zn....mg	1.72	0.053	8	MA	12		0.77		
Copper, Cu....mg	0.260	0.025	8	MA	12		0.117		
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Vitamin A, IU....IU	0		1	JO	11		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.467		0	A	1		4.260		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.019	0.000	8	A	1		0.009		
13:0....g									
14:0....g	0.362	0.013	8	A	1		0.163		
15:0....g									
16:0....g	6.466	0.092	8	A	1		2.910		
17:0....g									
18:0....g	2.620	0.151	8	A	1		1.179		

NDB No. 07240
OSCAR MAYER, Wieners (pork, turkey)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	13.806		0	A	1		6.213		
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.031	0.069	8	A	1		0.464		
17:1....g									
18:1 undifferentiated....g	12.775	0.315	8	A	1		5.749		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.255		0	A	1		1.915		
18:2 undifferentiated....g	4.023	0.171	8	A	1		1.810		
18:3 undifferentiated....g	0.232	0.020	8	A	1		0.104		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	72	4.025	5	A	1		32		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 serving (1 link)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07248
OSCAR MAYER, Wieners Little (pork, turkey)

frank, frankfurter, hot dog
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.00		1	A	1		4.95	31.35	
Energy....kcal	311		0	MC	9		28	177	
Energy....kJ	1301				9		117	742	
Protein....g	10.90		1	A	1		0.98	6.21	
Total lipid (fat)....g	28.70		1	A	1		2.58	16.36	
Ash....g	3.10		1	A	1		0.28	1.77	
Carbohydrate, by difference....g	2.30		0	MC	9		0.21	1.31	
Fiber, total dietary....g	0.0		0	MC	9		0.0	0.0	
Sugars, total....g	1.60		1	A	1		0.14	0.91	
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1	A	1		1	7	
Iron, Fe....mg	1.02		1	A	1		0.09	0.58	
Magnesium, Mg....mg	13		1	MA	12		1	7	
Phosphorus, P....mg	97		1	MA	12		9	55	
Potassium, K....mg	159		1	MA	12		14	91	
Sodium, Na....mg	1039		1	A	1		94	592	
Zinc, Zn....mg	1.84		1	MA	12		0.17	1.05	
Copper, Cu....mg	0.110		1	MA	12		0.010	0.063	
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0	0.0	
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.150		0	A	1		1.004	6.356	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.060		1	A	1		0.005	0.034	
13:0....g									
14:0....g	0.610		1	A	1		0.055	0.348	
15:0....g									
16:0....g	6.870		1	A	1		0.618	3.916	
17:0....g									
18:0....g	3.610		1	A	1		0.325	2.058	
20:0....g									

NDB No. 07248
OSCAR MAYER, Wieners Little (pork, turkey)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.330		0	A	1		1.290	8.168	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.290		1	A	1		0.116	0.735	
17:1....g									
18:1 undifferentiated....g	13.040		1	A	1		1.174	7.433	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.670		0	A	1		0.240	1.522	
18:2 undifferentiated....g	2.380		1	A	1		0.214	1.357	
18:3 undifferentiated....g	0.290		1	A	1		0.026	0.165	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	55		1	A	1		5	31	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.0g: 1 piece

Measure 2 = 57g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07206
OSCAR MAYER. Bologna (Wisconsin made ring)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	54.70	0.190	40	A	1		30.63		
Energy....kcal	313		0	MC	9		175		
Energy....kJ	1310				9		733		
Protein....g	11.80	0.063	40	A	1		6.61		
Total lipid (fat)....g	28.40	0.174	40	A	1		15.90		
Ash....g	2.50	0.028	13	A	1		1.40		
Carbohydrate, by difference....g	2.60		0	MC	9		1.46		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	2.20		2	A	1		1.23		
Starch....g									
Minerals:									
Calcium, Ca....mg	15	1.387	13	A	1		8		
Iron, Fe....mg	1.16	0.083	13	A	1		0.65		
Magnesium, Mg....mg	15	0.804	13	MA	12		8		
Phosphorus, P....mg	106	6.379	13	MA	12		59		
Potassium, K....mg	139	25.516	13	MA	12		78		
Sodium, Na....mg	827	16.918	13	A	1		463		
Zinc, Zn....mg	1.85	0.058	13	MA	12		1.04		
Copper, Cu....mg	0.130	0.031	13	MA	12		0.073		
Manganese, Mn....mg	0.049	0.007	6	MA	12		0.027		
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.290	0.011	7	MA	12		0.162		
Riboflavin....mg	0.140	0.008	7	MA	12		0.078		
Niacin....mg	2.650	0.129	7	MA	12		1.484		
Pantothenic acid....mg									
Vitamin B-6....mg	0.140	0.011	7	MA	12		0.078		
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.26	0.110	7	MA	12		0.71		
Vitamin A, RAE....mcg_RAE									
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0	0.179	5	MA	12		0.6		
Vitamin D....IU	40	7.155	5	MA	12		22		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.140		0	A	1		6.238		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.040	0.014	13	A	1		0.022		
13:0....g									
14:0....g	0.730	0.053	13	A	1		0.409		
15:0....g									
16:0....g	6.790	0.244	13	A	1		3.802		
17:0....g									
18:0....g	3.580	0.111	13	A	1		2.005		

NDB No. 07206
OSCAR MAYER. Bologna (Wisconsin made ring)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	14.090		0	A	1		7.890		
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.470	0.094	13	A	1		0.823		
17:1....g									
18:1 undifferentiated....g	12.620	0.047	13	A	1		7.067		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.970		0	A	1		1.103		
18:2 undifferentiated....g	1.670	0.128	13	A	1		0.935		
18:3 undifferentiated....g	0.300	0.047	13	A	1		0.168		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	62	2.496	13	A	1		35		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07051
Olive loaf, pork

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.20	0.694	4		1		16.30	33.17	
Energy	kcal	235		0	NC	4		66	134	
Energy	kJ	983		0		4		275	560	
Protein (N x 6.25)	g	11.80	0.084	4		1		3.30	6.73	
Total lipid (fat)	g	16.50	0.503	4		1		4.62	9.41	
Ash	g	4.30	0.075	4		1		1.20	2.45	
Carbohydrate, by difference	g	9.20		0	NC	4		2.58	5.24	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	109	9.232	4		1		31	62	
Iron, Fe	mg	0.54	0.177	4		1		0.15	0.31	
Magnesium, Mg	mg	19	1.000	4		1		5	11	
Phosphorus, P	mg	127	7.487	4		1		36	72	
Potassium, K	mg	297	10.086	4		1		83	169	
Sodium, Na	mg	1484	68.005	4		1		416	846	
Zinc, Zn	mg	1.38	0.025	4		1		0.39	0.79	
Copper, Cu	mg	0.050	0.014	4		1		0.014	0.029	
Manganese, Mn	mg	0.035	0.007	3		1		0.010	0.020	
Selenium, Se	mcg	16.4		0	BFNN	4		4.6	9.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	
Thiamin	mg	0.295	0.012	4		1		0.083	0.168	
Riboflavin	mg	0.260	0.014	4		1		0.073	0.148	
Niacin	mg	1.835	0.096	4		1		0.514	1.046	
Pantothenic acid	mg	0.770		2		1		0.216	0.439	
Vitamin B-6	mg	0.230	0.058	4		1		0.064	0.131	
Folate, total	mcg	2		1		1		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		1		1		1	1	
Folate, DFE	mcg_DFE	2		0	NC	4		1	1	
Choline, total	mg	66.7		0	BFNN	4		18.7	38.0	
Betaine	mg	7.3		0	BFNN	4		2.0	4.1	
Vitamin B-12	mcg	1.26	0.155	4		1		0.35	0.72	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	60		0	NC	4		17	34	
Retinol	mcg	60		0	NR	4		17	34	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	200		1		1		56	114	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.25		0	NR	4		0.07	0.14	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.1		0	T	4		0.3	0.6	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	44		0	T	4		12	25	
Vitamin K (phylloquinone)	mcg	3.4		0	BFZN	4		1.0	1.9	
Lipids:										
Fatty acids, total saturated	g	5.850		0		1		1.638	3.335	
4:0	g	0.000		4		1		0.000	0.000	

NDB No. 07051
Olive loaf, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		4		1		0.000	0.000	
8:0 g	0.000		4		1		0.000	0.000	
10:0 g	0.010		4		1		0.003	0.006	
12:0 g	0.010		4		1		0.003	0.006	
13:0 g									
14:0 g	0.270		4		1		0.076	0.154	
15:0 g									
16:0 g	3.540		4		1		0.991	2.018	
17:0 g									
18:0 g	2.020		4		1		0.566	1.151	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.870		0		1		2.204	4.486	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.660		4		1		0.185	0.376	
17:1 g									
18:1 undifferentiated g	7.210		4		1		2.019	4.110	
20:1 g	0.000		4		1		0.000	0.000	
22:1 undifferentiated g	0.000		4		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.930		0		1		0.540	1.100	
18:2 undifferentiated g	1.820		4		1		0.510	1.037	
18:3 undifferentiated g	0.110		4		1		0.031	0.063	
18:4 g	0.000		4		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		4		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		4		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000	0.000	4		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		4		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	38	4.177	3		1		11	22	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.104		0		1		0.029	0.059	
Threonine g	0.472		0		1		0.132	0.269	
Isoleucine g	0.421		0		1		0.118	0.240	
Leucine g	0.870		0		1		0.244	0.496	
Lysine g	0.809		0		1		0.227	0.461	
Methionine g	0.301		0		1		0.084	0.172	
Cystine g	0.144		0		1		0.040	0.082	
Phenylalanine g	0.419		0		1		0.117	0.239	
Tyrosine g	0.383		0		1		0.107	0.218	
Valine g	0.508		0		1		0.142	0.290	
Arginine g	0.583		0		1		0.163	0.332	
Histidine g	0.292		0		1		0.082	0.166	
Alanine g	0.618		0		1		0.173	0.352	
Aspartic acid g	0.951		0		1		0.266	0.542	
Glutamic acid g	1.919		0		1		0.537	1.094	
Glycine g	0.680		0		1		0.190	0.388	
Proline g	0.830		0		1		0.232	0.473	
Serine g	0.517		0		1		0.145	0.295	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07051
Olive loaf, pork

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07935
Oven-roasted chicken breast roll

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	72.98		1	A	1		40.87		
Energy....kcal	134		0	NC	4		75		
Energy....kJ	562		0	NC	4		315		
Protein (N x 6.25)....g	14.59		1	A	1		8.17		
Total lipid (fat)....g	7.65		1	A	1		4.28		
Ash....g	2.99		1	A	1		1.67		
Carbohydrate, by difference....g	1.79		0	MC	9		1.00		
Fiber, total dietary....g	0.0		1	A	1		0.0		
Sugars, total....g	0.43		1	A	1		0.24		
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1	A	1		3		
Iron, Fe....mg	0.32		1	A	1		0.18		
Magnesium, Mg....mg	17			FLA	4		10		
Phosphorus, P....mg	121			FLA	4		68		
Potassium, K....mg	324			FLA	4		182		
Sodium, Na....mg	883		1	A	1		494		
Zinc, Zn....mg	0.65			FLA	4		0.37		
Copper, Cu....mg	0.069			FLA	4		0.039		
Manganese, Mn....mg	0.017			FLA	4		0.009		
Selenium, Se....mcg	11.7			FLA	4		6.6		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.043			FLA	4		0.024		
Riboflavin....mg	0.062			FLA	4		0.034		
Niacin....mg	6.536			FLA	4		3.660		
Pantothenic acid....mg	0.565			FLA	4		0.316		
Vitamin B-6....mg	0.298			FLA	4		0.167		
Folate, total....mcg	3			FLA	4		1		
Folic acid....mcg	0			FLA	4		0		
Folate, food....mcg	3			FLA	4		1		
Folate, DFE....mcg_DFE	3		0	NC	4		1		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.24			FLA	4		0.14		
Vitamin A, RAE....mcg_RAE	0		1	A	1		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		1	A	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.07			FLA	4		0.04		
Tocopherol, beta....mg									
Tocopherol, gamma....mg	0.02			FLA	4		0.01		
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.5		0	BFZN	4		0.3		
Lipids:									
Fatty acids, total saturated....g	2.480		1	A	1		1.389		
4:0....g	0.000			FLA	4		0.000		
6:0....g	0.000			FLA	4		0.000		
8:0....g	0.000			FLA	4		0.000		

NDB No. 07935
Oven-roasted chicken breast roll

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000			FLA	4		0.000		
12:0 ... g	0.008			FLA	4		0.004		
13:0 ... g									
14:0 ... g	0.074			FLA	4		0.042		
15:0 ... g									
16:0 ... g	1.874			FLA	4		1.050		
17:0 ... g									
18:0 ... g	0.460			FLA	4		0.258		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.816			FLA	4		1.577		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.397			FLA	4		0.222		
17:1 ... g									
18:1 undifferentiated ... g	2.333			FLA	4		1.307		
20:1 ... g	0.085			FLA	4		0.048		
22:1 undifferentiated ... g	0.000			FLA	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.456			FLA	4		0.815		
18:2 undifferentiated ... g	1.325			FLA	4		0.742		
18:3 undifferentiated ... g	0.057			FLA	4		0.032		
18:4 ... g	0.000			FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.038			FLA	4		0.021		
20:5 n-3 (EPA) ... g	0.014			FLA	4		0.008		
22:5 n-3 (DPA) ... g	0.007			FLA	4		0.004		
22:6 n-3 (DHA) ... g	0.015			FLA	4		0.009		
Fatty acids, total trans ... g									
Cholesterol ... mg	39		1	A	1		22		
Phytosterols ... mg	0			FLA	4		0		
Amino Acids:									
Tryptophan ... g	0.160			FLA	4		0.090		
Threonine ... g	0.597			FLA	4		0.334		
Isoleucine ... g	0.711			FLA	4		0.398		
Leucine ... g	1.048			FLA	4		0.587		
Lysine ... g	1.167			FLA	4		0.653		
Methionine ... g	0.382			FLA	4		0.214		
Cystine ... g	0.198			FLA	4		0.111		
Phenylalanine ... g	0.562			FLA	4		0.315		
Tyrosine ... g	0.461			FLA	4		0.258		
Valine ... g	0.702			FLA	4		0.393		
Arginine ... g	0.928			FLA	4		0.520		
Histidine ... g	0.419			FLA	4		0.235		
Alanine ... g	0.873			FLA	4		0.489		
Aspartic acid ... g	1.301			FLA	4		0.729		
Glutamic acid ... g	2.112			FLA	4		1.183		
Glycine ... g	1.034			FLA	4		0.579		
Proline ... g	0.750			FLA	4		0.420		
Serine ... g	0.520			FLA	4		0.291		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07935

Oven-roasted chicken breast roll

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07925
Pastrami, beef, 98% fat-free

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.30		1	A	1		42.35		
Energy	kcal	95		0	MC	9		54		
Energy	kJ	397		0	MC	9		227		
Protein (N x 6.25)	g	19.60		1	A	1		11.17		
Total lipid (fat)	g	1.16		1	A	1		0.66		
Ash	g	3.40		1	A	1		1.94		
Carbohydrate, by difference	g	1.54		0	MC	9		0.88		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	BFZN	4		5		
Iron, Fe	mg	2.78		1	A	1		1.58		
Magnesium, Mg	mg	18		0	BFZN	4		10		
Phosphorus, P	mg	150		0	BFZN	4		86		
Potassium, K	mg	228		0	BFZN	4		130		
Sodium, Na	mg	1010		1	A	1		576		
Zinc, Zn	mg	4.26		0	BFZN	4		2.43		
Copper, Cu	mg	0.079		0	BFZN	4		0.045		
Manganese, Mn	mg	0.013		0	BFZN	4		0.007		
Selenium, Se	mcg	10.4		0	BFZN	4		5.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	34.6		1	A	1		19.7		
Thiamin	mg	0.095		0	BFZN	4		0.054		
Riboflavin	mg	0.170		0	BFZN	4		0.097		
Niacin	mg	5.065		0	BFZN	4		2.887		
Pantothenic acid	mg	0.300		0	BFZN	4		0.171		
Vitamin B-6	mg	0.180		0	BFZN	4		0.103		
Folate, total	mcg	7		0	BFZN	4		4		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	7		0	BFZN	4		4		
Folate, DFE	mcg_DFE	7		0	NC	4		4		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.76		0	BFZN	4		1.00		
Vitamin A, RAE	mcg_RAE	0		1	A	1		0		
Retinol	mcg	0		0	BFZN	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		1	A	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated	g	0.560		1	A	1		0.319		
Fatty acids, total polyunsaturated	g	0.040		1	A	1		0.023		
Fatty acids, total trans	g									

NDB No. 07925
Pastrami, beef, 98% fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	47		1	A	1		27		
Phytosterols....mg	0		0	BFZN	4		0		
Amino Acids:									
Tryptophan....g	0.157		0	BFZN	4		0.089		
Threonine....g	0.651		0	BFZN	4		0.371		
Isoleucine....g	0.745		0	BFZN	4		0.425		
Leucine....g	1.266		0	BFZN	4		0.722		
Lysine....g	1.322		0	BFZN	4		0.754		
Methionine....g	0.400		0	BFZN	4		0.228		
Cystine....g	0.221		0	BFZN	4		0.126		
Phenylalanine....g	0.621		0	BFZN	4		0.354		
Tyrosine....g	0.563		0	BFZN	4		0.321		
Valine....g	0.759		0	BFZN	4		0.433		
Arginine....g	1.065		0	BFZN	4		0.607		
Histidine....g	0.549		0	BFZN	4		0.313		
Alanine....g	1.242		0	BFZN	4		0.708		
Aspartic acid....g	1.689		0	BFZN	4		0.963		
Glutamic acid....g	2.809		0	BFZN	4		1.601		
Glycine....g	1.440		0	BFZN	4		0.821		
Proline....g	1.242		0	BFZN	4		0.708		
Serine....g	0.695		0	BFZN	4		0.396		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 serving 6 slices

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07052
Pastrami, turkey

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.73		2	A	1		162.82	40.88	
Energy	kcal	133		0	NC	4		301	76	
Energy	kJ	555		0	NC	4		1259	316	
Protein (N x 6.25)	g	16.30		2	A	1		37.00	9.29	
Total lipid (fat)	g	6.21	0.608	6		1		14.10	3.54	
Ash	g	3.98		0	NC	4		9.02	2.27	
Carbohydrate, by difference	g	1.79		0	NC	4		4.06	1.02	
Fiber, total dietary	g	0.1		2	A	1		0.3	0.1	
Sugars, total	g	3.34		2	A	1		7.58	1.90	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		2	A	1		25	6	
Iron, Fe	mg	4.20		2	A	1		9.53	2.39	
Magnesium, Mg	mg	14		1		1		32	8	
Phosphorus, P	mg	200		1		1		454	114	
Potassium, K	mg	345		2	A	1		782	196	
Sodium, Na	mg	981		2	A	1		2227	559	
Zinc, Zn	mg	2.16		1		1		4.90	1.23	
Copper, Cu	mg	0.050		1		1		0.114	0.029	
Manganese, Mn	mg	0.013		0		4		0.030	0.007	
Selenium, Se	mcg	16.1		0	RF	4		36.5	9.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.1		2	A	1		18.3	4.6	
Thiamin	mg	0.055		2		1		0.125	0.031	
Riboflavin	mg	0.250		2		1		0.568	0.143	
Niacin	mg	3.527		0		1		8.006	2.010	
Pantothenic acid	mg	0.580		0		4		1.317	0.331	
Vitamin B-6	mg	0.270		0		4		0.613	0.154	
Folate, total	mcg	5		0		4		11	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		11	3	
Folate, DFE	mcg_DFE	5		0	NC	4		11	3	
Choline, total	mg	66.7		0	BFNN	4		151.4	38.0	
Betaine	mg	5.9		0	BFNN	4		13.4	3.4	
Vitamin B-12	mcg	0.24		0		4		0.54	0.14	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	4		0	NC	4		10	2	
Retinol	mcg	4		2	NR	4		8	2	
Carotene, beta	mcg	7		2	NR	4		16	4	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	12		2	A	1		27	7	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0	NR	4		0.49	0.12	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	BFFN	4		0.6	0.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	BFFN	4		0.6	0.1	
Vitamin D	IU	10		0	NR	4		23	6	
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	1.699		0	NC	4		3.856	0.968	
4:0	g	0.000		0		1		0.000	0.000	

NDB No. 07052
Pastrami, turkey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.011		0		1		0.024	0.006	
13:0....g									
14:0....g	0.042		0		1		0.096	0.024	
15:0....g									
16:0....g	1.171		0		1		2.658	0.667	
17:0....g									
18:0....g	0.475		0		1		1.078	0.271	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.131		0	NC	4		4.838	1.215	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.359		0		1		0.814	0.204	
17:1....g									
18:1 undifferentiated....g	1.751		0		1		3.975	0.998	
20:1....g	0.011		0		1		0.024	0.006	
22:1 undifferentiated....g	0.011		0		1		0.024	0.006	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.635		0	NC	4		3.712	0.932	
18:2 undifferentiated....g	1.393		0		1		3.161	0.794	
18:3 undifferentiated....g	0.074		0		1		0.168	0.042	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.127		0		1		0.287	0.072	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.021		0		1		0.048	0.012	
22:6 n-3 (DHA)....g	0.021		0		1		0.048	0.012	
Fatty acids, total trans....g									
Cholesterol....mg	68		2	A	1		154	39	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.203		0		1		0.461	0.116	
Threonine....g	0.798		0		1		1.811	0.455	
Isoleucine....g	0.918		0		1		2.084	0.523	
Leucine....g	1.421		0		1		3.226	0.810	
Lysine....g	1.662		0		1		3.773	0.947	
Methionine....g	0.512		0		1		1.162	0.292	
Cystine....g	0.206		0		1		0.468	0.117	
Phenylalanine....g	0.715		0		1		1.623	0.408	
Tyrosine....g	0.694		0		1		1.575	0.396	
Valine....g	0.952		0		1		2.161	0.543	
Arginine....g	1.290		0		1		2.928	0.735	
Histidine....g	0.549		0		1		1.246	0.313	
Alanine....g	1.166		0		1		2.647	0.665	
Aspartic acid....g	1.761		0		1		3.997	1.004	
Glutamic acid....g	2.920		0		1		6.628	1.664	
Glycine....g	1.103		0		1		2.504	0.629	
Proline....g	0.850		0		1		1.930	0.485	
Serine....g	0.806		0		1		1.830	0.459	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07052
Pastrami, turkey

Common Measures:

Measure 1 = 227g: 1 package (8 oz)

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07053
Pate, chicken liver, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.64		0		4		8.53	18.61	
Energy....kcal	201		0	NC	4		26	57	
Energy....kJ	841		0		4		109	238	
Protein (N x 6.25)....g	13.45	0.093	5		1		1.75	3.81	
Total lipid (fat)....g	13.10	0.154	5		1		1.70	3.71	
Ash....g	1.26		0		4		0.16	0.36	
Carbohydrate, by difference....g	6.55		5		9		0.85	1.86	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10	0.462	5		1		1	3	
Iron, Fe....mg	9.19	0.158	5		1		1.19	2.61	
Magnesium, Mg....mg	13		0		4		2	4	
Phosphorus, P....mg	175		0		4		23	50	
Potassium, K....mg	95		0		4		12	27	
Sodium, Na....mg	386		0		4		50	109	
Zinc, Zn....mg	2.14		0		4		0.28	0.61	
Copper, Cu....mg	0.180		0		4		0.023	0.051	
Manganese, Mn....mg	0.162		0		4		0.021	0.046	
Selenium, Se....mcg	46.1		0	RF	4		6.0	13.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	10.0	0.481	5		1		1.3	2.8	
Thiamin....mg	0.052	0.003	5		1		0.007	0.015	
Riboflavin....mg	1.401	0.032	5		1		0.182	0.397	
Niacin....mg	7.517	0.065	5		1		0.977	2.131	
Pantothenic acid....mg	2.620		0		4		0.341	0.743	
Vitamin B-6....mg	0.260		0		4		0.034	0.074	
Folate, total....mcg	321		0		4		42	91	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	321		0		4		42	91	
Folate, DFE....mcg_DFE	321		0	NC	4		42	91	
Choline, total....mg	228.8		0	BFNN	4		29.7	64.9	
Betaine....mg	14.0		0	BFNN	4		1.8	4.0	
Vitamin B-12....mcg	8.07		0		4		1.05	2.29	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	217		0	NR	4		28	62	
Retinol....mcg	217		0	NR	4		28	62	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	724	34.698	5		1		94	205	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.98		0	NR	4		0.13	0.28	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....mcg	0.0		0	CASN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	4.000		0		4		0.520	1.134	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 07053
Pate, chicken liver, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.000		0		4		0.000	0.000	
13:0 g									
14:0 g	0.090		0		4		0.012	0.026	
15:0 g									
16:0 g	2.790		0		4		0.363	0.791	
17:0 g									
18:0 g	1.020		0		4		0.133	0.289	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.280		0		4		0.686	1.497	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.620		0		4		0.081	0.176	
17:1 g									
18:1 undifferentiated g	4.510		0		4		0.586	1.279	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.460		0		4		0.320	0.697	
18:2 undifferentiated g	2.160		0		4		0.281	0.612	
18:3 undifferentiated g	0.100		0		4		0.013	0.028	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.100		0		4		0.013	0.028	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	391		0		4		51	111	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.195		0		4		0.025	0.055	
Threonine g	0.601		0		4		0.078	0.170	
Isoleucine g	0.735		0		4		0.096	0.208	
Leucine g	1.196		0		4		0.155	0.339	
Lysine g	0.953		0		4		0.124	0.270	
Methionine g	0.340		0		4		0.044	0.096	
Cystine g	0.218		0		4		0.028	0.062	
Phenylalanine g	0.694		0		4		0.090	0.197	
Tyrosine g	0.490		0		4		0.064	0.139	
Valine g	0.863		0		4		0.112	0.245	
Arginine g	0.816		0		4		0.106	0.231	
Histidine g	0.347		0		4		0.045	0.098	
Alanine g	0.763		0		4		0.099	0.216	
Aspartic acid g	1.251		0		4		0.163	0.355	
Glutamic acid g	1.942		0		4		0.252	0.551	
Glycine g	0.693		0		4		0.090	0.196	
Proline g	0.700		0		4		0.091	0.198	
Serine g	0.687		0		4		0.089	0.195	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07053
Pate, chicken liver, canned

Common Measures:

Measure 1 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07054
Pate, goose liver, smoked, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.04	2.599	15		1		4.82	10.50	
Energy....kcal	462		0	NC	4		60	131	
Energy....kJ	1933				4		251	548	
Protein (N x 6.25)....g	11.40	0.778	15		1		1.48	3.23	
Total lipid (fat)....g	43.84	2.666	14		1		5.70	12.43	
Ash....g	3.05	0.258	15		1		0.40	0.86	
Carbohydrate, by difference....g	4.67		0	NC	4		0.61	1.32	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	70		0		4		9	20	
Iron, Fe....mg	5.50		0		4		0.72	1.56	
Magnesium, Mg....mg	13		0		4		2	4	
Phosphorus, P....mg	200		0		4		26	57	
Potassium, K....mg	138		0		4		18	39	
Sodium, Na....mg	697		0		4		91	198	
Zinc, Zn....mg	0.92		0		4		0.12	0.26	
Copper, Cu....mg	0.400		0		4		0.052	0.113	
Manganese, Mn....mg	0.120		0		4		0.016	0.034	
Selenium, Se....mcg	44.0		0	BFNN	4		5.7	12.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.088	0.007	5		1		0.011	0.025	
Riboflavin....mg	0.299	0.005	5		1		0.039	0.085	
Niacin....mg	2.510	0.056	5		1		0.326	0.712	
Pantothenic acid....mg	1.200		0		4		0.156	0.340	
Vitamin B-6....mg	0.060		0		4		0.008	0.017	
Folate, total....mcg	60		0		4		8	17	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	60		0		4		8	17	
Folate, DFE....mcg_DFE	60		0	NC	4		8	17	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	9.40		2		1		1.22	2.66	
Vitamin A, RAE....mcg_RAE	1001		0		4		130	284	
Retinol....mcg	1001		0		4		130	284	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	3333		0		4		433	945	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	14.450		0		4		1.879	4.097	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 07054
Pate, goose liver, smoked, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.030		0		4		0.004	0.009	
13:0 g									
14:0 g	0.290		0		4		0.038	0.082	
15:0 g									
16:0 g	9.450		0		4		1.229	2.679	
17:0 g									
18:0 g	4.580		0		4		0.595	1.298	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	25.610		0		4		3.329	7.260	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.400		0		4		0.182	0.397	
17:1 g									
18:1 undifferentiated g	24.040		0		4		3.125	6.815	
20:1 g	0.130		0		4		0.017	0.037	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.840		0		4		0.109	0.238	
18:2 undifferentiated g	0.570		0		4		0.074	0.162	
18:3 undifferentiated g	0.010		0		4		0.001	0.003	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.250		0		4		0.033	0.071	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	150		1		1		20	43	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.161		0		4		0.021	0.046	
Threonine g	0.507		0		4		0.066	0.144	
Isoleucine g	0.606		0		4		0.079	0.172	
Leucine g	1.029		0		4		0.134	0.292	
Lysine g	0.863		0		4		0.112	0.245	
Methionine g	0.270		0		4		0.035	0.077	
Cystine g	0.153		0		4		0.020	0.043	
Phenylalanine g	0.567		0		4		0.074	0.161	
Tyrosine g	0.401		0		4		0.052	0.114	
Valine g	0.719		0		4		0.093	0.204	
Arginine g	0.699		0		4		0.091	0.198	
Histidine g	0.303		0		4		0.039	0.086	
Alanine g	0.662		0		4		0.086	0.188	
Aspartic acid g	1.083		0		4		0.141	0.307	
Glutamic acid g	1.477		0		4		0.192	0.419	
Glycine g	0.662		0		4		0.086	0.188	
Proline g	0.565		0		4		0.073	0.160	
Serine g	0.491		0		4		0.064	0.139	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

NDB No. 07054
Pate, goose liver, smoked, canned

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07055
Pate, liver, not specified, canned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.90	0.885	10		1		7.01	15.28	
Energy	kcal	319		0	NC	4		41	90	
Energy	kJ	1335				4		174	378	
Protein (N x 6.25)	g	14.20	0.348	10		1		1.85	4.03	
Total lipid (fat)	g	28.00	1.202	10		1		3.64	7.94	
Ash	g	2.20	0.126	10		1		0.29	0.62	
Carbohydrate, by difference	g	1.50		10		9		0.20	0.43	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	70	9.487	10		1		9	20	
Iron, Fe	mg	5.50	0.443	10		1		0.72	1.56	
Magnesium, Mg	mg	13		1		1		2	4	
Phosphorus, P	mg	200	23.085	10		1		26	57	
Potassium, K	mg	138	11.068	10		1		18	39	
Sodium, Na	mg	697	35.101	10		1		91	198	
Zinc, Zn	mg	2.85		0		4		0.37	0.81	
Copper, Cu	mg	0.400		1		1		0.052	0.113	
Manganese, Mn	mg	0.120		1		1		0.016	0.034	
Selenium, Se	mcg	41.6		0	BFNN	4		5.4	11.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0	0.247	10		1		0.3	0.6	
Thiamin	mg	0.030	0.003	10		1		0.004	0.009	
Riboflavin	mg	0.600	0.063	10		1		0.078	0.170	
Niacin	mg	3.300	0.190	10		1		0.429	0.936	
Pantothenic acid	mg	1.200		1		1		0.156	0.340	
Vitamin B-6	mg	0.060		1		1		0.008	0.017	
Folate, total	mcg	60		1		1		8	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	60		1		1		8	17	
Folate, DFE	mcg_DFE	60		0	NC	4		8	17	
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.20		1		1		0.42	0.91	
Vitamin A, RAE	mcg_RAE	991	282.041	10		1		129	281	
Retinol	mcg	991		0	NR	4		129	281	
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	3300	939.196	10		1		429	936	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.570		0		4		1.244	2.713	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	

NDB No. 07055
Pate, liver, not specified, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0		4		0.000	0.000	
12:0 ... g	0.000		0		4		0.000	0.000	
13:0 ... g									
14:0 ... g	0.390		0		4		0.051	0.111	
15:0 ... g									
16:0 ... g	6.090		0		4		0.792	1.727	
17:0 ... g									
18:0 ... g	2.960		0		4		0.385	0.839	
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	12.360		0		4		1.607	3.504	
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.950		0		4		0.124	0.269	
17:1 ... g									
18:1 undifferentiated ... g	11.410		0		4		1.483	3.235	
20:1 ... g	0.000		0		4		0.000	0.000	
22:1 undifferentiated ... g	0.000		0		4		0.000	0.000	
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.160		0		4		0.411	0.896	
18:2 undifferentiated ... g	2.750		0		4		0.358	0.780	
18:3 undifferentiated ... g	0.210		0		4		0.027	0.060	
18:4 ... g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) ... g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) ... g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) ... g	0.000		0		4		0.000	0.000	
Fatty acids, total trans ... g									
Cholesterol ... mg	255		0		4		33	72	
Phytosterols ... mg	0		0		4		0	0	
Amino Acids:									
Tryptophan ... g	0.157		1		1		0.020	0.045	
Threonine ... g	0.568		1		1		0.074	0.161	
Isoleucine ... g	0.554		1		1		0.072	0.157	
Leucine ... g	1.050		1		1		0.137	0.298	
Lysine ... g	0.838		1		1		0.109	0.238	
Methionine ... g	0.284		1		1		0.037	0.081	
Cystine ... g	0.170		1		1		0.022	0.048	
Phenylalanine ... g	0.582		1		1		0.076	0.165	
Tyrosine ... g	0.454		1		1		0.059	0.129	
Valine ... g	0.768		1		1		0.100	0.218	
Arginine ... g	0.895		1		1		0.116	0.254	
Histidine ... g	0.298		1		1		0.039	0.084	
Alanine ... g	0.952		1		1		0.124	0.270	
Aspartic acid ... g	1.163		1		1		0.151	0.330	
Glutamic acid ... g	1.904		1		1		0.248	0.540	
Glycine ... g	1.363		1		1		0.177	0.386	
Proline ... g	0.995		1		1		0.129	0.282	
Serine ... g	0.595		1		1		0.077	0.169	
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0	0.0	
Caffeine ... mg	0		0	Z	7		0	0	
Theobromine ... mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07055

Pate, liver, not specified, canned

Common Measures:

Measure 1 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07942
Pate, truffle flavor

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.80		1	A	1		29.01		
Energy	kcal	327		0	MC	9		183		
Energy	kJ	1366		0	MC	9		765		
Protein (N x 6.25)	g	11.20		1	A	1		6.27		
Total lipid (fat)	g	28.50		1	A	1		15.96		
Ash	g	2.20		1	A	1		1.23		
Carbohydrate, by difference	g	6.30		0	MC	9		3.53		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	70		0	BFZN	4		39		
Iron, Fe	mg	3.94		1	A	1		2.21		
Magnesium, Mg	mg	13		0	BFZN	4		7		
Phosphorus, P	mg	200		0	BFZN	4		112		
Potassium, K	mg	138		0	BFZN	4		77		
Sodium, Na	mg	807		1	A	1		452		
Zinc, Zn	mg	2.85		0	BFZN	4		1.60		
Copper, Cu	mg	0.400		0	BFZN	4		0.224		
Manganese, Mn	mg	0.120		0	BFZN	4		0.067		
Selenium, Se	mcg	41.6		0	BFZN	4		23.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0	BFZN	4		1.1		
Thiamin	mg	0.030		0	BFZN	4		0.017		
Riboflavin	mg	0.600		0	BFZN	4		0.336		
Niacin	mg	3.300		0	BFZN	4		1.848		
Pantothenic acid	mg	1.200		0	BFZN	4		0.672		
Vitamin B-6	mg	0.060		0	BFZN	4		0.034		
Folate, total	mcg	60		0	BFZN	4		34		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	60		0	BFZN	4		34		
Folate, DFE	mcg_DFE	60		0	NC	4		34		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	3.20		0	BFZN	4		1.79		
Vitamin A, RAE	mcg_RAE	4505		0	AS	1		2523		
Retinol	mcg	991		0	BFZN	4		555		
Carotene, beta	mcg	0		1	A	1		0		
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	15000		1	A	1		8400		
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.100		1	A	1		5.656		
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		

NDB No. 07942
Pate, truffle flavor

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	BFZN	4		0.000		
12:0 g	0.000		0	BFZN	4		0.000		
13:0 g									
14:0 g	0.390		0	BFZN	4		0.218		
15:0 g									
16:0 g	6.090		0	BFZN	4		3.410		
17:0 g									
18:0 g	2.960		0	BFZN	4		1.658		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.600		1	A	1		7.616		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.950		0	BFZN	4		0.532		
17:1 g									
18:1 undifferentiated g	11.410		0	BFZN	4		6.390		
20:1 g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated g	0.000		0	BFZN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	3.420		1	A	1		1.915		
18:2 undifferentiated g	2.750		0	BFZN	4		1.540		
18:3 undifferentiated g	0.210		0	BFZN	4		0.118		
18:4 g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	105		1	A	1		59		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.157		0	BFZN	4		0.088		
Threonine g	0.568		0	BFZN	4		0.318		
Isoleucine g	0.554		0	BFZN	4		0.310		
Leucine g	1.050		0	BFZN	4		0.588		
Lysine g	0.838		0	BFZN	4		0.469		
Methionine g	0.284		0	BFZN	4		0.159		
Cystine g	0.170		0	BFZN	4		0.095		
Phenylalanine g	0.582		0	BFZN	4		0.326		
Tyrosine g	0.454		0	BFZN	4		0.254		
Valine g	0.768		0	BFZN	4		0.430		
Arginine g	0.895		0	BFZN	4		0.501		
Histidine g	0.298		0	BFZN	4		0.167		
Alanine g	0.952		0	BFZN	4		0.533		
Aspartic acid g	1.163		0	BFZN	4		0.651		
Glutamic acid g	1.904		0	BFZN	4		1.066		
Glycine g	1.363		0	BFZN	4		0.763		
Proline g	0.995		0	BFZN	4		0.557		
Serine g	0.595		0	BFZN	4		0.333		
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

NDB No. 07942
Pate, truffle flavor

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07056
Peppered loaf, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	67.40		0	MC	9		67.40		
Energy....kcal	149		0	NC	4		149		
Energy....kJ	623		0	NC	4		623		
Protein (N x 6.25)....g	17.30		0	MC	9		17.30		
Total lipid (fat)....g	6.37		0	MC	9		6.37		
Ash....g	4.40		0	MC	9		4.40		
Carbohydrate, by difference....g	4.53		0	NC	4		4.53		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	4.61		0	MC	9		4.61		
Starch....g									
Minerals:									
Calcium, Ca....mg	54		0	MC	9		54		
Iron, Fe....mg	1.07		0	MC	9		1.07		
Magnesium, Mg....mg	20		0	MC	9		20		
Phosphorus, P....mg	170		0	MC	9		170		
Potassium, K....mg	394		0	MC	9		394		
Sodium, Na....mg	1523		0	MC	9		1523		
Zinc, Zn....mg	3.23		0	MC	9		3.23		
Copper, Cu....mg	0.120		0	MC	9		0.120		
Manganese, Mn....mg	0.060		0	MC	9		0.060		
Selenium, Se....mcg	11.3		0	MC	9		11.3		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.380		0	MC	9		0.380		
Riboflavin....mg	0.300		0	MC	9		0.300		
Niacin....mg	3.080		0	MC	9		3.080		
Pantothenic acid....mg	0.530		0	MC	9		0.530		
Vitamin B-6....mg	0.270		0	MC	9		0.270		
Folate, total....mcg	2		0	MC	9		2		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	2		0	MC	9		2		
Folate, DFE....mcg_DFE	2		0	NC	4		2		
Choline, total....mg	73.0		0	BFNN	4		73.0		
Betaine....mg	6.5		0	BFNN	4		6.5		
Vitamin B-12....mcg	1.96		0	MC	9		1.96		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	NR	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	NR	4		0.22		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		0	MC	9		0.8		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	32		0	MC	9		32		
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		1.6		
Lipids:									
Fatty acids, total saturated....g	2.280		0	NC	4		2.280		
4:0....g	0.000		0	MC	9		0.000		

NDB No. 07056
Peppered loaf, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	MC	9		0.000		
8:0 g	0.000		0	MC	9		0.000		
10:0 g	0.030		0	MC	9		0.030		
12:0 g	0.010		0	MC	9		0.010		
13:0 g									
14:0 g	0.090		0	MC	9		0.090		
15:0 g									
16:0 g	1.360		0	MC	9		1.360		
17:0 g									
18:0 g	0.790		0	MC	9		0.790		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.000		0	NC	4		3.000		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.280		0	MC	9		0.280		
17:1 g									
18:1 undifferentiated g	2.720		0	MC	9		2.720		
20:1 g	0.000		0	MC	9		0.000		
22:1 undifferentiated g	0.000		0	MC	9		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.500		0	NC	4		0.500		
18:2 undifferentiated g	0.430		0	MC	9		0.430		
18:3 undifferentiated g	0.070		0	MC	9		0.070		
18:4 g	0.000		0	MC	9		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	MC	9		0.000		
20:5 n-3 (EPA) g	0.000		0	MC	9		0.000		
22:5 n-3 (DPA) g	0.000		0	MC	9		0.000		
22:6 n-3 (DHA) g	0.000		0	MC	9		0.000		
Fatty acids, total trans g									
Cholesterol mg	46		0	MC	9		46		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	MC	9		0.0		
Caffeine mg	0		0	MC	9		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 3.52 slices

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07057
Pepperoni, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	30.72	0.789	3	A	1		0.61	8.60	30.72
Energy....kcal	494		0	NC	4		10	138	494
Energy....kJ	2065		0	NC	4		41	578	2065
Protein (N x 6.25)....g	22.68	1.180	3	A	1		0.45	6.35	22.68
Total lipid (fat)....g	43.98	1.401	3	A	1		0.88	12.32	43.98
Ash....g	5.34	0.096	3	A	1		0.11	1.50	5.34
Carbohydrate, by difference....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary....g	0.0	0.000	3	A	1		0.0	0.0	0.0
Sugars, total....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Sucrose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose)....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	22	3.218	3	A	1		0	6	22
Iron, Fe....mg	1.62	0.177	3	A	1		0.03	0.45	1.62
Magnesium, Mg....mg	21	1.664	3	A	1		0	6	21
Phosphorus, P....mg	177	5.925	3	A	1		4	50	177
Potassium, K....mg	279	17.521	3	A	1		6	78	279
Sodium, Na....mg	1653	54.874	3	A	1		33	463	1653
Zinc, Zn....mg	2.50	0.104	3	A	1		0.05	0.70	2.50
Copper, Cu....mg	0.112	0.017	3	A	1		0.002	0.031	0.112
Manganese, Mn....mg	0.595	0.079	3	A	1		0.012	0.166	0.595
Selenium, Se....mcg	35.0	3.187	3	A	1		0.7	9.8	35.0
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7		0	MC	9		0.0	0.2	0.7
Thiamin....mg	0.355	0.010	3	A	1		0.007	0.099	0.355
Riboflavin....mg	0.316	0.012	3	A	1		0.006	0.088	0.316
Niacin....mg	4.640	0.158	3	A	1		0.093	1.299	4.640
Pantothenic acid....mg	1.183	0.192	3	A	1		0.024	0.331	1.183
Vitamin B-6....mg	0.353	0.037	3	A	1		0.007	0.099	0.353
Folate, total....mcg	5	0.667	3	A	1		0	1	5
Folic acid....mcg	0		0	FLA	4		0	0	0
Folate, food....mcg	5		0	FLA	4		0	1	5
Folate, DFE....mcg_DFE	5		0	NC	4		0	1	5
Choline, total....mg	77.1		0	AS	1		1.5	21.6	77.1
Betaine....mg	2.8		1	A	1		0.1	0.8	2.8
Vitamin B-12....mcg	1.73	0.159	3	A	1		0.03	0.48	1.73
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	NR	4		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0	AS	1		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	MC	9		0.0	0.1	0.2
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 07057
Pepperoni, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	9		0	MC	9		0	3	9
Vitamin K (phylloquinone).....mcg	5.8	1.449	3	A	1		0.1	1.6	5.8
Lipids:									
Fatty acids, total saturated.....g	14.860		0	NC	4		0.297	4.161	14.860
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		0.000	0.000	0.000
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.920	0.054	3	A	1		0.018	0.258	0.920
15:0.....g	0.123	0.009	3	A	1		0.002	0.034	0.123
16:0.....g	8.736	0.226	3	A	1		0.175	2.446	8.736
17:0.....g	0.306	0.016	3	A	1		0.006	0.086	0.306
18:0.....g	4.725	0.092	3	A	1		0.095	1.323	4.725
20:0.....g	0.050	0.002	3	A	1		0.001	0.014	0.050
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	17.166		0	NC	4		0.343	4.807	17.166
14:1.....g	0.180	0.027	3	A	1		0.004	0.050	0.180
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	1.008	0.063	3	A	1		0.020	0.282	1.008
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	15.693	0.383	3	AS	1		0.314	4.394	15.693
18:1 c.....g	14.335	0.345	3	A	1		0.287	4.014	14.335
18:1-11c (18:1c n-7).....g									
18:1 t.....g	1.359	0.083	3	A	1		0.027	0.380	1.359
18:1-11t (18:1t n-7).....g									
20:1.....g	0.194	0.016	3	A	1		0.004	0.054	0.194
22:1 undifferentiated.....g	0.091	0.046	3	AS	1		0.002	0.026	0.091
22:1 c.....g	0.091	0.046	3	A	1		0.002	0.026	0.091
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.426		0	NC	4		0.069	0.959	3.426
18:2 undifferentiated.....g	3.071	0.057	3	AS	1		0.061	0.860	3.071
18:2 n-6 c,c.....g	2.796	0.076	3	A	1		0.056	0.783	2.796
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.275	0.020	3	A	1		0.005	0.077	0.275
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.187	0.019	3	AS	1		0.004	0.052	0.187
18:3 n-3 c,c,c (ALA).....g	0.187	0.019	3	A	1		0.004	0.052	0.187
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i.....g									
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.100	0.006	3	A	1		0.002	0.028	0.100
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.067	0.000	3	A	1		0.001	0.019	0.067
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	1.634		0	NC	4		0.033	0.457	1.634
Fatty acids, total trans-monoenoic.....g	1.359		0	NC	4		0.027	0.380	1.359
Fatty acids, total trans-polyenoic.....g	0.275		0	NC	4		0.005	0.077	0.275

NDB No. 07057
Pepperoni, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	105	4.512	3	A	1		2	29	105
Phytosterols....mg	5		0	FLA	4		0	1	5
Amino Acids:									
Tryptophan....g	0.230		0	FLA	4		0.005	0.064	0.230
Threonine....g	0.869		0	FLA	4		0.017	0.243	0.869
Isoleucine....g	0.901		0	FLA	4		0.018	0.252	0.901
Leucine....g	1.575		0	FLA	4		0.032	0.441	1.575
Lysine....g	1.652		0	FLA	4		0.033	0.463	1.652
Methionine....g	0.511		0	FLA	4		0.010	0.143	0.511
Cystine....g	0.228		0	FLA	4		0.005	0.064	0.228
Phenylalanine....g	0.778		0	FLA	4		0.016	0.218	0.778
Tyrosine....g	0.661		0	FLA	4		0.013	0.185	0.661
Valine....g	0.987		0	FLA	4		0.020	0.276	0.987
Arginine....g	1.298		0	FLA	4		0.026	0.363	1.298
Histidine....g	0.688		0	FLA	4		0.014	0.193	0.688
Alanine....g	1.178		0	FLA	4		0.024	0.330	1.178
Aspartic acid....g	1.825		0	FLA	4		0.036	0.511	1.825
Glutamic acid....g	3.009		0	FLA	4		0.060	0.843	3.009
Glycine....g	1.073		0	FLA	4		0.021	0.301	1.073
Proline....g	0.862		0	FLA	4		0.017	0.241	0.862
Serine....g	0.771		0	FLA	4		0.015	0.216	0.771
Hydroxyproline....g	0.382	0.054	3	A	1		0.008	0.107	0.382
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.0g: 1 slice round

Measure 2 = 28g: 1 oz

Measure 3 = 100g: 3.527 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07058
Pickle and pimiento loaf, pork

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.29	2.224	219	A	1		22.91	34.37	
Energy	kcal	225		0	NC	4		85	128	
Energy	kJ	939		0	NC	4		357	535	
Protein (N x 6.25)	g	11.23	0.357	219	A	1		4.27	6.40	
Total lipid (fat)	g	15.95	1.916	219	A	1		6.06	9.09	
Ash	g	4.07	0.212	10	A	1		1.55	2.32	
Carbohydrate, by difference	g	8.46		0	NC	4		3.22	4.82	
Fiber, total dietary	g	1.5		0	FLA	4		0.6	0.9	
Sugars, total	g	8.46		0	FLA	4		3.21	4.82	
Sucrose	g	0.00		0	FLA	4		0.00	0.00	
Glucose (dextrose)	g	0.00		0	FLA	4		0.00	0.00	
Fructose	g	0.00		0	FLA	4		0.00	0.00	
Lactose	g	0.00		0	FLA	4		0.00	0.00	
Maltose	g	0.00		0	FLA	4		0.00	0.00	
Galactose	g	0.00		0	FLA	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	109	19.575	3	A	1		42	62	
Iron, Fe	mg	1.33	0.175	3	A	1		0.50	0.76	
Magnesium, Mg	mg	34		0	FLA	4		13	19	
Phosphorus, P	mg	153		0	FLA	4		58	87	
Potassium, K	mg	371		0	FLA	4		141	211	
Sodium, Na	mg	1304	71.012	10	A	1		495	743	
Zinc, Zn	mg	1.68		0	FLA	4		0.64	0.96	
Copper, Cu	mg	0.105		0	FLA	4		0.040	0.060	
Manganese, Mn	mg	0.111		0	FLA	4		0.042	0.063	
Selenium, Se	mcg	7.9		0	FLA	4		3.0	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.8		1	A	1		3.0	4.4	
Thiamin	mg	0.392		0	FLA	4		0.149	0.223	
Riboflavin	mg	0.115		0	FLA	4		0.044	0.065	
Niacin	mg	2.486		0	FLA	4		0.945	1.417	
Pantothenic acid	mg	0.443		0	FLA	4		0.168	0.253	
Vitamin B-6	mg	0.418		0	FLA	4		0.159	0.238	
Folate, total	mcg	37		0	FLA	4		14	21	
Folic acid	mcg	0		0	FLA	4		0	0	
Folate, food	mcg	37		0	FLA	4		14	21	
Folate, DFE	mcg_DFE	37		0	NC	4		14	21	
Choline, total	mg	31.7		0	FLA	4		12.0	18.0	
Betaine	mg	2.8		0	FLA	4		1.1	1.6	
Vitamin B-12	mcg	0.54		0	FLA	4		0.21	0.31	
Vitamin B-12, added	mcg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE	mcg_RAE	78		0	AS	1		30	44	
Retinol	mcg	78		1	NR	4		30	44	
Carotene, beta	mcg	147		0	FLA	4		56	84	
Carotene, alpha	mcg	4		0	FLA	4		1	2	
Cryptoxanthin, beta	mcg	46		0	FLA	4		18	26	
Vitamin A, IU	IU	260		1	A	1		99	148	
Lycopene	mcg	0		0	FLA	4		0	0	
Lutein + zeaxanthin	mcg	87		0	FLA	4		33	50	
Vitamin E (alpha-tocopherol)	mg	0.40		0	FLA	4		0.15	0.23	
Vitamin E, added	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, beta	mg	0.00		0	FLA	4		0.00	0.00	
Tocopherol, gamma	mg	0.01		0	FLA	4		0.00	0.01	
Tocopherol, delta	mg	0.00		0	FLA	4		0.00	0.00	
Vitamin D (D2 + D3)	mcg	0.8		0	FLA	4		0.3	0.5	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 07058
Pickle and pimiento loaf, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	33		0	FLA	4		12	19	
Vitamin K (phylloquinone).....mcg	5.1		0	FLA	4		2.0	2.9	
Lipids:									
Fatty acids, total saturated.....g	5.287		0	NC	4		2.009	3.014	
4:0.....g	0.000		0	FLA	4		0.000	0.000	
6:0.....g	0.000		0	FLA	4		0.000	0.000	
8:0.....g	0.000		0	FLA	4		0.000	0.000	
10:0.....g	0.016		0	FLA	4		0.006	0.009	
12:0.....g	0.016		0	FLA	4		0.006	0.009	
13:0.....g									
14:0.....g	0.204		1	A	1		0.077	0.116	
15:0.....g									
16:0.....g	3.465		1	A	1		1.317	1.975	
17:0.....g	0.059		1	A	1		0.022	0.033	
18:0.....g	1.498		1	A	1		0.569	0.854	
20:0.....g	0.029		1	A	1		0.011	0.017	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.060		0	NC	4		2.683	4.024	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.628		1	A	1		0.239	0.358	
17:1.....g									
18:1 undifferentiated.....g	6.343		1	A	1		2.410	3.616	
20:1.....g	0.088		1	A	1		0.034	0.050	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.804		0	NC	4		1.065	1.598	
18:2 undifferentiated.....g	2.686		1	A	1		1.021	1.531	
18:3 undifferentiated.....g	0.117		1	A	1		0.045	0.067	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3 (EPA).....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3 (DPA).....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3 (DHA).....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58	0.500	3	A	1		22	33	
Phytosterols.....mg	21		0	FLA	4		8	12	
Amino Acids:									
Tryptophan.....g	0.111		0	FLA	4		0.042	0.063	
Threonine.....g	0.415		0	FLA	4		0.158	0.236	
Isoleucine.....g	0.447		0	FLA	4		0.170	0.255	
Leucine.....g	0.748		0	FLA	4		0.284	0.427	
Lysine.....g	0.797		0	FLA	4		0.303	0.454	
Methionine.....g	0.258		0	FLA	4		0.098	0.147	
Cystine.....g	0.136		0	FLA	4		0.052	0.078	
Phenylalanine.....g	0.392		0	FLA	4		0.149	0.224	
Tyrosine.....g	0.328		0	FLA	4		0.125	0.187	
Valine.....g	0.479		0	FLA	4		0.182	0.273	
Arginine.....g	0.857		0	FLA	4		0.326	0.488	
Histidine.....g	0.309		0	FLA	4		0.117	0.176	
Alanine.....g	0.616		0	FLA	4		0.234	0.351	
Aspartic acid.....g	0.923		0	FLA	4		0.351	0.526	
Glutamic acid.....g	1.734		0	FLA	4		0.659	0.989	
Glycine.....g	0.696		0	FLA	4		0.265	0.397	
Proline.....g	0.532		0	FLA	4		0.202	0.304	
Serine.....g	0.420		0	FLA	4		0.160	0.240	
Hydroxyproline.....g									
Others:									

NDB No. 07058
Pickle and pimiento loaf, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	FLA	4		0.0	0.0	
Caffeine....mg	0		0	FLA	4		0	0	
Theobromine....mg	0		0	FLA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 slice

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07062
Picnic loaf, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.20	0.255	5		1		16.86	34.31	
Energy....kcal	232		0	NC	4		65	132	
Energy....kJ	971				4		272	553	
Protein (N x 6.25)....g	14.92	0.326	5		1		4.18	8.50	
Total lipid (fat)....g	16.64	0.388	5		1		4.66	9.48	
Ash....g	3.48	0.058	5		1		0.97	1.98	
Carbohydrate, by difference....g	4.76		0	NC	4		1.33	2.71	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	47	5.054	5		1		13	27	
Iron, Fe....mg	1.02	0.187	5		1		0.29	0.58	
Magnesium, Mg....mg	15	0.837	5		1		4	9	
Phosphorus, P....mg	125	10.787	5		1		35	71	
Potassium, K....mg	267	9.114	5		1		75	152	
Sodium, Na....mg	1164	33.254	5		1		326	663	
Zinc, Zn....mg	2.18	0.116	5		1		0.61	1.24	
Copper, Cu....mg	0.070	0.012	5		1		0.020	0.040	
Manganese, Mn....mg	0.028	0.004	4		1		0.008	0.016	
Selenium, Se....mcg	35.7		0	BFNN	4		10.0	20.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.374	0.008	5		1		0.105	0.213	
Riboflavin....mg	0.242	0.015	5		1		0.068	0.138	
Niacin....mg	2.306	0.187	5		1		0.646	1.314	
Pantothenic acid....mg	0.680		1		1		0.190	0.388	
Vitamin B-6....mg	0.300	0.075	5		1		0.084	0.171	
Folate, total....mcg	2		0		4		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		4		1	1	
Folate, DFE....mcg_DFE	2		0	NC	4		1	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.50	0.059	5		1		0.42	0.86	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		0	T	4		0.3	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	48		0	T	4		13	27	
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	6.070		0		1		1.700	3.460	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 07062
Picnic loaf, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.080	0.026	4		1		0.022	0.046	
12:0 g	0.050	0.012	4		1		0.014	0.029	
13:0 g									
14:0 g	0.290	0.016	5		1		0.081	0.165	
15:0 g									
16:0 g	3.570	0.119	5		1		1.000	2.035	
17:0 g									
18:0 g	2.080	0.062	5		1		0.582	1.186	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.680		0		1		2.150	4.378	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.680	0.038	5		1		0.190	0.388	
17:1 g									
18:1 undifferentiated g	7.000	0.303	5		1		1.960	3.990	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.890		0		1		0.529	1.077	
18:2 undifferentiated g	1.680	0.025	5		1		0.470	0.958	
18:3 undifferentiated g	0.210	0.035	5		1		0.059	0.120	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	38	4.989	4		1		11	22	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.143		1		1		0.040	0.082	
Threonine g	0.656		1		1		0.184	0.374	
Isoleucine g	0.582		1		1		0.163	0.332	
Leucine g	1.146		1		1		0.321	0.653	
Lysine g	1.193		1		1		0.334	0.680	
Methionine g	0.377		1		1		0.106	0.215	
Cystine g	0.162		1		1		0.045	0.092	
Phenylalanine g	0.537		1		1		0.150	0.306	
Tyrosine g	0.458		1		1		0.128	0.261	
Valine g	0.642		1		1		0.180	0.366	
Arginine g	0.888		1		1		0.249	0.506	
Histidine g	0.437		1		1		0.122	0.249	
Alanine g	0.890		1		1		0.249	0.507	
Aspartic acid g	1.318		1		1		0.369	0.751	
Glutamic acid g	2.253		1		1		0.631	1.284	
Glycine g	0.972		1		1		0.272	0.554	
Proline g	0.859		1		1		0.241	0.490	
Serine g	0.656		1		1		0.184	0.374	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

NDB No. 07062
Picnic loaf, pork, beef

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07059
Polish sausage, pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.15	0.246	6		1		120.65	15.07	
Energy....kcal	326		0	NC	4		740	92	
Energy....kJ	1364				4		3096	387	
Protein (N x 6.25)....g	14.10	0.251	6		1		32.01	4.00	
Total lipid (fat)....g	28.72	0.362	6		1		65.19	8.14	
Ash....g	2.40	0.063	6		1		5.45	0.68	
Carbohydrate, by difference....g	1.63		0	NC	4		3.70	0.46	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.843	6		1		27	3	
Iron, Fe....mg	1.44	0.051	6		1		3.27	0.41	
Magnesium, Mg....mg	14	0.601	6		1		32	4	
Phosphorus, P....mg	136	3.544	6		1		309	39	
Potassium, K....mg	237	12.054	6		1		538	67	
Sodium, Na....mg	876	63.285	6		1		1989	248	
Zinc, Zn....mg	1.93	0.021	6		1		4.38	0.55	
Copper, Cu....mg	0.090	0.006	6		1		0.204	0.026	
Manganese, Mn....mg	0.049	0.002	5		1		0.111	0.014	
Selenium, Se....mcg	17.7	2.258	5	A	1		40.2	5.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0	0.000	6		1		2.3	0.3	
Thiamin....mg	0.502	0.027	6		1		1.140	0.142	
Riboflavin....mg	0.148	0.012	6		1		0.336	0.042	
Niacin....mg	3.443	0.088	6		1		7.816	0.976	
Pantothenic acid....mg	0.450	0.021	3		1		1.022	0.128	
Vitamin B-6....mg	0.190	0.012	6		1		0.431	0.054	
Folate, total....mcg	2		0		4		5	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		4		5	1	
Folate, DFE....mcg_DFE	2		0	NC	4		5	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.98	0.030	6		1		2.22	0.28	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.330		0		1		23.449	2.929	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 07059
Polish sausage, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.070	0.034	6		1		0.159	0.020	
12:0 g	0.070	0.050	6		1		0.159	0.020	
13:0 g									
14:0 g	0.400	0.053	6		1		0.908	0.113	
15:0 g									
16:0 g	6.400	0.113	6		1		14.528	1.814	
17:0 g									
18:0 g	3.380	0.085	6		1		7.673	0.958	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.520		0		1		30.690	3.833	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.950	0.021	6		1		2.157	0.269	
17:1 g									
18:1 undifferentiated g	12.580	0.269	6		1		28.557	3.566	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.080		0		1		6.992	0.873	
18:2 undifferentiated g	2.790	0.063	6		1		6.333	0.791	
18:3 undifferentiated g	0.290	0.015	6		1		0.658	0.082	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	70	2.187	6		1		159	20	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.138		0		1		0.313	0.039	
Threonine g	0.591		0		1		1.342	0.168	
Isoleucine g	0.611		0		1		1.387	0.173	
Leucine g	1.076		0		1		2.443	0.305	
Lysine g	1.110		0		1		2.520	0.315	
Methionine g	0.379		0		1		0.860	0.107	
Cystine g	0.157		0		1		0.356	0.045	
Phenylalanine g	0.539		0		1		1.224	0.153	
Tyrosine g	0.444		0		1		1.008	0.126	
Valine g	0.679		0		1		1.541	0.192	
Arginine g	0.925		0		1		2.100	0.262	
Histidine g	0.444		0		1		1.008	0.126	
Alanine g	0.902		0		1		2.048	0.256	
Aspartic acid g	1.293		0		1		2.935	0.367	
Glutamic acid g	2.117		0		1		4.806	0.600	
Glycine g	0.992		0		1		2.252	0.281	
Proline g	0.712		0		1		1.616	0.202	
Serine g	0.584		0		1		1.326	0.166	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 sausage (10" long x 1-1/4" dia)

Measure 2 = 28.35g: 1 oz

NDB No. 07059
Polish sausage, pork

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07065
Pork and beef sausage, fresh, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	44.55	1.167	6		1		5.79	12.03	
Energy....kcal	396		0	NC	4		51	107	
Energy....kJ	1657		0		4		215	447	
Protein (N x 6.25)....g	13.80	0.756	6		1		1.79	3.73	
Total lipid (fat)....g	36.25	1.774	6		1		4.71	9.79	
Ash....g	2.70	0.068	6		1		0.35	0.73	
Carbohydrate, by difference....g	2.70		0	NC	4		0.35	0.73	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		0		4		1	3	
Iron, Fe....mg	1.13	0.071	6		1		0.15	0.31	
Magnesium, Mg....mg	12	0.922	6		1		2	3	
Phosphorus, P....mg	107	5.679	6		1		14	29	
Potassium, K....mg	189		0		4		25	51	
Sodium, Na....mg	805	24.732	6		1		105	217	
Zinc, Zn....mg	1.87	0.109	6		1		0.24	0.50	
Copper, Cu....mg	0.040	0.008	6		1		0.005	0.011	
Manganese, Mn....mg	0.037		0		4		0.005	0.010	
Selenium, Se....mcg	14.4		0	BFNN	4		1.9	3.9	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.357	0.020	6		1		0.046	0.096	
Riboflavin....mg	0.147	0.007	6		1		0.019	0.040	
Niacin....mg	3.367	0.126	6		1		0.438	0.909	
Pantothenic acid....mg	0.480	0.038	6		1		0.062	0.130	
Vitamin B-6....mg	0.050	0.006	6		1		0.007	0.014	
Folate, total....mcg	2		0		4		0	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		4		0	1	
Folate, DFE....mcg_DFE	2		0	NC	4		0	1	
Choline, total....mg	58.8		0	BFNN	4		7.6	15.9	
Betaine....mg	3.1		0	BFNN	4		0.4	0.8	
Vitamin B-12....mcg	0.43	0.062	6		1		0.06	0.12	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	NR	4		0.03	0.06	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.7		0	T	4		0.1	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	28		0	T	4		4	8	
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		0.2	0.4	
Lipids:									
Fatty acids, total saturated....g	12.960		0		1		1.685	3.499	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07065
Pork and beef sausage, fresh, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.600		0		1		0.078	0.162	
15:0 g									
16:0 g	8.310		0		1		1.080	2.244	
17:0 g									
18:0 g	3.870		0		1		0.503	1.045	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	17.180		0		1		2.233	4.639	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.350		0		1		0.176	0.365	
17:1 g									
18:1 undifferentiated g	15.800		0		1		2.054	4.266	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.900		0		1		0.507	1.053	
18:2 undifferentiated g	3.460		0		1		0.450	0.934	
18:3 undifferentiated g	0.320		0		1		0.042	0.086	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.120		0		1		0.016	0.032	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	71		0		4		9	19	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.132		0		1		0.017	0.036	
Threonine g	0.554		0		1		0.072	0.150	
Isoleucine g	0.530		0		1		0.069	0.143	
Leucine g	0.974		0		1		0.127	0.263	
Lysine g	1.088		0		1		0.141	0.294	
Methionine g	0.328		0		1		0.043	0.089	
Cystine g	0.139		0		1		0.018	0.038	
Phenylalanine g	0.478		0		1		0.062	0.129	
Tyrosine g	0.405		0		1		0.053	0.109	
Valine g	0.592		0		1		0.077	0.160	
Arginine g	0.850		0		1		0.111	0.230	
Histidine g	0.412		0		1		0.054	0.111	
Alanine g	0.812		0		1		0.106	0.219	
Aspartic acid g	1.182		0		1		0.154	0.319	
Glutamic acid g	1.995		0		1		0.259	0.539	
Glycine g	0.898		0		1		0.117	0.242	
Proline g	0.654		0		1		0.085	0.177	
Serine g	0.532		0		1		0.069	0.144	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07065

Pork and beef sausage, fresh, cooked

Common Measures:

Measure 1 = 13.0g: 1 link (raw dimensions: 4" long x 7/8" dia), cooked

Measure 2 = 27g: 1 patty, cooked (raw dimensions: 3-7/8" dia x 1/4" thick)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07957
Pork and turkey sausage, pre-cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.68		1	A	1				
Energy	kcal	342		0	NC	4				
Energy	kJ	1430		0	NC	4				
Protein (N x 6.25)	g	12.05		1	A	1				
Total lipid (fat)	g	30.64		1	A	1				
Ash	g	3.01		1	A	1				
Carbohydrate, by difference	g	3.63		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	74		1	A	1				
Iron, Fe	mg	1.30		1	A	1				
Magnesium, Mg	mg	25		1	A	1				
Phosphorus, P	mg	136		1	A	1				
Potassium, K	mg	230		1	A	1				
Sodium, Na	mg	876		1	A	1				
Zinc, Zn	mg	1.34		1	A	1				
Copper, Cu	mg	0.113		1	A	1				
Manganese, Mn	mg	0.239		1	A	1				
Selenium, Se	mcg	0.0		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		1	A	1				
Thiamin	mg	0.089		1	A	1				
Riboflavin	mg	0.099		1	A	1				
Niacin	mg	2.730		1	A	1				
Pantothenic acid	mg	0.490		1	A	1				
Vitamin B-6	mg	0.124		1	A	1				
Folate, total	mcg	10		1	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	10		1	A	1				
Folate, DFE	mcg_DFE	10		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.58		1	A	1				
Vitamin A, RAE	mcg_RAE	21		0	AS	1				
Retinol	mcg	19		1	A	1				
Carotene, beta	mcg	11		1	A	1				
Carotene, alpha	mcg	11		1	A	1				
Cryptoxanthin, beta	mcg	11		1	A	1				
Vitamin A, IU	IU	102		0	AS	1				
Lycopene	mcg	11		1	A	1				
Lutein + zeaxanthin	mcg	71		1	A	1				
Vitamin E (alpha-tocopherol)	mg	0.52		2	A	1				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.10		2	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.7		2	A	1				
Lipids:										
Fatty acids, total saturated	g	9.881		1	A	1				
4:0	g	0.000		0	Z	7				
6:0	g	0.000		0	Z	7				
8:0	g	0.000		1	A	1				

NDB No. 07957
Pork and turkey sausage, pre-cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0....g	0.000		1	A	1				
12:0....g	0.000		1	A	1				
13:0....g									
14:0....g	0.356		1	A	1				
15:0....g	0.000		1	A	1				
16:0....g	6.364		1	A	1				
17:0....g	0.091		1	A	1				
18:0....g	3.019		1	A	1				
20:0....g	0.051		1	A	1				
22:0....g	0.000		1	A	1				
24:0....g									
Fatty acids, total monounsaturated....g	13.054		1	A	1				
14:1....g	0.000		1	A	1				
15:1....g	0.000		1	A	1				
16:1 undifferentiated....g	0.836		1	A	1				
17:1....g									
18:1 undifferentiated....g	12.005		1	A	1				
20:1....g	0.213		1	A	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.504		1	A	1				
18:2 undifferentiated....g	4.057		1	A	1				
18:3 undifferentiated....g	0.201		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.201		1	A	1				
18:3 n-6 c,c,c....g	0.000		1	A	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.140		1	A	1				
20:3 undifferentiated....g	0.000		1	A	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.106		1	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	0.328		1	A	1				
Cholesterol....mg	72		1	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.089		1	A	1				
Threonine....g	0.475		1	A	1				
Isoleucine....g	0.523		1	A	1				
Leucine....g	0.912		1	A	1				
Lysine....g	0.914		1	A	1				
Methionine....g	0.226		1	A	1				
Cystine....g	0.140		1	A	1				
Phenylalanine....g	0.493		1	A	1				
Tyrosine....g	0.371		1	A	1				
Valine....g	0.593		1	A	1				
Arginine....g	0.804		1	A	1				
Histidine....g	0.362		1	A	1				
Alanine....g	0.718		1	A	1				
Aspartic acid....g	1.177		1	A	1				
Glutamic acid....g	1.942		1	A	1				
Glycine....g	0.786		1	A	1				
Proline....g	0.613		1	A	1				
Serine....g	0.545		1	A	1				
Hydroxyproline....g	0.182		1	A	1				
Others:									

NDB No. 07957
Pork and turkey sausage, pre-cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42190
Pork sausage rice links, brown and serve, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.10		4	A	1		19.85	26.46	
Energy	kcal	407		0	NC	4		183	244	
Energy	kJ	1703		0	NC	4		766	1022	
Protein (N x 6.25)	g	13.70		4	A	1		6.17	8.22	
Total lipid (fat)	g	37.63		4	A	1		16.93	22.58	
Ash	g	2.22		4	A	1		1.00	1.33	
Carbohydrate, by difference	g	2.36		0	NC	4		1.06	1.41	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	15		1	A	1		7	9	
Iron, Fe	mg	1.12		1	A	1		0.50	0.67	
Magnesium, Mg	mg	14		1	A	1		6	9	
Phosphorus, P	mg	116		1	A	1		52	70	
Potassium, K	mg	212		1	A	1		95	127	
Sodium, Na	mg	689		4	A	1		310	414	
Zinc, Zn	mg	1.45		1	A	1		0.65	0.87	
Copper, Cu	mg	0.066		1	A	1		0.030	0.040	
Manganese, Mn	mg	0.079		1	A	1		0.036	0.047	
Selenium, Se	mcg	16.6		0	BFNN	4		7.5	10.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.480		1	A	1		0.216	0.288	
Riboflavin	mg	0.120		1	A	1		0.054	0.072	
Niacin	mg	3.350		1	A	1		1.508	2.010	
Pantothenic acid	mg									
Vitamin B-6	mg	0.200		0		4		0.090	0.120	
Folate, total	mcg	6		0		4		3	4	
Folic acid	mcg	0		0	NR	4		0	0	
Folate, food	mcg	6		0		4		3	4	
Folate, DFE	mcg_DFE	6		0	NC	4		3	4	
Choline, total	mg	55.9		0	BFNN	4		25.2	33.6	
Betaine	mg	3.0		0	BFNN	4		1.3	1.8	
Vitamin B-12	mcg	1.30		0		4		0.59	0.78	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		1	A	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0	NR	4		0.10	0.13	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.9		0	AS	1		0.4	0.5	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.9		0	BFFN	4		0.4	0.5	
Vitamin D	IU	36		0	BFFN	4		16	21	
Vitamin K (phylloquinone)	mcg	3.4		0	BFZN	4		1.5	2.0	
Lipids:										
Fatty acids, total saturated	g	6.701		0	NC	4		3.016	4.021	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 42190
Pork sausage rice links, brown and serve, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.075		0		4		0.034	0.045	
12:0....g	0.056		0		4		0.025	0.034	
13:0....g									
14:0....g	0.279		0		4		0.126	0.167	
15:0....g									
16:0....g	4.047		0		4		1.821	2.428	
17:0....g									
18:0....g	2.244		0		4		1.010	1.346	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.615		0	NC	4		3.877	5.169	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.675		0		4		0.304	0.405	
17:1....g									
18:1 undifferentiated....g	7.940		0		4		3.573	4.764	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.368		0	NC	4		1.065	1.421	
18:2 undifferentiated....g	2.032		0		4		0.915	1.219	
18:3 undifferentiated....g	0.335		0		4		0.151	0.201	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	66		4	A	1		30	40	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 2 links 1 NLEA serving

Measure 2 = 60g: 3 links 1 NLEA serving

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07064
Pork sausage, fresh, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	49.78	1.362	4	A	1				
Energy....kcal	339		0	NC	4				
Energy....kJ	1417		0	NC	4				
Protein (N x 6.25)....g	19.43	0.548	4	A	1				
Total lipid (fat)....g	28.36	1.510	4	A	1				
Ash....g	2.76	0.069	4	A	1				
Carbohydrate, by difference....g	0.00		0	Z	7				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	13	2.988	4	A	1				
Iron, Fe....mg	1.36	0.044	4	A	1				
Magnesium, Mg....mg	17	0.271	4	A	1				
Phosphorus, P....mg	163	3.488	4	A	1				
Potassium, K....mg	294	5.170	4	A	1				
Sodium, Na....mg	749	11.583	4	A	1				
Zinc, Zn....mg	2.08	0.694	4	A	1				
Copper, Cu....mg	0.086	0.006	4	A	1				
Manganese, Mn....mg	0.005	0.005	4	A	1				
Selenium, Se....mcg	0.0	0.001	4	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.000	4	A	1				
Thiamin....mg	0.294	0.015	4	A	1				
Riboflavin....mg	0.197	0.043	4	A	1				
Niacin....mg	6.258	0.271	4	A	1				
Pantothenic acid....mg	0.724	0.024	4	A	1				
Vitamin B-6....mg	0.327	0.012	4	A	1				
Folate, total....mcg	3	1.250	4	A	1				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	3	1.250	4	A	1				
Folate, DFE....mcg_DFE	3		0	NC	4				
Choline, total....mg	66.9		0	AS	1				
Betaine....mg	3.6	0.531	5	A	1				
Vitamin B-12....mcg	1.18	0.030	4	A	1				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	12		0	AS	1				
Retinol....mcg	12	1.230	4	A	1				
Carotene, beta....mcg	0	0.000	4	A	1				
Carotene, alpha....mcg	0	0.000	4	A	1				
Cryptoxanthin, beta....mcg	0	0.000	4	A	1				
Vitamin A, IU....IU	41		0	AS	1				
Lycopene....mcg	0	0.000	4	A	1				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.55	0.045	4	A	1				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.00	0.000	4	A	1				
Tocopherol, gamma....mg	0.05	0.006	4	A	1				
Tocopherol, delta....mg	0.00	0.000	4	A	1				
Vitamin D (D2 + D3)....mcg	0.7		0	AS	1				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.7		0	BFNN	4				
Vitamin D....IU	27		0	BFNN	4				
Vitamin K (phylloquinone)....mcg	0.4	0.048	4	A	1				
Lipids:									
Fatty acids, total saturated....g	9.153		0	NC	4				
4:0....g	0.000		0	Z	7				

NDB No. 07064
Pork sausage, fresh, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7				
8:0 g	0.000	0.000	4	A	1				
10:0 g	0.000	0.000	4	A	1				
12:0 g	0.000	0.000	4	A	1				
13:0 g									
14:0 g	0.334	0.020	4	A	1				
15:0 g	0.000	0.000	4	A	1				
16:0 g	5.802	0.343	4	A	1				
17:0 g	0.069	0.005	4	A	1				
18:0 g	2.887	0.195	4	A	1				
20:0 g	0.062	0.002	4	A	1				
22:0 g	0.000	0.000	4	A	1				
24:0 g									
Fatty acids, total monounsaturated g	12.376	0.705	4	A	1				
14:1 g	0.000	0.000	4	A	1				
15:1 g	0.000	0.000	4	A	1				
16:1 undifferentiated g	0.779	0.037	4	A	1				
17:1 g									
18:1 undifferentiated g	11.275	0.661	4	A	1				
20:1 g	0.320	0.011	4	A	1				
22:1 undifferentiated g	0.000		0	Z	7				
24:1 c g									
Fatty acids, total polyunsaturated g	3.727	0.101	4	A	1				
18:2 undifferentiated g	3.292	0.095	4	A	1				
18:3 undifferentiated g	0.000		0	Z	7				
18:3 n-3 c,c,c (ALA) g	0.138	0.008	3	A	1				
18:3 n-6 c,c,c g	0.000	0.000	4	A	1				
18:3i g									
18:4 g	0.000		0	Z	7				
20:2 n-6 c,c g	0.186	0.004	4	A	1				
20:3 undifferentiated g	0.000	0.000	4	A	1				
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.108	0.004	4	A	1				
20:4 n-3 g									
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	Z	7				
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	Z	7				
22:6 n-3 (DHA) g	0.000		0	Z	7				
Fatty acids, total trans g	0.235	0.079	4	A	1				
Cholesterol mg	84	2.000	4	A	1				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.155		0	BFPN	4				
Threonine g	0.768		0	BFPN	4				
Isoleucine g	0.709		0	BFPN	4				
Leucine g	1.302		0	BFPN	4				
Lysine g	1.477		0	BFPN	4				
Methionine g	0.473		0	BFPN	4				
Cystine g	0.196		0	BFPN	4				
Phenylalanine g	0.649		0	BFPN	4				
Tyrosine g	0.560		0	BFPN	4				
Valine g	0.780		0	BFPN	4				
Arginine g	1.147		0	BFPN	4				
Histidine g	0.560		0	BFPN	4				
Alanine g	1.088		0	BFPN	4				
Aspartic acid g	1.616		0	BFPN	4				
Glutamic acid g	2.685		0	BFPN	4				
Glycine g	1.178		0	BFPN	4				
Proline g	0.904		0	BFPN	4				
Serine g	0.752		0	BFPN	4				

NDB No. 07064
Pork sausage, fresh, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.320	0.022	4	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07063
Pork sausage, fresh, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.22	1.007	4	A	1				
Energy....kcal	304		0	NC	4				
Energy....kJ	1271		0	NC	4				
Protein (N x 6.25)....g	15.09	0.537	4	A	1				
Total lipid (fat)....g	26.53	1.474	4	A	1				
Ash....g	2.26	0.060	4	A	1				
Carbohydrate, by difference....g	0.00		0	Z	7				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	9	1.302	4	A	1				
Iron, Fe....mg	1.11	0.031	4	A	1				
Magnesium, Mg....mg	14	0.284	4	A	1				
Phosphorus, P....mg	135	2.466	4	A	1				
Potassium, K....mg	248	3.544	4	A	1				
Sodium, Na....mg	636	13.379	4	A	1				
Zinc, Zn....mg	2.17	0.073	4	A	1				
Copper, Cu....mg	0.066	0.003	4	A	1				
Manganese, Mn....mg	0.005	0.005	4	A	1				
Selenium, Se....mcg	0.0	0.001	4	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.000	4	A	1				
Thiamin....mg	0.275	0.015	3	A	1				
Riboflavin....mg	0.122	0.004	4	A	1				
Niacin....mg	4.703	0.414	4	A	1				
Pantothenic acid....mg	0.671	0.016	4	A	1				
Vitamin B-6....mg	0.306	0.015	4	A	1				
Folate, total....mcg	1	0.000	4	A	1				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	1	0.000	4	A	1				
Folate, DFE....mcg_DFE	1		0	NC	4				
Choline, total....mg	53.0		0	AS	1				
Betaine....mg	3.4	0.497	4	A	1				
Vitamin B-12....mcg	0.85	0.026	4	A	1				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	13		0	AS	1				
Retinol....mcg	11	0.000	4	A	1				
Carotene, beta....mcg	11	0.000	4	A	1				
Carotene, alpha....mcg	12	0.955	4	A	1				
Cryptoxanthin, beta....mcg	11	0.000	4	A	1				
Vitamin A, IU....IU	75		0	AS	1				
Lycopene....mcg	11	0.000	4	A	1				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.19	0.044	4	A	1				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.00	0.000	4	A	1				
Tocopherol, gamma....mg	0.05	0.018	4	A	1				
Tocopherol, delta....mg	0.00	0.000	4	A	1				
Vitamin D (D2 + D3)....mcg	1.3		0	T	4				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	52		0	T	4				
Vitamin K (phylloquinone)....mcg	0.4	0.141	4	A	1				
Lipids:									
Fatty acids, total saturated....g	8.796	0.585	4	A	1				
4:0....g	0.000		0	Z	7				

NDB No. 07063
Pork sausage, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.005	0.005	4	A	1				
10:0....g	0.000	0.000	4	A	1				
12:0....g	0.000	0.000	4	A	1				
13:0....g									
14:0....g	0.320	0.021	4	A	1				
15:0....g	0.000	0.000	4	A	1				
16:0....g	5.586	0.367	4	A	1				
17:0....g	0.067	0.005	4	A	1				
18:0....g	2.764	0.190	4	A	1				
20:0....g	0.059	0.003	4	A	1				
22:0....g	0.000	0.000	4	A	1				
24:0....g									
Fatty acids, total monounsaturated....g	11.814	0.738	4	A	1				
14:1....g	0.000	0.000	4	A	1				
15:1....g	0.000	0.000	4	A	1				
16:1 undifferentiated....g	0.741	0.055	3	A	1				
17:1....g									
18:1 undifferentiated....g	10.848	0.968	3	A	1				
20:1....g	0.306	0.014	4	A	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.558	0.126	4	A	1				
18:2 undifferentiated....g	3.161	0.161	3	A	1				
18:3 undifferentiated....g	0.134		0	AS	1				
18:3 n-3 c,c,c (ALA)....g	0.134	0.008	4	A	1				
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.177	0.006	4	A	1				
20:3 undifferentiated....g	0.013	0.007	4	A	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.093	0.005	4	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	0.211	0.073	4	A	1				
Cholesterol....mg	72	0.959	4	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.105	0.005	4	A	1				
Threonine....g	0.595	0.031	4	A	1				
Isoleucine....g	0.629	0.034	4	A	1				
Leucine....g	1.076	0.054	4	A	1				
Lysine....g	1.192	0.060	4	A	1				
Methionine....g	0.314	0.010	4	A	1				
Cystine....g	0.156	0.004	4	A	1				
Phenylalanine....g	0.542	0.028	4	A	1				
Tyrosine....g	0.410	0.020	4	A	1				
Valine....g	0.696	0.040	4	A	1				
Arginine....g	0.885	0.043	4	A	1				
Histidine....g	0.549	0.028	4	A	1				
Alanine....g	0.900	0.053	4	A	1				
Aspartic acid....g	1.305	0.066	4	A	1				
Glutamic acid....g	2.210	0.112	4	A	1				
Glycine....g	0.933	0.077	4	A	1				
Proline....g	0.686	0.048	4	A	1				
Serine....g	0.573	0.027	4	A	1				

NDB No. 07063
Pork sausage, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.215	0.032	4	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07953
Pork sausage, pre-cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.97	1.536	3	A	1				
Energy....kcal	378		0	NC	4				
Energy....kJ	1581		0	NC	4				
Protein (N x 6.25)....g	14.49	0.816	3	A	1				
Total lipid (fat)....g	35.04	1.535	3	A	1				
Ash....g	2.84	0.049	3	A	1				
Carbohydrate, by difference....g	0.00		0	Z	7				
Fiber, total dietary....g	0.0		0	Z	7				
Sugars, total....g	0.00		0	Z	7				
Starch....g									
Minerals:									
Calcium, Ca....mg	137	130.157	3	A	1				
Iron, Fe....mg	0.92	0.046	3	A	1				
Magnesium, Mg....mg	13	0.285	3	A	1				
Phosphorus, P....mg	275	23.352	3	A	1				
Potassium, K....mg	307	50.320	3	A	1				
Sodium, Na....mg	752	40.217	3	A	1				
Zinc, Zn....mg	1.50	0.070	3	A	1				
Copper, Cu....mg	0.067	0.001	3	A	1				
Manganese, Mn....mg	0.041	0.012	3	A	1				
Selenium, Se....mcg	0.0	0.004	3	A	1				
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.7	0.000	3	A	1				
Thiamin....mg	0.208	0.021	3	A	1				
Riboflavin....mg	0.156	0.021	3	A	1				
Niacin....mg	4.050	0.235	3	A	1				
Pantothenic acid....mg	0.503	0.031	3	A	1				
Vitamin B-6....mg	0.149	0.025	3	A	1				
Folate, total....mcg	1	0.333	3	A	1				
Folic acid....mcg	0		0	Z	7				
Folate, food....mcg	1	0.333	3	A	1				
Folate, DFE....mcg_DFE	1		0	NC	4				
Choline, total....mg	52.2		0	AS	1				
Betaine....mg	3.1	0.277	3	A	1				
Vitamin B-12....mcg	0.71	0.032	3	A	1				
Vitamin B-12, added....mcg	0.00		0	Z	7				
Vitamin A, RAE....mcg_RAE	19		0	AS	1				
Retinol....mcg	17	3.383	3	A	1				
Carotene, beta....mcg	11	0.000	3	A	1				
Carotene, alpha....mcg	11	0.000	3	A	1				
Cryptoxanthin, beta....mcg	11	0.000	3	A	1				
Vitamin A, IU....IU	94		0	AS	1				
Lycopene....mcg	11	0.000	3	A	1				
Lutein + zeaxanthin....mcg	0		0	Z	7				
Vitamin E (alpha-tocopherol)....mg	0.53	0.067	3	A	1				
Vitamin E, added....mg	0.00		0	Z	7				
Tocopherol, beta....mg	0.00	0.000	3	A	1				
Tocopherol, gamma....mg	0.11	0.017	3	A	1				
Tocopherol, delta....mg	0.00	0.000	3	A	1				
Vitamin D (D2 + D3)....mcg	0.8		0	AS	1				
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.8		0	BFFN	4				
Vitamin D....IU	33		0	BFFN	4				
Vitamin K (phylloquinone)....mcg	2.1	0.651	3	A	1				
Lipids:									
Fatty acids, total saturated....g	11.662	0.329	3	A	1				
4:0....g	0.000		0	Z	7				

NDB No. 07953
Pork sausage, pre-cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7				
8:0....g	0.000	0.000	3	A	1				
10:0....g	0.000	0.000	3	A	1				
12:0....g	0.000	0.000	3	A	1				
13:0....g									
14:0....g	0.439	0.011	3	A	1				
15:0....g	0.013	0.013	3	A	1				
16:0....g	4.936	2.474	3	A	1				
17:0....g	0.113	0.004	3	A	1				
18:0....g	3.695	0.132	3	A	1				
20:0....g	0.058	0.003	3	A	1				
22:0....g	0.000	0.000	3	A	1				
24:0....g									
Fatty acids, total monounsaturated....g	15.170	0.430	3	A	1				
14:1....g	0.000	0.000	3	A	1				
15:1....g	0.000	0.000	3	A	1				
16:1 undifferentiated....g	0.890	0.008	3	A	1				
17:1....g									
18:1 undifferentiated....g	14.013	0.411	3	A	1				
20:1....g	0.268	0.014	3	A	1				
22:1 undifferentiated....g	0.000		0	Z	7				
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.869	0.739	3	A	1				
18:2 undifferentiated....g	4.364	0.669	3	A	1				
18:3 undifferentiated....g	0.000		0	Z	7				
18:3 n-3 c,c,c (ALA)....g	0.195	0.032	3	A	1				
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1				
18:3i....g									
18:4....g	0.000		0	Z	7				
20:2 n-6 c,c....g	0.194	0.029	3	A	1				
20:3 undifferentiated....g	0.000	0.000	3	A	1				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.115	0.009	3	A	1				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7				
22:6 n-3 (DHA)....g	0.000		0	Z	7				
Fatty acids, total trans....g	0.332	0.015	3	A	1				
Cholesterol....mg	74	0.693	3	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		2	A	1				
Threonine....g	0.576		2	A	1				
Isoleucine....g	0.606		2	A	1				
Leucine....g	1.056		2	A	1				
Lysine....g	1.114		2	A	1				
Methionine....g	0.279		2	A	1				
Cystine....g	0.138		2	A	1				
Phenylalanine....g	0.537		2	A	1				
Tyrosine....g	0.421		2	A	1				
Valine....g	0.692		2	A	1				
Arginine....g	0.921		2	A	1				
Histidine....g	0.511		2	A	1				
Alanine....g	0.915		2	A	1				
Aspartic acid....g	1.300		2	A	1				
Glutamic acid....g	2.241		2	A	1				
Glycine....g	1.062		2	A	1				
Proline....g	0.750		2	A	1				
Serine....g	0.581		2	A	1				

NDB No. 07953
Pork sausage, pre-cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Hydroxyproline.....g	0.296	0.019	3	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07067
Poultry salad sandwich spread

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	66.17		0		4		8.60	18.76	
Energy....kcal	200		0	NC	4		26	57	
Energy....kJ	837		0		4		109	237	
Protein (N x 6.25)....g	11.64		2		1		1.51	3.30	
Total lipid (fat)....g	13.52		2		1		1.76	3.83	
Ash....g	1.26		0		4		0.16	0.36	
Carbohydrate, by difference....g	7.41		2		9		0.96	2.10	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10		2		1		1	3	
Iron, Fe....mg	0.61		2		1		0.08	0.17	
Magnesium, Mg....mg	10		0		4		1	3	
Phosphorus, P....mg	33		2		1		4	9	
Potassium, K....mg	183		2		1		24	52	
Sodium, Na....mg	377		2		1		49	107	
Zinc, Zn....mg	1.04		0		4		0.14	0.29	
Copper, Cu....mg	0.030		0		4		0.004	0.009	
Manganese, Mn....mg	0.009		0		4		0.001	0.003	
Selenium, Se....mcg	10.9		0	RF	4		1.4	3.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.0		2		1		0.1	0.3	
Thiamin....mg	0.024		2		1		0.003	0.007	
Riboflavin....mg	0.071		2		1		0.009	0.020	
Niacin....mg	1.669		2		1		0.217	0.473	
Pantothenic acid....mg	0.270		2		1		0.035	0.077	
Vitamin B-6....mg	0.110		2		1		0.014	0.031	
Folate, total....mcg	5		2		1		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		2		1		1	1	
Folate, DFE....mcg_DFE	5		0	NC	4		1	1	
Choline, total....mg	49.6		0	BFNN	4		6.5	14.1	
Betaine....mg	4.2		0	BFNN	4		0.5	1.2	
Vitamin B-12....mcg	0.38		2		1		0.05	0.11	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	42		0	NR	4		5	12	
Retinol....mcg	42		0	NR	4		5	12	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	139		2		1		18	39	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	2.20		0	NR	4		0.29	0.62	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	AS	1		0.0	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.0	0.1	
Vitamin D....IU	8		0	BFFN	4		1	2	
Vitamin K (phylloquinone)....mcg	0.0		0	CAZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.450		2		1		0.449	0.978	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 07067
Poultry salad sandwich spread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	2.960		0		4		0.385	0.839	
17:0....g									
18:0....g	0.440		0		4		0.057	0.125	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.250		2		1		0.423	0.921	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.250		0		4		0.033	0.071	
17:1....g									
18:1 undifferentiated....g	2.710		0		4		0.352	0.768	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	6.220		2		1		0.809	1.763	
18:2 undifferentiated....g	5.970		0		4		0.776	1.692	
18:3 undifferentiated....g	0.050		0		4		0.007	0.014	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	30		2		1		4	9	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.130		0		4		0.017	0.037	
Threonine....g	0.497		0		4		0.065	0.141	
Isoleucine....g	0.584		0		4		0.076	0.166	
Leucine....g	0.880		0		4		0.114	0.249	
Lysine....g	1.010		0		4		0.131	0.286	
Methionine....g	0.320		0		4		0.042	0.091	
Cystine....g	0.141		0		4		0.018	0.040	
Phenylalanine....g	0.455		0		4		0.059	0.129	
Tyrosine....g	0.412		0		4		0.054	0.117	
Valine....g	0.589		0		4		0.077	0.167	
Arginine....g	0.779		0		4		0.101	0.221	
Histidine....g	0.347		0		4		0.045	0.098	
Alanine....g	0.713		0		4		0.093	0.202	
Aspartic acid....g	1.085		0		4		0.141	0.308	
Glutamic acid....g	1.789		0		4		0.233	0.507	
Glycine....g	0.722		0		4		0.094	0.205	
Proline....g	0.551		0		4		0.072	0.156	
Serine....g	0.466		0		4		0.061	0.132	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07067

Poultry salad sandwich spread

Common Measures:

Measure 1 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07912
Roast beef spread

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.70		0	MC	9		35.17		
Energy	kcal	223		0	MC	9		127		
Energy	kJ	931		0	MC	9		531		
Protein (N x 6.25)	g	15.27		0	MC	9		8.70		
Total lipid (fat)	g	16.28		0	MC	9		9.28		
Ash	g	3.02		0	MC	9		1.72		
Carbohydrate, by difference	g	3.73		0	MC	9		2.13		
Fiber, total dietary	g	0.2		0	MC	9		0.1		
Sugars, total	g	0.71		0	MC	9		0.40		
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0	MC	9		13		
Iron, Fe	mg	2.06		0	MC	9		1.17		
Magnesium, Mg	mg	24		0	BFZN	4		14		
Phosphorus, P	mg	116		0	BFZN	4		66		
Potassium, K	mg	259		0	BFZN	4		148		
Sodium, Na	mg	724		0	MC	9		413		
Zinc, Zn	mg	6.08		0	BFZN	4		3.47		
Copper, Cu	mg	0.101		0	BFZN	4		0.058		
Manganese, Mn	mg									
Selenium, Se	mcg	22.6		0	BFZN	4		12.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0	MC	9		0.1		
Thiamin	mg	0.020		0	BFZN	4		0.011		
Riboflavin	mg	0.230		0	BFZN	4		0.131		
Niacin	mg	4.200		0	BFZN	4		2.394		
Pantothenic acid	mg									
Vitamin B-6	mg	0.150		0	BFZN	4		0.086		
Folate, total	mcg	8		0	BFZN	4		5		
Folic acid	mcg	0		0	NR	4		0		
Folate, food	mcg	8		0	BFZN	4		5		
Folate, DFE	mcg_DFE	8		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.38		0	BFZN	4		1.36		
Vitamin A, RAE	mcg_RAE	0		0	NR	4		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	1		0	MC	9		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.400		0	MC	9		3.648		
4:0	g	6.400		0	MC	9		3.648		
6:0	g									
8:0	g									

NDB No. 07912
Roast beef spread

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g									
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.587		0	BFZN	4		3.185		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.493		0	BFZN	4		0.281		
17:1....g									
18:1 undifferentiated....g	5.080		0	BFZN	4		2.896		
20:1....g	0.013		0	BFZN	4		0.007		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.427		0	BFZN	4		0.243		
18:2 undifferentiated....g	0.360		0	BFZN	4		0.205		
18:3 undifferentiated....g	0.040		0	BFZN	4		0.023		
18:4....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		0	BFZN	4		0.015		
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	70		0	MC	9		40		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 serving .25 cup

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07926
Salami, Italian, pork

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	34.60		1	A	1		9.69		
Energy	kcal	425		0	NC	4		119		
Energy	kJ	1777		0	NC	4		497		
Protein (N x 6.25)	g	21.70		1	A	1		6.08		
Total lipid (fat)	g	37.00		1	A	1		10.36		
Ash	g	5.50		1	A	1		1.54		
Carbohydrate, by difference	g	1.20		0	MC	9		0.34		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	1.20		1	A	1		0.34		
Starch	g									
Minerals:										
Calcium, Ca	mg	10		1	A	1		3		
Iron, Fe	mg	1.52		1	A	1		0.43		
Magnesium, Mg	mg	22		0	BFZN	4		6		
Phosphorus, P	mg	229		0	BFZN	4		64		
Potassium, K	mg	340		1	A	1		95		
Sodium, Na	mg	1890		1	A	1		529		
Zinc, Zn	mg	4.20		0	BFZN	4		1.18		
Copper, Cu	mg	0.160		0	BFZN	4		0.045		
Manganese, Mn	mg	0.070		0	BFZN	4		0.020		
Selenium, Se	mcg	25.4		0	BFZN	4		7.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.930		0	BFZN	4		0.260		
Riboflavin	mg	0.330		0	BFZN	4		0.092		
Niacin	mg	5.600		0	BFZN	4		1.568		
Pantothenic acid	mg	1.060		0	BFZN	4		0.297		
Vitamin B-6	mg	0.550		0	BFZN	4		0.154		
Folate, total	mcg	2		0	BFZN	4		1		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	2		0	BFZN	4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	2.80		0	BFZN	4		0.78		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	BFZN	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	13.100		1	A	1		3.668		
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		

NDB No. 07926
Salami, Italian, pork

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		0	BFZN	4		0.000		
12:0 ... g	0.000		0	BFZN	4		0.000		
13:0 ... g									
14:0 ... g	0.520		0	BFZN	4		0.146		
15:0 ... g									
16:0 ... g	7.640		0	BFZN	4		2.139		
17:0 ... g									
18:0 ... g	3.560		0	BFZN	4		0.997		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	18.200		1	A	1		5.096		
Fatty acids, total polyunsaturated ... g	3.600		1	A	1		1.008		
Fatty acids, total trans ... g									
Cholesterol ... mg	80		1	A	1		22		
Phytosterols ... mg	0		0	BFZN	4		0		
Amino Acids:									
Tryptophan ... g	0.253		0	BFZN	4		0.071		
Threonine ... g	1.012		0	BFZN	4		0.283		
Isoleucine ... g	1.084		0	BFZN	4		0.304		
Leucine ... g	1.625		0	BFZN	4		0.455		
Lysine ... g	1.878		0	BFZN	4		0.526		
Methionine ... g	0.470		0	BFZN	4		0.132		
Cystine ... g	0.289		0	BFZN	4		0.081		
Phenylalanine ... g	0.940		0	BFZN	4		0.263		
Tyrosine ... g	0.686		0	BFZN	4		0.192		
Valine ... g	1.120		0	BFZN	4		0.314		
Arginine ... g	1.373		0	BFZN	4		0.384		
Histidine ... g	0.614		0	BFZN	4		0.172		
Alanine ... g	1.336		0	BFZN	4		0.374		
Aspartic acid ... g	2.095		0	BFZN	4		0.587		
Glutamic acid ... g	3.829		0	BFZN	4		1.072		
Glycine ... g	1.553		0	BFZN	4		0.435		
Proline ... g	1.336		0	BFZN	4		0.374		
Serine ... g	0.903		0	BFZN	4		0.253		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07941

Salami, Italian, pork and beef, dry, sliced, 50% less sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.50		1	A	1		11.34		
Energy	kcal	350		0	MC	9		98		
Energy	kJ	1466		0	MC	9		411		
Protein (N x 6.25)	g	21.80		1	A	1		6.10		
Total lipid (fat)	g	26.40		1	A	1		7.39		
Ash	g	4.90		1	A	1		1.37		
Carbohydrate, by difference	g	6.40		0	MC	9		1.79		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	BFZN	4		2		
Iron, Fe	mg	1.51		0	BFZN	4		0.42		
Magnesium, Mg	mg	17		0	BFZN	4		5		
Phosphorus, P	mg	142		0	BFZN	4		40		
Potassium, K	mg	378		0	BFZN	4		106		
Sodium, Na	mg	936		1	A	1		262		
Zinc, Zn	mg	3.23		0	BFZN	4		0.90		
Copper, Cu	mg	0.080		0	BFZN	4		0.022		
Manganese, Mn	mg	0.038		0	BFZN	4		0.011		
Selenium, Se	mcg	26.1		0	BFZN	4		7.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.600		0	BFZN	4		0.168		
Riboflavin	mg	0.285		0	BFZN	4		0.080		
Niacin	mg	4.867		0	BFZN	4		1.363		
Pantothenic acid	mg	1.060		0	BFZN	4		0.297		
Vitamin B-6	mg	0.500		0	BFZN	4		0.140		
Folate, total	mcg	2		0	BFZN	4		1		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	2		0	BFZN	4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.90		0	BFZN	4		0.53		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		1	A	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.3		0	BFZN	4		0.4		
Lipids:										
Fatty acids, total saturated	g	9.750		1	A	1		2.730		
Fatty acids, total monounsaturated	g	13.200		1	A	1		3.696		
Fatty acids, total polyunsaturated	g	2.290		1	A	1		0.641		
Fatty acids, total trans	g									

NDB No. 07941

Salami, Italian, pork and beef, dry, sliced, 50% less sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	89		1	A	1		25		
Phytosterols....mg	0		0	BFZN	4		0		
Amino Acids:									
Tryptophan....g	0.210		0	BFZN	4		0.059		
Threonine....g	0.959		0	BFZN	4		0.269		
Isoleucine....g	0.971		0	BFZN	4		0.272		
Leucine....g	1.732		0	BFZN	4		0.485		
Lysine....g	1.824		0	BFZN	4		0.511		
Methionine....g	0.593		0	BFZN	4		0.166		
Cystine....g	0.262		0	BFZN	4		0.073		
Phenylalanine....g	0.868		0	BFZN	4		0.243		
Tyrosine....g	0.710		0	BFZN	4		0.199		
Valine....g	1.083		0	BFZN	4		0.303		
Arginine....g	1.516		0	BFZN	4		0.424		
Histidine....g	0.699		0	BFZN	4		0.196		
Alanine....g	1.480		0	BFZN	4		0.414		
Aspartic acid....g	2.073		0	BFZN	4		0.580		
Glutamic acid....g	3.383		0	BFZN	4		0.947		
Glycine....g	1.641		0	BFZN	4		0.459		
Proline....g	1.188		0	BFZN	4		0.333		
Serine....g	0.942		0	BFZN	4		0.264		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 serving 5 slices

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07068
Salami, cooked, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.00		1	MC	9		15.60	17.01	
Energy....kcal	261		0	NR	4		68	74	
Energy....kJ	1092		0	NR	4		284	310	
Protein (N x 6.25)....g	12.60		1	MC	9		3.28	3.57	
Total lipid (fat)....g	22.20		1	MC	9		5.77	6.29	
Ash....g	3.30		1	MC	9		0.86	0.94	
Carbohydrate, by difference....g	1.90		1	MC	9		0.49	0.54	
Fiber, total dietary....g	0.0		1	MC	9		0.0	0.0	
Sugars, total....g	1.50		1	MC	9		0.39	0.43	
Starch....g									
Minerals:									
Calcium, Ca....mg	6		1	MC	9		2	2	
Iron, Fe....mg	2.20		1	MC	9		0.57	0.62	
Magnesium, Mg....mg	13		1	MC	9		3	4	
Phosphorus, P....mg	205		1	MC	9		53	58	
Potassium, K....mg	188		1	MC	9		49	53	
Sodium, Na....mg	1140		1	MC	9		296	323	
Zinc, Zn....mg	1.77		1	MC	9		0.46	0.50	
Copper, Cu....mg	0.190		1	MC	9		0.049	0.054	
Manganese, Mn....mg	0.046	0.005	6		1		0.012	0.013	
Selenium, Se....mcg	14.6	0.567	33	A	1		3.8	4.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	MC	9		0.0	0.0	
Thiamin....mg	0.103	0.007	24		1		0.027	0.029	
Riboflavin....mg	0.189	0.014	28		1		0.049	0.054	
Niacin....mg	3.238	0.071	28		1		0.842	0.918	
Pantothenic acid....mg	0.950	0.098	7		1		0.247	0.269	
Vitamin B-6....mg	0.180	0.010	28		1		0.047	0.051	
Folate, total....mcg	2		2		1		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		2		1		1	1	
Folate, DFE....mcg_DFE	2		0	NC	4		1	1	
Choline, total....mg	57.5		0	BFNN	4		15.0	16.3	
Betaine....mg	2.6		0	BFNN	4		0.7	0.7	
Vitamin B-12....mcg	3.06	0.293	30		1		0.80	0.87	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.19		0	NR	4		0.05	0.05	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		0	NR	4		0.3	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	48		0	T	4		12	14	
Vitamin K (phylloquinone)....mcg	1.3		0	BFZN	4		0.3	0.4	
Lipids:									
Fatty acids, total saturated....g	9.865		0	NC	4		2.565	2.797	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07068
Salami, cooked, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.066		0	NC	4		0.017	0.019	
12:0....g	0.000		1	MC	9		0.000	0.000	
13:0....g									
14:0....g	0.565		0	NC	4		0.147	0.160	
15:0....g									
16:0....g	5.371		0	NC	4		1.396	1.523	
17:0....g									
18:0....g	3.863		0	NC	4		1.004	1.095	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	10.648		0	NC	4		2.768	3.019	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.036		0	NC	4		0.269	0.294	
17:1....g									
18:1 undifferentiated....g	9.611		0	NC	4		2.499	2.725	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.036		0	NC	4		0.269	0.294	
18:2 undifferentiated....g	0.660		0	NC	4		0.172	0.187	
18:3 undifferentiated....g	0.377		0	NC	4		0.098	0.107	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	71		1	MC	9		18	20	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.137		0		1		0.036	0.039	
Threonine....g	0.568		0		1		0.148	0.161	
Isoleucine....g	0.650		0		1		0.169	0.184	
Leucine....g	1.104		0		1		0.287	0.313	
Lysine....g	1.152		0		1		0.300	0.327	
Methionine....g	0.349		0		1		0.091	0.099	
Cystine....g	0.192		0		1		0.050	0.054	
Phenylalanine....g	0.541		0		1		0.141	0.153	
Tyrosine....g	0.491		0		1		0.128	0.139	
Valine....g	0.662		0		1		0.172	0.188	
Arginine....g	0.929		0		1		0.242	0.263	
Histidine....g	0.479		0		1		0.125	0.136	
Alanine....g	1.083		0		1		0.282	0.307	
Aspartic acid....g	1.472		0		1		0.383	0.417	
Glutamic acid....g	2.449		0		1		0.637	0.694	
Glycine....g	1.256		0		1		0.327	0.356	
Proline....g	1.083		0		1		0.282	0.307	
Serine....g	0.606		0		1		0.158	0.172	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07068
Salami, cooked, beef

Common Measures:

Measure 1 = 26g: 1 slice

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07069
Salami, cooked, beef and pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	45.19	6.761	3	A	1		5.56		
Energy....kcal	336		0	NC	4		41		
Energy....kJ	1407		0	NC	4		173		
Protein (N x 6.25)....g	21.85	2.165	3	A	1		2.69		
Total lipid (fat)....g	25.90	2.967	3	A	1		3.19		
Ash....g	4.66	0.839	3	A	1		0.57		
Carbohydrate, by difference....g	2.40		0	NC	4		0.29		
Fiber, total dietary....g	0.0	0.000	3	A	1		0.0		
Sugars, total....g	0.96	0.758	3	A	1		0.12		
Sucrose....g	0.44	0.256	3	A	1		0.05		
Glucose (dextrose)....g	0.52	0.523	3	A	1		0.06		
Fructose....g	0.00	0.000	3	A	1		0.00		
Lactose....g	0.00	0.000	3	A	1		0.00		
Maltose....g	0.00	0.000	3	A	1		0.00		
Galactose....g	0.00	0.000	3	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	15	2.494	3	A	1		2		
Iron, Fe....mg	1.56	0.093	3	A	1		0.19		
Magnesium, Mg....mg	19	1.278	3	A	1		2		
Phosphorus, P....mg	191	15.524	3	A	1		23		
Potassium, K....mg	316	33.393	3	A	1		39		
Sodium, Na....mg	1449	273.536	3	A	1		178		
Zinc, Zn....mg	2.93	0.363	3	A	1		0.36		
Copper, Cu....mg	0.357	0.187	3	A	1		0.044		
Manganese, Mn....mg	0.978	0.375	3	A	1		0.120		
Selenium, Se....mcg	31.3	3.782	3	A	1		3.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.367	0.045	3	A	1		0.045		
Riboflavin....mg	0.357	0.012	3	A	1		0.044		
Niacin....mg	6.053	0.267	3	A	1		0.745		
Pantothenic acid....mg	1.201	0.126	3	A	1		0.148		
Vitamin B-6....mg	0.459	0.040	3	A	1		0.056		
Folate, total....mcg	3	0.577	3	A	1		0		
Folic acid....mcg	0		0	Z	7		0		
Folate, food....mcg	3	0.577	3	A	1		0		
Folate, DFE....mcg_DFE	3		0	NC	4		0		
Choline, total....mg	93.5		0	AS	1		11.5		
Betaine....mg	4.3		1	A	1		0.5		
Vitamin B-12....mcg	1.52	0.050	3	A	1		0.19		
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg	0.22		0	NR	4		0.03		
Vitamin E, added....mg	0.00		0	Z	7		0.00		
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	BFFN	4		0.1		
Vitamin D2 (ergocalciferol)....mcg									

NDB No. 07069
Salami, cooked, beef and pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	41		0	BFFN	4		5		
Vitamin K (phylloquinone).....mcg	3.2	1.848	3	A	1		0.4		
Lipids:									
Fatty acids, total saturated.....g	9.316		0	NC	4		1.146		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.466	0.059	3	A	1		0.057		
15:0.....g	0.051	0.009	3	A	1		0.006		
16:0.....g	5.619	0.664	3	A	1		0.691		
17:0.....g	0.133	0.016	3	A	1		0.016		
18:0.....g	3.008	0.330	3	A	1		0.370		
20:0.....g	0.038	0.004	3	A	1		0.005		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	11.127		0	NC	4		1.369		
14:1.....g	0.082	0.022	3	A	1		0.010		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.690	0.091	3	A	1		0.085		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	10.219	1.346	3	AS	1		1.257		
18:1 c.....g	9.785	1.283	3	A	1		1.204		
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.434	0.086	3	A	1		0.053		
18:1-11t (18:1t n-7).....g									
20:1.....g	0.137	0.025	3	A	1		0.017		
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000		
22:1 c.....g	0.000	0.000	3	A	1		0.000		
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.529		0	NC	4		0.311		
18:2 undifferentiated.....g	2.256	0.494	3	AS	1		0.278		
18:2 n-6 c,c.....g	2.104	0.501	3	A	1		0.259		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.152	0.022	3	A	1		0.019		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.126	0.018	3	AS	1		0.015		
18:3 n-3 c,c,c (ALA).....g	0.126	0.018	3	A	1		0.015		
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g	0.084	0.020	3	A	1		0.010		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.062	0.013	3	A	1		0.008		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.586		0	NC	4		0.072		
Fatty acids, total trans-monoenoic.....g	0.434		0	NC	4		0.053		
Fatty acids, total trans-polyenoic.....g	0.152		0	NC	4		0.019		

NDB No. 07069
Salami, cooked, beef and pork

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cholesterol....mg	89	4.511	3	A	1		11		
Phytosterols....mg	0		0		4		0		
Amino Acids:									
Tryptophan....g	0.114		1		1		0.014		
Threonine....g	0.521		1		1		0.064		
Isoleucine....g	0.675		1		1		0.083		
Leucine....g	0.929		1		1		0.114		
Lysine....g	1.107		1		1		0.136		
Methionine....g	0.301		1		1		0.037		
Cystine....g	0.196		1		1		0.024		
Phenylalanine....g	0.481		1		1		0.059		
Tyrosine....g	0.552		1		1		0.068		
Valine....g	0.668		1		1		0.082		
Arginine....g	0.855		1		1		0.105		
Histidine....g	0.359		1		1		0.044		
Alanine....g	0.880		1		1		0.108		
Aspartic acid....g	1.285		1		1		0.158		
Glutamic acid....g	1.929		1		1		0.237		
Glycine....g	1.189		1		1		0.146		
Proline....g	0.831		1		1		0.102		
Serine....g	0.537		1		1		0.066		
Hydroxyproline....g	0.318	0.058	3	A	1		0.039		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.3g: 1 slice round

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07070
Salami, cooked, turkey

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	68.93		0	FLA	4		19.30		
Energy....kcal	172		0	NC	4		48		
Energy....kJ	718		0	NC	4		201		
Protein (N x 6.25)....g	19.30		0	FLA	4		5.40		
Total lipid (fat)....g	9.21		0	FLA	4		2.58		
Ash....g	1.79		0	FLA	4		0.50		
Carbohydrate, by difference....g	1.55		0	FLA	4		0.44		
Fiber, total dietary....g	0.1		0	FLA	4		0.0		
Sugars, total....g	1.12		0	FLA	4		0.31		
Starch....g									
Minerals:									
Calcium, Ca....mg	40	13.500	4	A	1		11		
Iron, Fe....mg	1.25	0.210	4	A	1		0.35		
Magnesium, Mg....mg	22	1.950	4	MA	12		6		
Phosphorus, P....mg	266	5.500	4	MA	12		74		
Potassium, K....mg	216	6.000	4	MA	12		60		
Sodium, Na....mg	1004	19.000	4	A	1		281		
Zinc, Zn....mg	2.32	0.120	4	MA	12		0.65		
Copper, Cu....mg	0.190	0.065	4	MA	12		0.053		
Manganese, Mn....mg	0.020		0	FLA	4		0.006		
Selenium, Se....mcg	26.4		0	FLA	4		7.4		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		1	A	1		0.0		
Thiamin....mg	0.426		0	MC	9		0.119		
Riboflavin....mg	0.303		0	MC	9		0.085		
Niacin....mg	3.979		0	MC	9		1.114		
Pantothenic acid....mg	1.074		0	MC	9		0.301		
Vitamin B-6....mg	0.427		0	MC	9		0.120		
Folate, total....mcg	10		0	MC	9		3		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	10		0	MC	9		3		
Folate, DFE....mcg_DFE	10		0	NC	4		3		
Choline, total....mg	53.1		0	FLA	4		14.9		
Betaine....mg	3.9		0	FLA	4		1.1		
Vitamin B-12....mcg	0.99		0	MC	9		0.28		
Vitamin B-12, added....mcg	0.00		0	FLA	4		0.00		
Vitamin A, RAE....mcg_RAE	2		0	NC	4		1		
Retinol....mcg	2		0	NR	4		1		
Carotene, beta....mcg	0		0	FLA	4		0		
Carotene, alpha....mcg	0		0	FLA	4		0		
Cryptoxanthin, beta....mcg	0		0	FLA	4		0		
Vitamin A, IU....IU	8		0	MC	9		2		
Lycopene....mcg	0		0	FLA	4		0		
Lutein + zeaxanthin....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol)....mg	0.24		0	FLA	4		0.07		
Vitamin E, added....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta....mg	0.00		0	FLA	4		0.00		
Tocopherol, gamma....mg	0.00		0	FLA	4		0.00		
Tocopherol, delta....mg	0.00		0	FLA	4		0.00		
Vitamin D (D2 + D3)....mcg	0.6		0	NR	4		0.2		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	24		0	MC	9		7		
Vitamin K (phylloquinone)....mcg	1.3		0	BFZN	4		0.4		
Lipids:									
Fatty acids, total saturated....g	2.783		0	NC	4		0.779		
4:0....g	0.000		0	FLA	4		0.000		

NDB No. 07070
Salami, cooked, turkey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		
10:0....g	0.000		0	FLA	4		0.000		
12:0....g	0.017	0.009	4	A	1		0.005		
13:0....g									
14:0....g	0.121	0.013	4	A	1		0.034		
15:0....g									
16:0....g	1.988	0.086	4	A	1		0.557		
17:0....g									
18:0....g	0.657	0.013	4	A	1		0.184		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.172		0	NC	4		0.888		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.268	0.013	4	A	1		0.075		
17:1....g									
18:1 undifferentiated....g	2.878	0.073	4	A	1		0.806		
20:1....g	0.026		0	FLA	4		0.007		
22:1 undifferentiated....g	0.000		0	FLA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.466		0	NC	4		0.691		
18:2 undifferentiated....g	2.291	0.164	4	A	1		0.641		
18:3 undifferentiated....g	0.052	0.035	4	A	1		0.015		
18:4....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.087		0	FLA	4		0.024		
20:5 n-3 (EPA)....g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA)....g	0.014		0	FLA	4		0.004		
22:6 n-3 (DHA)....g	0.022		0	FLA	4		0.006		
Fatty acids, total trans....g	0.000		0	NR	4		0.000		
Cholesterol....mg	76	1.000	4	A	1		21		
Phytosterols....mg	0		0	FLA	4		0		
Amino Acids:									
Tryptophan....g	0.174		0	A	1		0.049		
Threonine....g	0.681		0	A	1		0.191		
Isoleucine....g	0.796		0	A	1		0.223		
Leucine....g	1.219		0	A	1		0.341		
Lysine....g	1.442		0	A	1		0.404		
Methionine....g	0.443		0	A	1		0.124		
Cystine....g	0.159		0	A	1		0.045		
Phenylalanine....g	0.607		0	A	1		0.170		
Tyrosine....g	0.605		0	A	1		0.169		
Valine....g	0.813		0	A	1		0.228		
Arginine....g	1.067		0	A	1		0.299		
Histidine....g	0.477		0	A	1		0.134		
Alanine....g	0.947		0	A	1		0.265		
Aspartic acid....g	1.486		0	A	1		0.416		
Glutamic acid....g	2.497		0	A	1		0.699		
Glycine....g	0.759		0	A	1		0.212		
Proline....g	0.637		0	A	1		0.178		
Serine....g	0.681		0	A	1		0.191		
Hydroxyproline....g	0.000		0	NR	4		0.000		
Others:									
Alcohol, ethyl....g	0.0		0	FLA	4		0.0		
Caffeine....mg	0		0	FLA	4		0		
Theobromine....mg	0		0	FLA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07070
Salami, cooked, turkey

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07071
Salami, dry or hard, pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.18	0.802	9		1		40.88	3.62	
Energy....kcal	407		0	NC	4		460	41	
Energy....kJ	1703				4		1924	170	
Protein (N x 6.25)....g	22.58	0.092	9		1		25.52	2.26	
Total lipid (fat)....g	33.72	0.554	9		1		38.10	3.37	
Ash....g	5.92	0.211	9		1		6.69	0.59	
Carbohydrate, by difference....g	1.60		0	NC	4		1.81	0.16	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	13		1		1		15	1	
Iron, Fe....mg	1.30		1		1		1.47	0.13	
Magnesium, Mg....mg	22		1		1		25	2	
Phosphorus, P....mg	229		1		1		259	23	
Potassium, K....mg	378		0		4		427	38	
Sodium, Na....mg	2260		1		1		2554	226	
Zinc, Zn....mg	4.20		1		1		4.75	0.42	
Copper, Cu....mg	0.160		1		1		0.181	0.016	
Manganese, Mn....mg	0.070		1		1		0.079	0.007	
Selenium, Se....mcg	25.4		0	RF	4		28.7	2.5	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.930		1		1		1.051	0.093	
Riboflavin....mg	0.330		1		1		0.373	0.033	
Niacin....mg	5.600		1		1		6.328	0.560	
Pantothenic acid....mg	1.060		0		4		1.198	0.106	
Vitamin B-6....mg	0.550		1		1		0.622	0.055	
Folate, total....mcg	2		0		4		2	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		4		2	0	
Folate, DFE....mcg_DFE	2		0	NC	4		2	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.80		1		1		3.16	0.28	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.890		0		1		13.436	1.189	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	

NDB No. 07071
Salami, dry or hard, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.520		0		1		0.588	0.052	
15:0 g									
16:0 g	7.640		0		1		8.633	0.764	
17:0 g									
18:0 g	3.560		0		1		4.023	0.356	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	16.000		0		1		18.080	1.600	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.220		0		1		1.379	0.122	
17:1 g									
18:1 undifferentiated g	14.670		0		1		16.577	1.467	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.740		0		1		4.226	0.374	
18:2 undifferentiated g	3.270		0		1		3.695	0.327	
18:3 undifferentiated g	0.280		0		1		0.316	0.028	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.160		0		1		0.181	0.016	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	79		0		4		89	8	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.253		1		1		0.286	0.025	
Threonine g	1.012		1		1		1.144	0.101	
Isoleucine g	1.084		1		1		1.225	0.108	
Leucine g	1.625		1		1		1.836	0.163	
Lysine g	1.878		1		1		2.122	0.188	
Methionine g	0.470		1		1		0.531	0.047	
Cystine g	0.289		1		1		0.327	0.029	
Phenylalanine g	0.940		1		1		1.062	0.094	
Tyrosine g	0.686		1		1		0.775	0.069	
Valine g	1.120		1		1		1.266	0.112	
Arginine g	1.373		1		1		1.551	0.137	
Histidine g	0.614		1		1		0.694	0.061	
Alanine g	1.336		1		1		1.510	0.134	
Aspartic acid g	2.095		1		1		2.367	0.210	
Glutamic acid g	3.829		1		1		4.327	0.383	
Glycine g	1.553		1		1		1.755	0.155	
Proline g	1.336		1		1		1.510	0.134	
Serine g	0.903		1		1		1.020	0.090	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg									
Theobromine mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07071
Salami, dry or hard, pork

Common Measures:

Measure 1 = 113g: 1 package (4 oz)

Measure 2 = 10.0g: 1 slice (3-1/8" dia x 1/16" thick)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07072
Salami, dry or hard, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	37.15		2	A	1		10.03	10.40	
Energy....kcal	385		0	NC	4		104	108	
Energy....kJ	1610		0	NC	4		435	451	
Protein (N x 6.25)....g	23.20		2	A	1		6.26	6.50	
Total lipid (fat)....g	30.05		2	A	1		8.11	8.41	
Ash....g	5.80		2	A	1		1.57	1.62	
Carbohydrate, by difference....g	3.80		0	NC	4		1.03	1.06	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	8	0.957	4		1		2	2	
Iron, Fe....mg	1.51	0.348	4		1		0.41	0.42	
Magnesium, Mg....mg	17	1.130	5		1		5	5	
Phosphorus, P....mg	142	16.245	4		1		38	40	
Potassium, K....mg	378	19.150	4		1		102	106	
Sodium, Na....mg	2010		2	A	1		543	563	
Zinc, Zn....mg	3.23	0.373	4		1		0.87	0.90	
Copper, Cu....mg	0.080	0.025	4		1		0.022	0.022	
Manganese, Mn....mg									
Selenium, Se....mcg	26.1		0	BFNN	4		7.0	7.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.600	0.023	4		1		0.162	0.168	
Riboflavin....mg	0.285	0.015	4		1		0.077	0.080	
Niacin....mg	4.867	0.182	4		1		1.314	1.363	
Pantothenic acid....mg									
Vitamin B-6....mg	0.500	0.121	4		1		0.135	0.140	
Folate, total....mcg	2		0		4		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		4		1	1	
Folate, DFE....mcg_DFE	2		0	NC	4		1	1	
Choline, total....mg	106.0		0	BFNN	4		28.6	29.7	
Betaine....mg	4.9		0	BFNN	4		1.3	1.4	
Vitamin B-12....mcg	1.90	0.205	4		1		0.51	0.53	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		2	A	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.28		0	NR	4		0.08	0.08	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.2		0	BFFN	4		0.3	0.3	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	48		0	BFFN	4		13	13	
Vitamin K (phylloquinone)....mcg	1.3		0	BFZN	4		0.4	0.4	
Lipids:									
Fatty acids, total saturated....g	10.612		0	NC	4		2.865	2.971	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07072
Salami, dry or hard, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.052		2		1		0.014	0.015	
12:0 g	0.035		2		1		0.009	0.010	
13:0 g									
14:0 g	0.443	0.051	4		1		0.120	0.124	
15:0 g									
16:0 g	6.605	0.326	4		1		1.783	1.850	
17:0 g									
18:0 g	3.477	0.261	4		1		0.939	0.973	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.854		0	NC	4		4.010	4.159	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.469	0.153	4		1		0.397	0.411	
17:1 g									
18:1 undifferentiated g	13.385	0.582	4		1		3.614	3.748	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.781		0	NC	4		0.751	0.779	
18:2 undifferentiated g	2.494	0.401	4		1		0.673	0.698	
18:3 undifferentiated g	0.287	0.144	4		1		0.077	0.080	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	100		2	A	1		27	28	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 3 slices 1 serving

Measure 2 = 28g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07913
Salami, pork, beef, less sodium

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	33.74		0	MC	9		33.74		
Energy	kcal	396		0	NC	4		396		
Energy	kJ	1657		0	NC	4		1657		
Protein (N x 6.25)	g	15.01		0	MC	9		15.01		
Total lipid (fat)	g	30.50		0	MC	9		30.50		
Ash	g	5.37		0	NC	4		5.37		
Carbohydrate, by difference	g	15.38		0	NC	4		15.38		
Fiber, total dietary	g	0.2		0	MC	9		0.2		
Sugars, total	g	6.21		0	MC	9		6.21		
Starch	g									
Minerals:										
Calcium, Ca	mg	94		0	MC	9		94		
Iron, Fe	mg	1.55		0	MC	9		1.55		
Magnesium, Mg	mg	31		0	MC	9		31		
Phosphorus, P	mg	272		0	MC	9		272		
Potassium, K	mg	1372		0	MC	9		1372		
Sodium, Na	mg	623		0	MC	9		623		
Zinc, Zn	mg	3.08		0	MC	9		3.08		
Copper, Cu	mg	0.088		0	MC	9		0.088		
Manganese, Mn	mg	0.057		0	BFZN	4		0.057		
Selenium, Se	mcg	14.6		0	BFZN	4		14.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0	MC	9		0.7		
Thiamin	mg	0.738		0	MC	9		0.738		
Riboflavin	mg	0.336		0	MC	9		0.336		
Niacin	mg	4.803		0	MC	9		4.803		
Pantothenic acid	mg	0.860		0	MC	9		0.860		
Vitamin B-6	mg	0.489		0	MC	9		0.489		
Folate, total	mcg	8		0	MC	9		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8		0	MC	9		8		
Folate, DFE	mcg_DFE	8		0	NC	4		8		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.76		0	MC	9		1.76		
Vitamin A, RAE	mcg_RAE	4		0	NC	4		4		
Retinol	mcg	4		0	NR	4		4		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	12		0	MC	9		12		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.8		0	MC	9		0.8		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	32		0	MC	9		32		
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.580		0	MC	9		10.580		
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		

NDB No. 07913
Salami, pork, beef, less sodium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.100		0	BFZN	4		0.100		
12:0 g	0.070		0	BFZN	4		0.070		
13:0 g									
14:0 g	0.470		0	BFZN	4		0.470		
15:0 g									
16:0 g	4.530		0	BFZN	4		4.530		
17:0 g									
18:0 g	3.480		0	MC	9		3.480		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	13.320		0	MC	9		13.320		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.890		0	BFZN	4		0.890		
17:1 g									
18:1 undifferentiated g	8.300		0	BFZN	4		8.300		
20:1 g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated g	0.000		0	BFZN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	3.067		0	MC	9		3.067		
18:2 undifferentiated g	1.610		0	BFZN	4		1.610		
18:3 undifferentiated g	0.410		0	BFZN	4		0.410		
18:4 g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	90		0	MC	9		90		
Phytosterols mg	0		0	BFZN	4		0		
Amino Acids:									
Tryptophan g	0.114		0	BFZN	4		0.114		
Threonine g	0.521		0	BFZN	4		0.521		
Isoleucine g	0.675		0	BFZN	4		0.675		
Leucine g	0.929		0	BFZN	4		0.929		
Lysine g	1.107		0	BFZN	4		1.107		
Methionine g	0.301		0	BFZN	4		0.301		
Cystine g	0.196		0	BFZN	4		0.196		
Phenylalanine g	0.481		0	BFZN	4		0.481		
Tyrosine g	0.552		0	BFZN	4		0.552		
Valine g	0.668		0	BFZN	4		0.668		
Arginine g	0.855		0	BFZN	4		0.855		
Histidine g	0.359		0	BFZN	4		0.359		
Alanine g	0.880		0	BFZN	4		0.880		
Aspartic acid g	1.285		0	BFZN	4		1.285		
Glutamic acid g	1.929		0	BFZN	4		1.929		
Glycine g	1.189		0	BFZN	4		1.189		
Proline g	0.831		0	BFZN	4		0.831		
Serine g	0.537		0	BFZN	4		0.537		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07913

Salami, pork, beef, less sodium

Common Measures:

Measure 1 = 100g: 3.527 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07073
Sandwich spread, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.28	0.361	5		1		9.04	17.09	
Energy....kcal	235		0	NC	4		35	67	
Energy....kJ	983		0		4		147	279	
Protein (N x 6.25)....g	7.66	0.250	5		1		1.15	2.17	
Total lipid (fat)....g	17.34	0.202	5		1		2.60	4.92	
Ash....g	2.78	0.038	5		1		0.42	0.79	
Carbohydrate, by difference....g	11.94		0	NC	4		1.79	3.38	
Fiber, total dietary....g	0.2		0		4		0.0	0.1	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	0.928	5		1		2	3	
Iron, Fe....mg	0.79	0.115	5		1		0.12	0.22	
Magnesium, Mg....mg	8	0.200	5		1		1	2	
Phosphorus, P....mg	59	4.069	5		1		9	17	
Potassium, K....mg	110	5.819	5		1		17	31	
Sodium, Na....mg	1013	50.540	5		1		152	287	
Zinc, Zn....mg	1.02	0.097	5		1		0.15	0.29	
Copper, Cu....mg	0.130	0.041	5		1		0.020	0.037	
Manganese, Mn....mg	0.026	0.002	4		1		0.004	0.007	
Selenium, Se....mcg	9.7		0	RF	4		1.5	2.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.245	5		1		0.0	0.0	
Thiamin....mg	0.172	0.013	5		1		0.026	0.049	
Riboflavin....mg	0.134	0.012	5		1		0.020	0.038	
Niacin....mg	1.730	0.066	5		1		0.260	0.490	
Pantothenic acid....mg	0.430	0.027	3		1		0.065	0.122	
Vitamin B-6....mg	0.120	0.012	5		1		0.018	0.034	
Folate, total....mcg	2		0		4		0	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		4		0	1	
Folate, DFE....mcg_DFE	2		0	NC	4		0	1	
Choline, total....mg	62.3		0	BFNN	4		9.3	17.7	
Betaine....mg	5.5		0	BFNN	4		0.8	1.6	
Vitamin B-12....mcg	1.12	0.175	5		1		0.17	0.32	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	26		0	NC	4		4	7	
Retinol....mcg	26		0	NR	4		4	7	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	87		0		4		13	25	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	1.74		0	NR	4		0.26	0.49	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	BFFN	4		0.1	0.2	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	22		0	BFFN	4		3	6	
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		0.2	0.5	
Lipids:									
Fatty acids, total saturated....g	5.977		0	NC	4		0.897	1.695	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07073
Sandwich spread, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.050		2		1		0.007	0.014	
12:0....g	0.050		2		1		0.007	0.014	
13:0....g									
14:0....g	0.289	0.027	5		1		0.043	0.082	
15:0....g									
16:0....g	3.573	0.099	5		1		0.536	1.013	
17:0....g									
18:0....g	2.016	0.076	5		1		0.302	0.571	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.584		0	NC	4		1.138	2.150	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.709	0.059	5		1		0.106	0.201	
17:1....g									
18:1 undifferentiated....g	6.876	0.168	5		1		1.031	1.949	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.565		0	NC	4		0.385	0.727	
18:2 undifferentiated....g	2.185	0.068	5		1		0.328	0.620	
18:3 undifferentiated....g	0.379	0.086	5		1		0.057	0.108	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	38	1.764	3		1		6	11	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.082		0		4		0.012	0.023	
Threonine....g	0.334		0		4		0.050	0.095	
Isoleucine....g	0.334		0		4		0.050	0.095	
Leucine....g	0.600		0		4		0.090	0.170	
Lysine....g	0.663		0		4		0.099	0.188	
Methionine....g	0.196		0		4		0.029	0.056	
Cystine....g	0.106		0		4		0.016	0.030	
Phenylalanine....g	0.301		0		4		0.045	0.085	
Tyrosine....g	0.235		0		4		0.035	0.067	
Valine....g	0.356		0		4		0.053	0.101	
Arginine....g	0.530		0		4		0.080	0.150	
Histidine....g	0.279		0		4		0.042	0.079	
Alanine....g	0.467		0		4		0.070	0.132	
Aspartic acid....g	0.720		0		4		0.108	0.204	
Glutamic acid....g	1.140		0		4		0.171	0.323	
Glycine....g	0.441		0		4		0.066	0.125	
Proline....g	0.349		0		4		0.052	0.099	
Serine....g	0.305		0		4		0.046	0.086	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07073
Sandwich spread, pork, beef

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07004
Sausage, Berliner, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.97	0.260	3		1		14.02	17.28	
Energy....kcal	230		0	NC	4		53	65	
Energy....kJ	964		0	NC	4		222	273	
Protein (N x 6.25)....g	15.27	0.120	3		1		3.51	4.33	
Total lipid (fat)....g	17.20	0.458	3		1		3.96	4.88	
Ash....g	3.97	0.033	3		1		0.91	1.13	
Carbohydrate, by difference....g	2.59		0	NC	4		0.60	0.73	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	2.35		0	MC	9		0.54	0.67	
Starch....g									
Minerals:									
Calcium, Ca....mg	12	2.028	3		1		3	3	
Iron, Fe....mg	1.15	0.072	3		1		0.26	0.33	
Magnesium, Mg....mg	15	1.528	3		1		3	4	
Phosphorus, P....mg	130	18.550	3		1		30	37	
Potassium, K....mg	283	20.915	3		1		65	80	
Sodium, Na....mg	1297	65.659	3		1		298	368	
Zinc, Zn....mg	2.47	0.233	3		1		0.57	0.70	
Copper, Cu....mg	0.080	0.021	3		1		0.018	0.023	
Manganese, Mn....mg	0.041	0.012	3		1		0.009	0.012	
Selenium, Se....mcg	14.1		0	BFNN	4		3.2	4.0	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.380	0.023	3		1		0.087	0.108	
Riboflavin....mg	0.213	0.009	3		1		0.049	0.060	
Niacin....mg	3.110	0.274	3		1		0.715	0.882	
Pantothenic acid....mg	0.690		0		4		0.159	0.196	
Vitamin B-6....mg	0.200	0.013	3		1		0.046	0.057	
Folate, total....mcg	5		0		4		1	1	
Folic acid....mcg	0		0	NR	4		0	0	
Folate, food....mcg	5		0		4		1	1	
Folate, DFE....mcg_DFE	5		0	NC	4		1	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	2.67	0.352	3		1		0.61	0.76	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	MC	9		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	13		0	MC	9		3	4	
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		0.4	0.5	
Lipids:									
Fatty acids, total saturated....g	6.080		0	NC	4		1.398	1.724	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 07004
Sausage, Berliner, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.020	0.003	3		1		0.005	0.006	
12:0 g	0.010	0.000	3		1		0.002	0.003	
13:0 g									
14:0 g	0.220	0.017	3		1		0.051	0.062	
15:0 g									
16:0 g	3.690	0.107	3		1		0.849	1.046	
17:0 g									
18:0 g	2.140	0.019	3		1		0.492	0.607	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	8.000		0	NC	4		1.840	2.268	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.660	0.053	3		1		0.152	0.187	
17:1 g									
18:1 undifferentiated g	7.340	0.185	3		1		1.688	2.081	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	1.580		0	NC	4		0.363	0.448	
18:2 undifferentiated g	1.400	0.052	3		1		0.322	0.397	
18:3 undifferentiated g	0.180	0.005	3		1		0.041	0.051	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	46	1.667	3		1		11	13	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.107		0	BFZN	4		0.025	0.030	
Threonine g	0.465		0	BFZN	4		0.107	0.132	
Isoleucine g	0.485		0	BFZN	4		0.112	0.137	
Leucine g	0.810		0	BFZN	4		0.186	0.230	
Lysine g	0.903		0	BFZN	4		0.208	0.256	
Methionine g	0.364		0	BFZN	4		0.084	0.103	
Cystine g	0.105		0	BFZN	4		0.024	0.030	
Phenylalanine g	0.405		0	BFZN	4		0.093	0.115	
Tyrosine g	0.386		0	BFZN	4		0.089	0.109	
Valine g	0.464		0	BFZN	4		0.107	0.132	
Arginine g	0.765		0	BFZN	4		0.176	0.217	
Histidine g	0.395		0	BFZN	4		0.091	0.112	
Alanine g	0.774		0	BFZN	4		0.178	0.219	
Aspartic acid g	1.136		0	BFZN	4		0.261	0.322	
Glutamic acid g	1.994		0	BFZN	4		0.459	0.565	
Glycine g	0.857		0	BFZN	4		0.197	0.243	
Proline g	0.673		0	BFZN	4		0.155	0.191	
Serine g	0.510		0	BFZN	4		0.117	0.145	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	MC	9		0.0	0.0	
Caffeine mg	0		0	MC	9		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07004
Sausage, Berliner, pork, beef

Common Measures:

Measure 1 = 23g: 1 slice

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07089
Sausage, Italian, pork, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	47.13		2	A	1		39.12	31.58	
Energy....kcal	344		0	NC	4		286	231	
Energy....kJ	1441		0	NC	4		1196	966	
Protein (N x 6.25)....g	19.12		2	A	1		15.87	12.81	
Total lipid (fat)....g	27.31		2	A	1		22.66	18.29	
Ash....g	2.18		1	A	1		1.81	1.46	
Carbohydrate, by difference....g	4.27		0	NC	4		3.54	2.86	
Fiber, total dietary....g	0.1		2	A	1		0.1	0.1	
Sugars, total....g	0.86		2	A	1		0.71	0.57	
Starch....g									
Minerals:									
Calcium, Ca....mg	21		2	A	1		17	14	
Iron, Fe....mg	1.43		2	A	1		1.18	0.95	
Magnesium, Mg....mg	18	1.190	4		1		15	12	
Phosphorus, P....mg	170	3.440	4		1		141	114	
Potassium, K....mg	304	9.647	4		1		252	204	
Sodium, Na....mg	1207		2	A	1		1001	808	
Zinc, Zn....mg	2.39	0.149	4		1		1.98	1.60	
Copper, Cu....mg	0.080	0.019	4		1		0.066	0.054	
Manganese, Mn....mg									
Selenium, Se....mcg	22.0		0	RF	4		18.3	14.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.1		2	A	1		0.0	0.0	
Thiamin....mg	0.623	0.032	4		1		0.517	0.417	
Riboflavin....mg	0.233	0.016	4		1		0.193	0.156	
Niacin....mg	4.165	0.274	4		1		3.457	2.791	
Pantothenic acid....mg									
Vitamin B-6....mg	0.330	0.014	4		1		0.274	0.221	
Folate, total....mcg	5		0		4		4	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		4		4	3	
Folate, DFE....mcg_DFE	5		0	NC	4		4	3	
Choline, total....mg	78.2		0	BFNN	4		64.9	52.4	
Betaine....mg	4.2		0	BFNN	4		3.5	2.8	
Vitamin B-12....mcg	1.30	0.102	4		1		1.08	0.87	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	AS	1		8	6	
Retinol....mcg	10		1	NR	4		8	6	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	16		2	A	1		13	11	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.25		0	NR	4		0.21	0.17	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.0		0	BFFN	4		0.9	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	41		0	BFFN	4		34	28	
Vitamin K (phylloquinone)....mcg	3.4		0	BFZN	4		2.8	2.3	
Lipids:									
Fatty acids, total saturated....g	9.655		0	NC	4		8.014	6.469	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07089
Sausage, Italian, pork, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.075	0.009	4		1		0.062	0.050	
12:0 g	0.053	0.006	4		1		0.044	0.036	
13:0 g									
14:0 g	0.481	0.041	4		1		0.399	0.322	
15:0 g									
16:0 g	5.763	0.150	4		1		4.783	3.861	
17:0 g									
18:0 g	3.283	0.110	4		1		2.725	2.199	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.777		0	NC	4		10.605	8.561	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.262	0.074	4		1		1.047	0.845	
17:1 g									
18:1 undifferentiated g	11.516	0.423	4		1		9.558	7.716	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0	Z	7		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.507		0	NC	4		2.911	2.350	
18:2 undifferentiated g	3.037	0.145	4		1		2.520	2.035	
18:3 undifferentiated g	0.470	0.063	4		1		0.390	0.315	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	57		2	A	1		47	38	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.161		0		1		0.134	0.108	
Threonine g	0.792		0		1		0.657	0.531	
Isoleucine g	0.731		0		1		0.607	0.490	
Leucine g	1.343		0		1		1.115	0.900	
Lysine g	1.522		0		1		1.263	1.020	
Methionine g	0.486		0		1		0.403	0.326	
Cystine g	0.201		0		1		0.167	0.135	
Phenylalanine g	0.670		0		1		0.556	0.449	
Tyrosine g	0.577		0		1		0.479	0.387	
Valine g	0.804		0		1		0.667	0.539	
Arginine g	1.182		0		1		0.981	0.792	
Histidine g	0.577		0		1		0.479	0.387	
Alanine g	1.121		0		1		0.930	0.751	
Aspartic acid g	1.666		0		1		1.383	1.116	
Glutamic acid g	2.768		0		1		2.297	1.855	
Glycine g	1.214		0		1		1.008	0.813	
Proline g	0.932		0		1		0.774	0.624	
Serine g	0.775		0		1		0.643	0.519	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07089

Sausage, Italian, pork, cooked

Common Measures:

Measure 1 = 83g: 1 link, 4/lb

Measure 2 = 67g: 1 link, 5/lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07036
Sausage, Italian, pork, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	51.08	0.202	4		1		57.72	46.48	
Energy....kcal	346		0	NC	4		391	315	
Energy....kJ	1448				4		1636	1317	
Protein (N x 6.25)....g	14.25	0.190	4		1		16.10	12.97	
Total lipid (fat)....g	31.33	0.450	4		1		35.40	28.51	
Ash....g	2.70	0.438	4		1		3.05	2.46	
Carbohydrate, by difference....g	0.65		0	NC	4		0.73	0.59	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	18	0.500	4		1		20	16	
Iron, Fe....mg	1.18	0.094	4		1		1.33	1.07	
Magnesium, Mg....mg	14	0.946	4		1		16	13	
Phosphorus, P....mg	142	3.764	4		1		160	129	
Potassium, K....mg	253	7.352	4		1		286	230	
Sodium, Na....mg	731	25.617	4		1		826	665	
Zinc, Zn....mg	1.79	0.082	4		1		2.02	1.63	
Copper, Cu....mg	0.080	0.008	3		1		0.090	0.073	
Manganese, Mn....mg	0.058	0.012	4		1		0.066	0.053	
Selenium, Se....mcg	24.8		0	RF	4		28.0	22.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	2.0	0.946	4		1		2.3	1.8	
Thiamin....mg	0.568	0.025	4		1		0.642	0.517	
Riboflavin....mg	0.168	0.008	4		1		0.190	0.153	
Niacin....mg	3.250	0.262	4		1		3.673	2.958	
Pantothenic acid....mg	0.510		0		4		0.576	0.464	
Vitamin B-6....mg	0.300	0.016	4		1		0.339	0.273	
Folate, total....mcg	8		0		4		9	7	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	8		0		4		9	7	
Folate, DFE....mcg_DFE	8		0	NC	4		9	7	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.91	0.046	4		1		1.03	0.83	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	11.270		0		1		12.735	10.256	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 07036
Sausage, Italian, pork, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.080	0.010	4		1		0.090	0.073	
12:0 g	0.060	0.010	4		1		0.068	0.055	
13:0 g									
14:0 g	0.560	0.057	4		1		0.633	0.510	
15:0 g									
16:0 g	6.640	0.218	4		1		7.503	6.042	
17:0 g									
18:0 g	3.930	0.218	4		1		4.441	3.576	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	14.340		0		1		16.204	13.049	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.490	0.118	4		1		1.684	1.356	
17:1 g									
18:1 undifferentiated g	12.860	0.384	4		1		14.532	11.703	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	4.030		0		1		4.554	3.667	
18:2 undifferentiated g	3.620	0.251	4		1		4.091	3.294	
18:3 undifferentiated g	0.410	0.095	4		1		0.463	0.373	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	76	1.750	4		1		86	69	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.114		0		1		0.129	0.104	
Threonine g	0.563		0		1		0.636	0.512	
Isoleucine g	0.520		0		1		0.588	0.473	
Leucine g	0.956		0		1		1.080	0.870	
Lysine g	1.083		0		1		1.224	0.986	
Methionine g	0.346		0		1		0.391	0.315	
Cystine g	0.144		0		1		0.163	0.131	
Phenylalanine g	0.477		0		1		0.539	0.434	
Tyrosine g	0.411		0		1		0.464	0.374	
Valine g	0.572		0		1		0.646	0.521	
Arginine g	0.842		0		1		0.951	0.766	
Histidine g	0.411		0		1		0.464	0.374	
Alanine g	0.798		0		1		0.902	0.726	
Aspartic acid g	1.186		0		1		1.340	1.079	
Glutamic acid g	1.970		0		1		2.226	1.793	
Glycine g	0.865		0		1		0.977	0.787	
Proline g	0.663		0		1		0.749	0.603	
Serine g	0.552		0		1		0.624	0.502	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 link, 4/lb

Measure 2 = 91g: 1 link, 5/lb

NDB No. 07036
Sausage, Italian, pork, raw

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07914
Sausage, Italian, sweet, links

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.60	0.262	10	A	1		60.14		
Energy....kcal	149		0	MC	9		125		
Energy....kJ	622		0	MC	9		523		
Protein (N x 6.25)....g	16.13	0.191	8	A	1		13.55		
Total lipid (fat)....g	8.42	0.348	10	A	1		7.07		
Ash....g	1.75	0.046	8	A	1		1.47		
Carbohydrate, by difference....g	2.10		0	MC	9		1.76		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	25	5.515	8	A	1		21		
Iron, Fe....mg	1.19	0.071	8	A	1		1.00		
Magnesium, Mg....mg	12		0	FLA	4		10		
Phosphorus, P....mg	103		0	FLA	4		87		
Potassium, K....mg	194		0	FLA	4		163		
Sodium, Na....mg	570	6.116	8	A	1		479		
Zinc, Zn....mg	1.52		0	FLA	4		1.27		
Copper, Cu....mg	0.040		0	FLA	4		0.034		
Manganese, Mn....mg	0.007		0	FLA	4		0.006		
Selenium, Se....mcg	10.8		0	FLA	4		9.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.2		0	FLA	4		0.2		
Thiamin....mg	0.172		0	FLA	4		0.145		
Riboflavin....mg	0.125		0	FLA	4		0.105		
Niacin....mg	1.736		0	FLA	4		1.459		
Pantothenic acid....mg	0.277		0	FLA	4		0.233		
Vitamin B-6....mg	0.187		0	FLA	4		0.157		
Folate, total....mcg	4		0	FLA	4		3		
Folic acid....mcg	0		0	FLA	4		0		
Folate, food....mcg	4		0	FLA	4		3		
Folate, DFE....mcg_DFE	4		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.04		0	FLA	4		0.88		
Vitamin A, RAE....mcg_RAE	0		0	FLA	4		0		
Retinol....mcg	0		0	FLA	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	2		0	FLA	4		1		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	3.257		0	FLA	4		2.736		
4:0....g	0.001		0	FLA	4		0.001		
6:0....g	0.000		0	FLA	4		0.000		
8:0....g	0.000		0	FLA	4		0.000		

NDB No. 07914
Sausage, Italian, sweet, links

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.024		0	FLA	4		0.020		
12:0 g	0.017		0	FLA	4		0.014		
13:0 g									
14:0 g	0.220		0	FLA	4		0.184		
15:0 g									
16:0 g	1.986		0	FLA	4		1.668		
17:0 g									
18:0 g	1.009		0	FLA	4		0.848		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	3.629		0	FLA	4		3.049		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.371		0	FLA	4		0.312		
17:1 g									
18:1 undifferentiated g	3.233		0	FLA	4		2.716		
20:1 g	0.025		0	FLA	4		0.021		
22:1 undifferentiated g	0.000		0	FLA	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.493		0	FLA	4		0.414		
18:2 undifferentiated g	0.376		0	FLA	4		0.316		
18:3 undifferentiated g	0.095		0	FLA	4		0.079		
18:4 g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.023		0	FLA	4		0.019		
20:5 n-3 (EPA) g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) g	0.000		0	FLA	4		0.000		
22:6 n-3 (DHA) g	0.000		0	FLA	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	30		0	FLA	4		25		
Phytosterols mg	0		0	FLA	4		0		
Amino Acids:									
Tryptophan g	0.111		0	FLA	4		0.093		
Threonine g	0.417		0	FLA	4		0.350		
Isoleucine g	0.438		0	FLA	4		0.368		
Leucine g	0.760		0	FLA	4		0.638		
Lysine g	0.802		0	FLA	4		0.674		
Methionine g	0.242		0	FLA	4		0.203		
Cystine g	0.109		0	FLA	4		0.091		
Phenylalanine g	0.377		0	FLA	4		0.316		
Tyrosine g	0.329		0	FLA	4		0.276		
Valine g	0.489		0	FLA	4		0.411		
Arginine g	0.576		0	FLA	4		0.484		
Histidine g	0.333		0	FLA	4		0.280		
Alanine g	0.544		0	FLA	4		0.457		
Aspartic acid g	0.851		0	FLA	4		0.715		
Glutamic acid g	1.470		0	FLA	4		1.235		
Glycine g	0.482		0	FLA	4		0.405		
Proline g	0.449		0	FLA	4		0.377		
Serine g	0.382		0	FLA	4		0.321		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07914
Sausage, Italian, sweet, links

Common Measures:

Measure 1 = 84g: 1 link 3 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07927
Sausage, Italian, turkey, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.50		1	A	1		38.36		
Energy	kcal	158		0	MC	9		88		
Energy	kJ	659		0	MC	9		369		
Protein (N x 6.25)	g	15.05		1	A	1		8.43		
Total lipid (fat)	g	8.75		1	A	1		4.90		
Ash	g	3.05		0	NC	4		1.71		
Carbohydrate, by difference	g	4.65		0	MC	9		2.60		
Fiber, total dietary	g	0.9		1	A	1		0.5		
Sugars, total	g	3.20		1	A	1		1.79		
Starch	g									
Minerals:										
Calcium, Ca	mg	21		1	A	1		12		
Iron, Fe	mg	9.60		1	A	1		5.38		
Magnesium, Mg	mg	25		0	FLA	4		14		
Phosphorus, P	mg	185		0	FLA	4		104		
Potassium, K	mg	197		1	A	1		110		
Sodium, Na	mg	928		1	A	1		520		
Zinc, Zn	mg	2.13		0	FLA	4		1.19		
Copper, Cu	mg	0.111		0	FLA	4		0.062		
Manganese, Mn	mg	0.066		0	FLA	4		0.037		
Selenium, Se	mcg	22.2		0	FLA	4		12.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	30.4		1	A	1		17.0		
Thiamin	mg	0.071		0	FLA	4		0.040		
Riboflavin	mg	0.173		0	FLA	4		0.097		
Niacin	mg	3.675		0	FLA	4		2.058		
Pantothenic acid	mg	0.797		0	FLA	4		0.447		
Vitamin B-6	mg	0.381		0	FLA	4		0.213		
Folate, total	mcg	8		0	FLA	4		5		
Folic acid	mcg	0		0	FLA	4		0		
Folate, food	mcg	8		0	FLA	4		5		
Folate, DFE	mcg_DFE	8		0	NC	4		5		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.43		0	FLA	4		0.24		
Vitamin A, RAE	mcg_RAE	43		0	AS	1		24		
Retinol	mcg	43		0	NR	4		24		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	144		1	A	1		81		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
4:0	g	0.001		0	FLA	4		0.001		
6:0	g	0.000		0	FLA	4		0.000		
8:0	g	0.000		0	FLA	4		0.000		

NDB No. 07927
Sausage, Italian, turkey, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.001		0	FLA	4		0.000		
12:0 ... g	0.017		0	FLA	4		0.010		
13:0 ... g									
14:0 ... g	0.102		0	FLA	4		0.057		
15:0 ... g									
16:0 ... g	2.418		0	FLA	4		1.354		
17:0 ... g									
18:0 ... g	0.861		0	FLA	4		0.482		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g									
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.379		0	FLA	4		0.212		
17:1 ... g									
18:1 undifferentiated ... g	1.985		0	FLA	4		1.111		
20:1 ... g	0.008		0	FLA	4		0.004		
22:1 undifferentiated ... g	0.008		0	FLA	4		0.004		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g									
18:2 undifferentiated ... g	1.371		0	FLA	4		0.768		
18:3 undifferentiated ... g	0.085		0	FLA	4		0.048		
18:4 ... g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.085		0	FLA	4		0.048		
20:5 n-3 (EPA) ... g	0.000		0	FLA	4		0.000		
22:5 n-3 (DPA) ... g	0.015		0	FLA	4		0.009		
22:6 n-3 (DHA) ... g	0.015		0	FLA	4		0.009		
Fatty acids, total trans ... g									
Cholesterol ... mg	53		1	A	1		29		
Phytosterols ... mg	0		0	FLA	4		0		
Amino Acids:									
Tryptophan ... g	0.209		0	FLA	4		0.117		
Threonine ... g	0.817		0	FLA	4		0.457		
Isoleucine ... g	0.945		0	FLA	4		0.529		
Leucine ... g	1.467		0	FLA	4		0.822		
Lysine ... g	1.692		0	FLA	4		0.947		
Methionine ... g	0.523		0	FLA	4		0.293		
Cystine ... g	0.204		0	FLA	4		0.114		
Phenylalanine ... g	0.738		0	FLA	4		0.413		
Tyrosine ... g	0.717		0	FLA	4		0.401		
Valine ... g	0.984		0	FLA	4		0.551		
Arginine ... g	1.293		0	FLA	4		0.724		
Histidine ... g	0.560		0	FLA	4		0.314		
Alanine ... g	1.171		0	FLA	4		0.656		
Aspartic acid ... g	1.788		0	FLA	4		1.001		
Glutamic acid ... g	3.018		0	FLA	4		1.690		
Glycine ... g	1.095		0	FLA	4		0.613		
Proline ... g	0.906		0	FLA	4		0.507		
Serine ... g	0.832		0	FLA	4		0.466		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07927

Sausage, Italian, turkey, smoked

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07915
Sausage, Polish, beef with chicken, hot

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	55.20		1	A	1		30.36	30.36	
Energy....kcal	259		0	MC	9		143	143	
Energy....kJ	1085		0	MC	9		597	597	
Protein (N x 6.25)....g	17.60		1	A	1		9.68	9.68	
Total lipid (fat)....g	19.40		1	A	1		10.67	10.67	
Ash....g	4.20		1	A	1		2.31	2.31	
Carbohydrate, by difference....g	3.60		0	MC	9		1.98	1.98	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	12		0	BFZN	4		7	7	
Iron, Fe....mg	0.88		1	A	1		0.48	0.48	
Magnesium, Mg....mg	14		0	BFZN	4		8	8	
Phosphorus, P....mg	136		0	BFZN	4		75	75	
Potassium, K....mg	237		0	BFZN	4		130	130	
Sodium, Na....mg	1540		1	A	1		847	847	
Zinc, Zn....mg	1.93		0	BFZN	4		1.06	1.06	
Copper, Cu....mg	0.090		0	BFZN	4		0.050	0.050	
Manganese, Mn....mg	0.049		0	BFZN	4		0.027	0.027	
Selenium, Se....mcg	17.7		0	BFZN	4		9.7	9.7	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.502		0	BFZN	4		0.276	0.276	
Riboflavin....mg	0.148		0	BFZN	4		0.081	0.081	
Niacin....mg	3.443		0	BFZN	4		1.894	1.894	
Pantothenic acid....mg	0.450		0	BFZN	4		0.248	0.248	
Vitamin B-6....mg	0.190		0	BFZN	4		0.105	0.105	
Folate, total....mcg	2		0	BFZN	4		1	1	
Folic acid....mcg	0		0	BFZN	4		0	0	
Folate, food....mcg	2		0	BFZN	4		1	1	
Folate, DFE....mcg_DFE	2		0	NC	4		1	1	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	0.98		0	BFZN	4		0.54	0.54	
Vitamin A, RAE....mcg_RAE	0		1	A	1		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1	A	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	8.010		1	A	1		4.406	4.406	
Fatty acids, total monounsaturated....g	9.700		1	A	1		5.335	5.335	
Fatty acids, total polyunsaturated....g	0.790		1	A	1		0.435	0.435	
Fatty acids, total trans....g									

NDB No. 07915
Sausage, Polish, beef with chicken, hot

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	66		1	A	1		36	36	
Phytosterols....mg	0		0	BFZN	4		0	0	
Amino Acids:									
Tryptophan....g	0.138		0	BFZN	4		0.076	0.076	
Threonine....g	0.591		0	BFZN	4		0.325	0.325	
Isoleucine....g	0.611		0	BFZN	4		0.336	0.336	
Leucine....g	1.076		0	BFZN	4		0.592	0.592	
Lysine....g	1.110		0	BFZN	4		0.611	0.611	
Methionine....g	0.379		0	BFZN	4		0.208	0.208	
Cystine....g	0.157		0	BFZN	4		0.086	0.086	
Phenylalanine....g	0.539		0	BFZN	4		0.296	0.296	
Tyrosine....g	0.444		0	BFZN	4		0.244	0.244	
Valine....g	0.679		0	BFZN	4		0.373	0.373	
Arginine....g	0.925		0	BFZN	4		0.509	0.509	
Histidine....g	0.444		0	BFZN	4		0.244	0.244	
Alanine....g	0.902		0	BFZN	4		0.496	0.496	
Aspartic acid....g	1.293		0	BFZN	4		0.711	0.711	
Glutamic acid....g	2.117		0	BFZN	4		1.164	1.164	
Glycine....g	0.992		0	BFZN	4		0.546	0.546	
Proline....g	0.712		0	BFZN	4		0.392	0.392	
Serine....g	0.584		0	BFZN	4		0.321	0.321	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 serving 5 pieces

Measure 2 = 55g: 5 pieces

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07916
Sausage, Polish, pork and beef, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.58	0.236	13	A	1		43.00		
Energy....kcal	301		0	NC	4		229		
Energy....kJ	1259		0	NC	4		957		
Protein (N x 6.25)....g	12.07	0.082	13	A	1		9.17		
Total lipid (fat)....g	26.56	0.256	13	A	1		20.19		
Ash....g	2.81		0	NC	4		2.14		
Carbohydrate, by difference....g	1.98		0	NC	4		1.50		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.00		0	MC	9		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	7		0	MC	9		5		
Iron, Fe....mg	1.00		0	MC	9		0.76		
Magnesium, Mg....mg	12		0	BFZN	4		9		
Phosphorus, P....mg	107		0	BFZN	4		81		
Potassium, K....mg	189		0	BFZN	4		144		
Sodium, Na....mg	848		0	MC	9		645		
Zinc, Zn....mg	2.11		0	BFZN	4		1.60		
Copper, Cu....mg	0.060		0	BFZN	4		0.046		
Manganese, Mn....mg	0.037		0	BFZN	4		0.028		
Selenium, Se....mcg	13.1		0	BFZN	4		10.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.260		0	BFZN	4		0.198		
Riboflavin....mg	0.170		0	BFZN	4		0.129		
Niacin....mg	3.227		0	BFZN	4		2.453		
Pantothenic acid....mg	0.440		0	BFZN	4		0.334		
Vitamin B-6....mg	0.170		0	BFZN	4		0.129		
Folate, total....mcg	4		0	MC	9		3		
Folic acid....mcg	0		0	BFZN	4		0		
Folate, food....mcg	4		0	NR	4		3		
Folate, DFE....mcg_DFE	4		0	NC	4		3		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.51		0	BFZN	4		1.15		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	BFZN	4		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	1.1		0	BFZN	4		0.8		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	44		0	BFZN	4		33		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.207		0	NC	4		6.997		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		

NDB No. 07916
Sausage, Polish, pork and beef, smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.043		0	BFZN	4		0.033		
12:0 ... g	0.035		0	BFZN	4		0.026		
13:0 ... g									
14:0 ... g	0.355		0	BFZN	4		0.270		
15:0 ... g									
16:0 ... g	5.696		0	BFZN	4		4.329		
17:0 ... g									
18:0 ... g	3.078		0	BFZN	4		2.339		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	12.302		0	NC	4		9.349		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.980		0	BFZN	4		0.745		
17:1 ... g									
18:1 undifferentiated ... g	11.322		0	BFZN	4		8.605		
20:1 ... g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.826		0	NC	4		2.148		
18:2 undifferentiated ... g	2.497		0	BFZN	4		1.898		
18:3 undifferentiated ... g	0.329		0	BFZN	4		0.250		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	71		0	BFZN	4		54		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.107		0	BFZN	4		0.081		
Threonine ... g	0.465		0	BFZN	4		0.353		
Isoleucine ... g	0.485		0	BFZN	4		0.369		
Leucine ... g	0.810		0	BFZN	4		0.616		
Lysine ... g	0.903		0	BFZN	4		0.686		
Methionine ... g	0.364		0	BFZN	4		0.277		
Cystine ... g	0.105		0	BFZN	4		0.080		
Phenylalanine ... g	0.405		0	BFZN	4		0.308		
Tyrosine ... g	0.386		0	BFZN	4		0.293		
Valine ... g	0.464		0	BFZN	4		0.353		
Arginine ... g	0.765		0	BFZN	4		0.581		
Histidine ... g	0.395		0	BFZN	4		0.300		
Alanine ... g	0.774		0	BFZN	4		0.588		
Aspartic acid ... g	1.136		0	BFZN	4		0.863		
Glutamic acid ... g	1.994		0	BFZN	4		1.515		
Glycine ... g	0.857		0	BFZN	4		0.651		
Proline ... g	0.673		0	BFZN	4		0.511		
Serine ... g	0.510		0	BFZN	4		0.388		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07916

Sausage, Polish, pork and beef, smoked

Common Measures:

Measure 1 = 76g: 1 serving 2.67 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07083
Sausage, Vienna, canned, chicken, beef, pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	64.90		1	A	1		10.38	73.34	
Energy....kcal	230		0	NC	4		37	260	
Energy....kJ	962		0	NC	4		154	1087	
Protein (N x 6.25)....g	10.50		1	A	1		1.68	11.87	
Total lipid (fat)....g	19.40		1	A	1		3.10	21.92	
Ash....g	2.60		1	A	1		0.42	2.94	
Carbohydrate, by difference....g	2.60		0	NC	4		0.42	2.94	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	10	2.028	3		1		2	11	
Iron, Fe....mg	0.88	0.076	3		1		0.14	0.99	
Magnesium, Mg....mg	7	0.333	3		1		1	8	
Phosphorus, P....mg	49	2.186	3		1		8	55	
Potassium, K....mg	101	4.910	3		1		16	114	
Sodium, Na....mg	969		1	A	1		155	1095	
Zinc, Zn....mg	1.60	0.058	3		1		0.26	1.81	
Copper, Cu....mg	0.030	0.007	3		1		0.005	0.034	
Manganese, Mn....mg									
Selenium, Se....mcg	16.9		0	RF	4		2.7	19.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0	0.000	3		1		0.0	0.0	
Thiamin....mg	0.087	0.017	3		1		0.014	0.098	
Riboflavin....mg	0.107	0.012	3		1		0.017	0.121	
Niacin....mg	1.613	0.155	3		1		0.258	1.823	
Pantothenic acid....mg	0.350		0		4		0.056	0.396	
Vitamin B-6....mg	0.120	0.027	3		1		0.019	0.136	
Folate, total....mcg	4		0		4		1	5	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0		4		1	5	
Folate, DFE....mcg_DFE	4		0	NC	4		1	5	
Choline, total....mg	43.7		0	BFNN	4		7.0	49.4	
Betaine....mg	3.9		0	BFNN	4		0.6	4.4	
Vitamin B-12....mcg	1.02	0.023	3		1		0.16	1.15	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		1	A	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		1	A	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.22		0	NR	4		0.04	0.25	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.6		0	BFFN	4		0.1	0.7	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	25		0	BFFN	4		4	28	
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		0.3	1.8	
Lipids:									
Fatty acids, total saturated....g	7.125		0	NC	4		1.140	8.051	
4:0....g	0.000		0		1		0.000	0.000	

NDB No. 07083
Sausage, Vienna, canned, chicken, beef, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.023	0.010	3		1		0.004	0.026	
12:0....g	0.015	0.014	3		1		0.002	0.017	
13:0....g									
14:0....g	0.453	0.028	3		1		0.072	0.512	
15:0....g									
16:0....g	4.177	0.214	3		1		0.668	4.719	
17:0....g									
18:0....g	2.457	0.092	3		1		0.393	2.776	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.628		0	NC	4		1.540	10.879	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.167	0.088	3		1		0.187	1.319	
17:1....g									
18:1 undifferentiated....g	8.461	0.318	3		1		1.354	9.560	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.290		0	NC	4		0.206	1.457	
18:2 undifferentiated....g	0.990	0.192	3		1		0.158	1.119	
18:3 undifferentiated....g	0.299	0.068	3		1		0.048	0.338	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	87		1	A	1		14	98	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.109		1		1		0.017	0.123	
Threonine....g	0.357		1		1		0.057	0.403	
Isoleucine....g	0.557		1		1		0.089	0.629	
Leucine....g	0.797		1		1		0.128	0.901	
Lysine....g	0.791		1		1		0.127	0.894	
Methionine....g	0.265		1		1		0.042	0.299	
Cystine....g	0.175		1		1		0.028	0.198	
Phenylalanine....g	0.425		1		1		0.068	0.480	
Tyrosine....g	0.341		1		1		0.055	0.385	
Valine....g	0.573		1		1		0.092	0.647	
Arginine....g	0.707		1		1		0.113	0.799	
Histidine....g	0.273		1		1		0.044	0.308	
Alanine....g	0.651		1		1		0.104	0.736	
Aspartic acid....g	1.005		1		1		0.161	1.136	
Glutamic acid....g	1.304		1		1		0.209	1.474	
Glycine....g	1.013		1		1		0.162	1.145	
Proline....g	0.606		1		1		0.097	0.685	
Serine....g	0.432		1		1		0.069	0.488	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07083

Sausage, Vienna, canned, chicken, beef, pork

Common Measures:

Measure 1 = 16g: 1 sausage (7/8" dia x 2" long)

Measure 2 = 113g: 7 sausages (drained contents from can, net wt 4 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42262
Sausage, chicken and beef, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.60		0		4		76.73	10.01	
Energy	kcal	295		0	NC	4		408	53	
Energy	kJ	1236		0	NC	4		1706	223	
Protein (N x 6.25)	g	18.50		0		4		25.53	3.33	
Total lipid (fat)	g	24.00		0		4		33.12	4.32	
Ash	g	1.90		0	NR	4		2.62	0.34	
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		4		15	2	
Iron, Fe	mg	1.08		0		4		1.49	0.19	
Magnesium, Mg	mg	14		0		4		19	3	
Phosphorus, P	mg	111		0		4		153	20	
Potassium, K	mg	139		0		4		192	25	
Sodium, Na	mg	1020		0		4		1408	184	
Zinc, Zn	mg	1.73		0		4		2.39	0.31	
Copper, Cu	mg	0.051		0		4		0.070	0.009	
Manganese, Mn	mg									
Selenium, Se	mcg	14.5		0	RF	4		20.0	2.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.040		0		4		0.055	0.007	
Riboflavin	mg	0.120		0		4		0.166	0.022	
Niacin	mg	4.060		0		4		5.603	0.731	
Pantothenic acid	mg									
Vitamin B-6	mg	0.170		0		4		0.235	0.031	
Folate, total	mcg	4		0		4		6	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		6	1	
Folate, DFE	mcg_DFE	4		0	NC	4		6	1	
Choline, total	mg	61.2		0	BFNN	4		84.4	11.0	
Betaine	mg	3.3		0	BFNN	4		4.5	0.6	
Vitamin B-12	mcg	0.38		0		4		0.52	0.07	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	31		0	NR	4		43	6	
Retinol	mcg	31		0	NR	4		43	6	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	108		0		4		149	19	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.50		0	NR	4		0.68	0.09	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.6		0	BFFN	4		0.8	0.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.6		0	BFFN	4		0.8	0.1	
Vitamin D	IU	23		0	BFFN	4		31	4	
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	7.160		0		4		9.881	1.289	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 42262
Sausage, chicken and beef, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.100		0		4		0.138	0.018	
13:0 g									
14:0 g	0.430		0		4		0.593	0.077	
15:0 g									
16:0 g	4.320		0		4		5.962	0.778	
17:0 g									
18:0 g	2.310		0		4		3.188	0.416	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	10.190		0		4		14.062	1.834	
14:1 g									
15:1 g									
16:1 undifferentiated g	1.190		0		4		1.642	0.214	
17:1 g									
18:1 undifferentiated g	8.830		0		4		12.185	1.589	
20:1 g	0.170		0		4		0.235	0.031	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	4.720		0		4		6.514	0.850	
18:2 undifferentiated g	4.340		0		4		5.989	0.781	
18:3 undifferentiated g	0.350		0		4		0.483	0.063	
18:4 g	0.020		0		4		0.028	0.004	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	70		0		4		97	13	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		4		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 138g: 1 cup pieces

Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07928
Sausage, chicken, beef, pork, skinless, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	60.50		1	A	1		50.82		
Energy....kcal	216		0	MC	9		181		
Energy....kJ	904		0	MC	9		759		
Protein (N x 6.25)....g	13.60		1	A	1		11.42		
Total lipid (fat)....g	14.30		1	A	1		12.01		
Ash....g	3.50		1	A	1		2.94		
Carbohydrate, by difference....g	8.10		0	NC	4		6.80		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	1.90		1	A	1		1.60		
Starch....g									
Minerals:									
Calcium, Ca....mg	100		1	A	1		84		
Iron, Fe....mg	4.80		1	A	1		4.03		
Magnesium, Mg....mg	14		0	FLM	4		12		
Phosphorus, P....mg	132		0	FLM	4		111		
Potassium, K....mg	246		0	FLM	4		207		
Sodium, Na....mg	1034		1	A	1		869		
Zinc, Zn....mg	2.68		0	FLM	4		2.25		
Copper, Cu....mg	0.063		0	FLM	4		0.053		
Manganese, Mn....mg	0.015		0	FLM	4		0.013		
Selenium, Se....mcg	20.2		0	FLM	4		17.0		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0		
Thiamin....mg	0.090		0	FLM	4		0.076		
Riboflavin....mg	0.166		0	FLM	4		0.139		
Niacin....mg	1.847		0	FLM	4		1.551		
Pantothenic acid....mg	0.413		0	FLM	4		0.347		
Vitamin B-6....mg	0.213		0	FLM	4		0.179		
Folate, total....mcg	6		0	FLM	4		5		
Folic acid....mcg	0		0	FLM	4		0		
Folate, food....mcg	6		0	FLM	4		5		
Folate, DFE....mcg_DFE	6		0	NC	4		5		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.60		0	FLM	4		1.34		
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Retinol....mcg									
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	4.800		1	A	1		4.032		
4:0....g	0.000		0	FLM	4		0.000		
6:0....g	0.000		0	FLM	4		0.000		
8:0....g	0.000		0	FLM	4		0.000		

NDB No. 07928
Sausage, chicken, beef, pork, skinless, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.036		0	FLM	4		0.031		
12:0 ... g	0.031		0	FLM	4		0.026		
13:0 ... g									
14:0 ... g	0.352		0	FLM	4		0.296		
15:0 ... g									
16:0 ... g	2.875		0	FLM	4		2.415		
17:0 ... g									
18:0 ... g	1.493		0	FLM	4		1.254		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	7.165		0	FLM	4		6.018		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.795		0	FLM	4		0.668		
17:1 ... g									
18:1 undifferentiated ... g	6.330		0	FLM	4		5.317		
20:1 ... g	0.040		0	FLM	4		0.033		
22:1 undifferentiated ... g	0.000		0	FLM	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	0.846		0	FLM	4		0.711		
18:2 undifferentiated ... g	0.640		0	FLM	4		0.538		
18:3 undifferentiated ... g	0.186		0	FLM	4		0.156		
18:4 ... g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.018		0	FLM	4		0.015		
20:5 n-3 (EPA) ... g	0.000		0	FLM	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	FLM	4		0.000		
22:6 n-3 (DHA) ... g	0.001		0	FLM	4		0.001		
Fatty acids, total trans ... g									
Cholesterol ... mg	120		1	A	1		101		
Phytosterols ... mg	0		0	FLM	4		0		
Amino Acids:									
Tryptophan ... g	0.145		0	FLM	4		0.122		
Threonine ... g	0.565		0	FLM	4		0.475		
Isoleucine ... g	0.613		0	FLM	4		0.515		
Leucine ... g	1.044		0	FLM	4		0.877		
Lysine ... g	1.092		0	FLM	4		0.917		
Methionine ... g	0.334		0	FLM	4		0.281		
Cystine ... g	0.155		0	FLM	4		0.131		
Phenylalanine ... g	0.519		0	FLM	4		0.436		
Tyrosine ... g	0.448		0	FLM	4		0.376		
Valine ... g	0.661		0	FLM	4		0.555		
Arginine ... g	0.855		0	FLM	4		0.718		
Histidine ... g	0.426		0	FLM	4		0.358		
Alanine ... g	0.804		0	FLM	4		0.675		
Aspartic acid ... g	1.184		0	FLM	4		0.995		
Glutamic acid ... g	2.036		0	FLM	4		1.710		
Glycine ... g	0.814		0	FLM	4		0.684		
Proline ... g	0.770		0	FLM	4		0.647		
Serine ... g	0.562		0	FLM	4		0.472		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07928

Sausage, chicken, beef, pork, skinless, smoked

Common Measures:

Measure 1 = 84g: 1 link

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07917

Sausage, pork and beef, with cheddar cheese, smoked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	56.11	0.215	13	A	1		43.20		
Energy....kcal	296		0	NC	4		228		
Energy....kJ	1240		0	NC	4		955		
Protein (N x 6.25)....g	12.89	0.074	13	A	1		9.93		
Total lipid (fat)....g	25.84	0.205	13	A	1		19.90		
Ash....g	3.03		0	NC	4		2.33		
Carbohydrate, by difference....g	2.13		0	NC	4		1.64		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.11		0	MC	9		0.08		
Starch....g									
Minerals:									
Calcium, Ca....mg	57		0	MC	9		44		
Iron, Fe....mg	0.73		0	MC	9		0.56		
Magnesium, Mg....mg	13		0	BFZN	4		10		
Phosphorus, P....mg	178		0	BFZN	4		137		
Potassium, K....mg	206		0	BFZN	4		159		
Sodium, Na....mg	848		0	MC	9		653		
Zinc, Zn....mg	2.25		0	BFZN	4		1.73		
Copper, Cu....mg	0.070		0	BFZN	4		0.054		
Manganese, Mn....mg	0.032		0	BFZN	4		0.024		
Selenium, Se....mcg	7.5		0	BFZN	4		5.8		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.249		0	BFZN	4		0.191		
Riboflavin....mg	0.160		0	BFZN	4		0.123		
Niacin....mg	2.900		0	BFZN	4		2.233		
Pantothenic acid....mg	0.760		0	BFZN	4		0.585		
Vitamin B-6....mg	0.130		0	BFZN	4		0.100		
Folate, total....mcg	3		0	MC	9		2		
Folic acid....mcg	0		0	NR	4		0		
Folate, food....mcg	3		0	MC	9		2		
Folate, DFE....mcg_DFE	3		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.73		0	BFZN	4		1.33		
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0		
Retinol....mcg	0		0	Z	7		0		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	0		0	AS	1		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	BFZN	4		0.2		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	12		0	BFZN	4		9		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.482		0	NC	4		7.301		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		

NDB No. 07917
Sausage, pork and beef, with cheddar cheese, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.082		0	BFZN	4		0.063		
12:0 ... g	0.091		0	BFZN	4		0.070		
13:0 ... g									
14:0 ... g	0.507		0	BFZN	4		0.390		
15:0 ... g									
16:0 ... g	5.787		0	BFZN	4		4.456		
17:0 ... g									
18:0 ... g	3.016		0	BFZN	4		2.322		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	12.357		0	NC	4		9.515		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.032		0	BFZN	4		0.795		
17:1 ... g									
18:1 undifferentiated ... g	11.325		0	BFZN	4		8.720		
20:1 ... g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.735		0	NC	4		2.106		
18:2 undifferentiated ... g	2.373		0	BFZN	4		1.827		
18:3 undifferentiated ... g	0.362		0	BFZN	4		0.279		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	63		0	MC	9		49		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.150		0	BFZN	4		0.116		
Threonine ... g	0.540		0	BFZN	4		0.416		
Isoleucine ... g	0.620		0	BFZN	4		0.477		
Leucine ... g	1.100		0	BFZN	4		0.847		
Lysine ... g	1.160		0	BFZN	4		0.893		
Methionine ... g	0.360		0	BFZN	4		0.277		
Cystine ... g	0.150		0	BFZN	4		0.116		
Phenylalanine ... g	0.560		0	BFZN	4		0.431		
Tyrosine ... g	0.520		0	BFZN	4		0.400		
Valine ... g	0.690		0	BFZN	4		0.531		
Arginine ... g	0.840		0	BFZN	4		0.647		
Histidine ... g	0.470		0	BFZN	4		0.362		
Alanine ... g	0.830		0	BFZN	4		0.639		
Aspartic acid ... g	1.240		0	BFZN	4		0.955		
Glutamic acid ... g	2.350		0	BFZN	4		1.810		
Glycine ... g	0.910		0	BFZN	4		0.701		
Proline ... g	0.970		0	BFZN	4		0.747		
Serine ... g	0.600		0	BFZN	4		0.462		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07917

Sausage, pork and beef, with cheddar cheese, smoked

Common Measures:

Measure 1 = 77g: 12 oz serving 2.7 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07075
Sausage, smoked link sausage, pork and beef

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.97		1	A	1		245.01		
Energy	kcal	320		0	NC	4		1452		
Energy	kJ	1338		0	NC	4		6073		
Protein (N x 6.25)	g	12.00		1	A	1		54.48		
Total lipid (fat)	g	28.73		1	A	1		130.42		
Ash	g	2.89		1	A	1		13.10		
Carbohydrate, by difference	g	2.42		0	NC	4		11.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	12		1	A	1		56		
Iron, Fe	mg	0.75		1	A	1		3.42		
Magnesium, Mg	mg	13		1	A	1		60		
Phosphorus, P	mg	121		1	A	1		549		
Potassium, K	mg	179		1	A	1		813		
Sodium, Na	mg	911		1	A	1		4136		
Zinc, Zn	mg	1.26		1	A	1		5.72		
Copper, Cu	mg	0.077		1	A	1		0.350		
Manganese, Mn	mg	0.048		1	A	1		0.218		
Selenium, Se	mcg	0.0		1	A	1		0.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.192		1	A	1		0.872		
Riboflavin	mg	0.106		1	A	1		0.481		
Niacin	mg	2.940		1	A	1		13.348		
Pantothenic acid	mg	0.525		1	A	1		2.384		
Vitamin B-6	mg	0.163		1	A	1		0.740		
Folate, total	mcg	2		1	A	1		9		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		1	A	1		9		
Folate, DFE	mcg_DFE	2		0	NC	4		9		
Choline, total	mg	50.7		0	AS	1		230.0		
Betaine	mg	2.1		1	A	1		9.6		
Vitamin B-12	mcg	0.58		1	A	1		2.63		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	13		0	AS	1		59		
Retinol	mcg	11		1	A	1		51		
Carotene, beta	mcg	11		1	A	1		51		
Carotene, alpha	mcg	11		1	A	1		48		
Cryptoxanthin, beta	mcg	11		1	A	1		51		
Vitamin A, IU	IU	74		0	AS	1		336		
Lycopene	mcg	11		1	A	1		51		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.13		2	A	1		0.59		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.08		2	A	1		0.36		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)	mcg	1.1		0	T	4		5.0		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	44		0	T	4		200		
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	9.769		1	A	1		44.351		
4:0	g	0.000		0	Z	7		0.000		

NDB No. 07075
Sausage, smoked link sausage, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.399		1	A	1		1.811		
15:0....g	0.000		1	A	1		0.000		
16:0....g	6.119		1	A	1		27.780		
17:0....g	0.117		1	A	1		0.531		
18:0....g	3.088		1	A	1		14.020		
20:0....g	0.046		1	A	1		0.209		
22:0....g	0.000		1	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	12.238		1	A	1		55.561		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.744		1	A	1		3.378		
17:1....g									
18:1 undifferentiated....g	11.262		1	A	1		51.129		
20:1....g	0.232		1	A	1		1.053		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.927		1	A	1		17.829		
18:2 undifferentiated....g	3.481		1	A	1		15.804		
18:3 undifferentiated....g	0.207		0	AS	1		0.940		
18:3 n-3 c,c,c (ALA)....g	0.207		1	A	1		0.940		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.151		1	A	1		0.686		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.088		1	A	1		0.400		
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.000		1	A	1		0.000		
Cholesterol....mg	58		1	A	1		265		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g	0.191		1	A	1		0.867		

NDB No. 07075
Sausage, smoked link sausage, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 454g: 16 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07918

Sausage, summer, pork and beef, sticks, with cheddar cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	36.20	0.384	13	A	1		10.26		
Energy....kcal	426		0	NC	4		121		
Energy....kJ	1783		0	NC	4		506		
Protein (N x 6.25)....g	19.43	0.129	13	A	1		5.51		
Total lipid (fat)....g	37.91	0.359	13	A	1		10.75		
Ash....g	4.83		0	NC	4		1.37		
Carbohydrate, by difference....g	1.82		0	MC	9		0.52		
Fiber, total dietary....g	0.2		0	MC	9		0.1		
Sugars, total....g	0.12		0	MC	9		0.03		
Starch....g									
Minerals:									
Calcium, Ca....mg	81		0	MC	9		23		
Iron, Fe....mg	2.26		0	MC	9		0.64		
Magnesium, Mg....mg	13		0	BFZN	4		4		
Phosphorus, P....mg	178		0	BFZN	4		50		
Potassium, K....mg	206		0	BFZN	4		58		
Sodium, Na....mg	1483		0	MC	9		420		
Zinc, Zn....mg	2.25		0	BFZN	4		0.64		
Copper, Cu....mg	0.070		0	BFZN	4		0.020		
Manganese, Mn....mg	0.032		0	BFZN	4		0.009		
Selenium, Se....mcg	7.5		0	BFZN	4		2.1		
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg	0.249		0	BFZN	4		0.070		
Riboflavin....mg	0.160		0	BFZN	4		0.045		
Niacin....mg	2.900		0	BFZN	4		0.822		
Pantothenic acid....mg	0.760		0	BFZN	4		0.215		
Vitamin B-6....mg	0.130		0	BFZN	4		0.037		
Folate, total....mcg	7		0	MC	9		2		
Folic acid....mcg	0		0	NR	4		0		
Folate, food....mcg	7		0	MC	9		2		
Folate, DFE....mcg_DFE	7		0	NC	4		2		
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.73		0	BFZN	4		0.49		
Vitamin A, RAE....mcg_RAE	225		0	NC	4		64		
Retinol....mcg	225		0	NR	4		64		
Carotene, beta....mcg	0		0	Z	7		0		
Carotene, alpha....mcg	0		0	Z	7		0		
Cryptoxanthin, beta....mcg	0		0	Z	7		0		
Vitamin A, IU....IU	749		0	MC	9		212		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.3		0	BFZN	4		0.1		
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	12		0	BFZN	4		3		
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	10.470		0	NC	4		2.968		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		

NDB No. 07918

Sausage, summer, pork and beef, sticks, with cheddar cheese

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.090		0	BFZN	4		0.026		
12:0 ... g	0.100		0	BFZN	4		0.028		
13:0 ... g									
14:0 ... g	0.560		0	BFZN	4		0.159		
15:0 ... g									
16:0 ... g	6.390		0	BFZN	4		1.812		
17:0 ... g									
18:0 ... g	3.330		0	BFZN	4		0.944		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	13.680		0	BFZN	4		3.878		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.140		0	BFZN	4		0.323		
17:1 ... g									
18:1 undifferentiated ... g	12.505		0	BFZN	4		3.545		
20:1 ... g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.020		0	BFZN	4		0.856		
18:2 undifferentiated ... g	2.620		0	BFZN	4		0.743		
18:3 undifferentiated ... g	0.400		0	BFZN	4		0.113		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	89		0	MC	9		25		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.150		0	BFZN	4		0.043		
Threonine ... g	0.540		0	BFZN	4		0.153		
Isoleucine ... g	0.620		0	BFZN	4		0.176		
Leucine ... g	1.100		0	BFZN	4		0.312		
Lysine ... g	1.160		0	BFZN	4		0.329		
Methionine ... g	0.360		0	BFZN	4		0.102		
Cystine ... g	0.150		0	BFZN	4		0.043		
Phenylalanine ... g	0.560		0	BFZN	4		0.159		
Tyrosine ... g	0.520		0	BFZN	4		0.147		
Valine ... g	0.690		0	BFZN	4		0.196		
Arginine ... g	0.840		0	BFZN	4		0.238		
Histidine ... g	0.470		0	BFZN	4		0.133		
Alanine ... g	0.830		0	BFZN	4		0.235		
Aspartic acid ... g	1.240		0	BFZN	4		0.352		
Glutamic acid ... g	2.350		0	BFZN	4		0.666		
Glycine ... g	0.910		0	BFZN	4		0.258		
Proline ... g	0.970		0	BFZN	4		0.275		
Serine ... g	0.600		0	BFZN	4		0.170		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07918

Sausage, summer, pork and beef, sticks, with cheddar cheese

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07919
Sausage, turkey, breakfast links, mild

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.12	0.126	225	A	1		35.35		
Energy	kcal	235		0	NC	4		132		
Energy	kJ	983		0	NC	4		551		
Protein (N x 6.25)	g	15.42	0.117	7	A	1		8.64		
Total lipid (fat)	g	18.09	0.163	226	A	1		10.13		
Ash	g	1.81	0.049	7	A	1		1.01		
Carbohydrate, by difference	g	1.56		0	MC	9		0.87		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	32	6.524	7	A	1		18		
Iron, Fe	mg	1.07	0.042	7	A	1		0.60		
Magnesium, Mg	mg	16		0	BFNN	4		9		
Phosphorus, P	mg	155		0	BFNN	4		87		
Potassium, K	mg	229		0	BFNN	4		128		
Sodium, Na	mg	585	22.716	7	A	1		328		
Zinc, Zn	mg	2.98		0	BFNN	4		1.67		
Copper, Cu	mg	0.111		0	BFNN	4		0.062		
Manganese, Mn	mg									
Selenium, Se	mcg	0.0		0	BFNN	4		0.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0	BFPN	4		0.3		
Thiamin	mg	0.054		0	BFPN	4		0.030		
Riboflavin	mg	0.165		0	BFPN	4		0.092		
Niacin	mg	3.692		0	BFPN	4		2.068		
Pantothenic acid	mg									
Vitamin B-6	mg	0.208		0	BFPN	4		0.116		
Folate, total	mcg	4		0	BFPN	4		2		
Folic acid	mcg	0		0	BFPN	4		0		
Folate, food	mcg	4		0	BFPN	4		2		
Folate, DFE	mcg_DFE	4		0	NC	4		2		
Choline, total	mg	33.9		0	BFNN	4		19.0		
Betaine	mg	3.0		0	BFNN	4		1.7		
Vitamin B-12	mcg	0.79		0	BFPN	4		0.44		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	Z	7		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.19		0	BFSN	4		0.11		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.4		0	BFFN	4		0.2		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.4		0	BFFN	4		0.2		
Vitamin D	IU	17		0	BFFN	4		10		
Vitamin K (phylloquinone)	mcg	1.6		0	BFSN	4		0.9		
Lipids:										
Fatty acids, total saturated	g	3.839		0	NC	4		2.150		
4:0	g	0.000		0	BFFN	4		0.000		

NDB No. 07919
Sausage, turkey, breakfast links, mild

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	BFFN	4		0.000		
8:0 g	0.000		0	BFFN	4		0.000		
10:0 g	0.000		0	BFFN	4		0.000		
12:0 g	0.016		0	BFFN	4		0.009		
13:0 g									
14:0 g	0.140		0	BFFN	4		0.079		
15:0 g									
16:0 g	2.583		0	BFFN	4		1.447		
17:0 g									
18:0 g	1.100		0	BFFN	4		0.616		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.158		0	NC	4		2.888		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.433		0	BFFN	4		0.243		
17:1 g									
18:1 undifferentiated g	4.673		0	BFFN	4		2.617		
20:1 g	0.052		0	BFFN	4		0.029		
22:1 undifferentiated g	0.000		0	BFFN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	4.657		0	NC	4		2.608		
18:2 undifferentiated g	4.131		0	BFFN	4		2.313		
18:3 undifferentiated g	0.300		0	BFFN	4		0.168		
18:4 g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.227		0	BFFN	4		0.127		
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	160		0	BFFN	4		90		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.175		0	A	1		0.098		
Threonine g	0.686		0	A	1		0.384		
Isoleucine g	0.802		0	A	1		0.449		
Leucine g	1.229		0	A	1		0.688		
Lysine g	1.453		0	A	1		0.814		
Methionine g	0.447		0	A	1		0.250		
Cystine g	0.161		0	A	1		0.090		
Phenylalanine g	0.612		0	A	1		0.343		
Tyrosine g	0.609		0	A	1		0.341		
Valine g	0.819		0	A	1		0.459		
Arginine g	1.076		0	A	1		0.602		
Histidine g	0.481		0	A	1		0.269		
Alanine g	0.955		0	A	1		0.535		
Aspartic acid g	1.498		0	A	1		0.839		
Glutamic acid g	2.517		0	A	1		1.409		
Glycine g	0.765		0	A	1		0.428		
Proline g	0.642		0	A	1		0.359		
Serine g	0.686		0	A	1		0.384		
Hydroxyproline g	0.146		0	BFPN	4		0.082		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07919

Sausage, turkey, breakfast links, mild

Common Measures:

Measure 1 = 56g: 2 oz, 2 links

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07929
Sausage, turkey, hot, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.50		1	A	1		38.36		
Energy	kcal	158		0	MC	9		88		
Energy	kJ	661		0	MC	9		370		
Protein (N x 6.25)	g	15.05		1	A	1		8.43		
Total lipid (fat)	g	8.75		1	A	1		4.90		
Ash	g	3.05		0	NC	4		1.71		
Carbohydrate, by difference	g	4.65		0	MC	9		2.60		
Fiber, total dietary	g	0.9		1	A	1		0.5		
Sugars, total	g	3.20		1	A	1		1.79		
Starch	g									
Minerals:										
Calcium, Ca	mg	21		1	A	1		12		
Iron, Fe	mg	9.60		1	A	1		5.38		
Magnesium, Mg	mg	25		0	BFNN	4		14		
Phosphorus, P	mg	185		0	BFNN	4		104		
Potassium, K	mg	197		1	A	1		110		
Sodium, Na	mg	928		1	A	1		520		
Zinc, Zn	mg	2.13		0	BFNN	4		1.19		
Copper, Cu	mg	0.111		0	BFNN	4		0.062		
Manganese, Mn	mg									
Selenium, Se	mcg	22.2		0	BFNN	4		12.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	30.4		1	A	1		17.0		
Thiamin	mg	0.071		0	BFPN	4		0.040		
Riboflavin	mg	0.173		0	BFPN	4		0.097		
Niacin	mg	3.675		0	BFPN	4		2.058		
Pantothenic acid	mg									
Vitamin B-6	mg	0.381		0	BFPN	4		0.213		
Folate, total	mcg	8		0	BFPN	4		5		
Folic acid	mcg	0		0	BFPN	4		0		
Folate, food	mcg	8		0	BFPN	4		5		
Folate, DFE	mcg_DFE	8		0	NC	4		5		
Choline, total	mg	41.1		0	BFNN	4		23.0		
Betaine	mg	3.7		0	BFNN	4		2.0		
Vitamin B-12	mcg	0.43		0	BFPN	4		0.24		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	43		0	AS	1		24		
Retinol	mcg	43		0	NR	4		24		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	144		1	A	1		81		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.09		0	BFFN	4		0.05		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.2		0	BFFN	4		0.1		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.2		0	BFFN	4		0.1		
Vitamin D	IU	8		0	BFFN	4		5		
Vitamin K (phylloquinone)	mcg	0.8		0	BFFN	4		0.4		
Lipids:										
Fatty acids, total saturated	g	3.770		0	NC	4		2.111		
4:0	g	0.001		0	BFFN	4		0.001		

NDB No. 07929
Sausage, turkey, hot, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 ... g	0.000		0	BFFN	4		0.000		
8:0 ... g	0.000		0	BFFN	4		0.000		
10:0 ... g	0.001		0	BFFN	4		0.000		
12:0 ... g	0.019		0	BFFN	4		0.011		
13:0 ... g									
14:0 ... g	0.113		0	BFFN	4		0.063		
15:0 ... g									
16:0 ... g	2.681		0	BFFN	4		1.501		
17:0 ... g									
18:0 ... g	0.955		0	BFFN	4		0.535		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.380		0	NC	4		1.333		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.379		0	BFFN	4		0.212		
17:1 ... g									
18:1 undifferentiated ... g	1.985		0	BFFN	4		1.111		
20:1 ... g	0.008		0	BFFN	4		0.004		
22:1 undifferentiated ... g	0.008		0	BFFN	4		0.004		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	1.572		0	NC	4		0.880		
18:2 undifferentiated ... g	1.371		0	BFFN	4		0.768		
18:3 undifferentiated ... g	0.085		0	BFFN	4		0.048		
18:4 ... g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.085		0	BFFN	4		0.048		
20:5 n-3 (EPA) ... g	0.000		0	BFFN	4		0.000		
22:5 n-3 (DPA) ... g	0.015		0	BFFN	4		0.009		
22:6 n-3 (DHA) ... g	0.015		0	BFFN	4		0.009		
Fatty acids, total trans ... g									
Cholesterol ... mg	53		1	A	1		29		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.171		0	A	1		0.096		
Threonine ... g	0.669		0	A	1		0.375		
Isoleucine ... g	0.783		0	A	1		0.438		
Leucine ... g	1.199		0	A	1		0.671		
Lysine ... g	1.418		0	A	1		0.794		
Methionine ... g	0.436		0	A	1		0.244		
Cystine ... g	0.157		0	A	1		0.088		
Phenylalanine ... g	0.597		0	A	1		0.334		
Tyrosine ... g	0.595		0	A	1		0.333		
Valine ... g	0.800		0	A	1		0.448		
Arginine ... g	1.050		0	A	1		0.588		
Histidine ... g	0.470		0	A	1		0.263		
Alanine ... g	0.932		0	A	1		0.522		
Aspartic acid ... g	1.462		0	A	1		0.819		
Glutamic acid ... g	2.456		0	A	1		1.376		
Glycine ... g	0.746		0	A	1		0.418		
Proline ... g	0.626		0	A	1		0.351		
Serine ... g	0.669		0	A	1		0.375		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07929

Sausage, turkey, hot, smoked

Common Measures:

Measure 1 = 56g: 2 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07951
Scrapple, pork

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.47		3	JA	6		10.62	15.62	34.98
Energy	kcal	213		0	NC	4		36	53	119
Energy	kJ	893		0	NC	4		152	223	500
Protein (N x 6.25)	g	8.06		4	JA	6		1.37	2.02	4.52
Total lipid (fat)	g	13.87		4	JA	6		2.36	3.47	7.77
Ash	g	1.53		3	A	1		0.26	0.38	0.86
Carbohydrate, by difference	g	14.06		0	NC	4		2.39	3.52	7.88
Fiber, total dietary	g	0.3		1	JO	11		0.0	0.1	0.1
Sugars, total	g	0.20		0	NR	4		0.03	0.05	0.11
Sucrose	g	0.00		0	Z	7		0.00	0.00	0.00
Glucose (dextrose)	g	0.20		1	A	1		0.03	0.05	0.11
Fructose	g	0.00		0	Z	7		0.00	0.00	0.00
Lactose	g	0.00		0	Z	7		0.00	0.00	0.00
Maltose	g	0.00		0	Z	7		0.00	0.00	0.00
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		4	JA	6		1	2	4
Iron, Fe	mg	1.89		4	JA	6		0.32	0.47	1.06
Magnesium, Mg	mg	13		3	A	1		2	3	7
Phosphorus, P	mg	76		4	JA	6		13	19	43
Potassium, K	mg	158		4	JA	6		27	39	88
Sodium, Na	mg	659		4	JA	6		112	165	369
Zinc, Zn	mg	1.06		3	A	1		0.18	0.27	0.59
Copper, Cu	mg	0.212		3	A	1		0.036	0.053	0.119
Manganese, Mn	mg									
Selenium, Se	mcg	17.4		0	BFZN	4		3.0	4.4	9.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.5		1	A	1		0.4	0.6	1.4
Thiamin	mg	0.116		4	JA	6		0.020	0.029	0.065
Riboflavin	mg	0.287		4	JA	6		0.049	0.072	0.160
Niacin	mg	2.273		4	JA	6		0.386	0.568	1.273
Pantothenic acid	mg									
Vitamin B-6	mg	0.120		0		4		0.020	0.030	0.067
Folate, total	mcg	5		0		4		1	1	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	5		0		4		1	1	3
Folate, DFE	mcg_DFE	5		0	NC	4		1	1	3
Choline, total	mg	72.4		0	BFNN	4		12.3	18.1	40.5
Betaine	mg	3.9		0	BFNN	4		0.7	1.0	2.2
Vitamin B-12	mcg	0.31		0		4		0.05	0.08	0.17
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	626		0	NR	4		106	156	350
Retinol	mcg	626		0	NR	4		106	156	350
Carotene, beta	mcg	0		0	Z	7		0	0	0
Carotene, alpha	mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	0
Vitamin A, IU	IU	2086		4	JA	6		355	521	1168
Lycopene	mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.15		0	NR	4		0.03	0.04	0.08
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.3		0	AS	1		0.1	0.1	0.2
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 07951
Scrapple, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg	0.3		0	BFFN	4		0.1	0.1	0.2
Vitamin D.....IU	13		0	BFFN	4		2	3	7
Vitamin K (phylloquinone).....mcg	3.4		0	BFZN	4		0.6	0.9	1.9
Lipids:									
Fatty acids, total saturated.....g	4.732		0	NC	4		0.804	1.183	2.650
4:0.....g	0.000		0		4		0.000	0.000	0.000
6:0.....g	0.000		0		4		0.000	0.000	0.000
8:0.....g	0.000		0		4		0.000	0.000	0.000
10:0.....g	0.009		0		4		0.002	0.002	0.005
12:0.....g	0.014		0		4		0.002	0.004	0.008
13:0.....g									
14:0.....g	0.167		0		4		0.028	0.042	0.094
15:0.....g									
16:0.....g	2.993		0		4		0.509	0.748	1.676
17:0.....g									
18:0.....g	1.549		0		4		0.263	0.387	0.867
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.156		0	NC	4		1.047	1.539	3.447
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.394		0		4		0.067	0.099	0.221
17:1.....g									
18:1 undifferentiated.....g	5.660		0		4		0.962	1.415	3.170
20:1.....g	0.102		0		4		0.017	0.026	0.057
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.664		0	NC	4		0.283	0.416	0.932
18:2 undifferentiated.....g	1.349		0		4		0.229	0.337	0.755
18:3 undifferentiated.....g	0.259		0		4		0.044	0.065	0.145
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.056		0		4		0.010	0.014	0.031
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA).....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA).....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	49		4	JA	6		8	12	27
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 cubic inch

Measure 2 = 25g: 1 oz cooked,

Measure 3 = 56g: 2 oz

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07074
Smoked link sausage, pork

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.49	0.269	3	A	1		38.42	9.04	
Energy	kcal	307		0	NC	4		208	49	
Energy	kJ	1283		0	NC	4		872	205	
Protein (N x 6.25)	g	11.98	0.219	3	A	1		8.15	1.92	
Total lipid (fat)	g	28.23	1.190	3	A	1		19.20	4.52	
Ash	g	3.11	0.123	3	A	1		2.11	0.50	
Carbohydrate, by difference	g	0.18		0	NC	4		0.12	0.03	
Fiber, total dietary	g	0.0	0.000	3	A	1		0.0	0.0	
Sugars, total	g	0.94	0.177	3	A	1		0.64	0.15	
Sucrose	g	0.24	0.058	3	A	1		0.17	0.04	
Glucose (dextrose)	g	0.70	0.119	3	A	1		0.47	0.11	
Fructose	g	0.00	0.000	3	A	1		0.00	0.00	
Lactose	g	0.00	0.000	3	A	1		0.00	0.00	
Maltose	g	0.00	0.000	3	A	1		0.00	0.00	
Galactose	g	0.00	0.000	3	A	1		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.466	3	A	1		7	2	
Iron, Fe	mg	0.59	0.021	3	A	1		0.40	0.09	
Magnesium, Mg	mg	11	0.273	3	A	1		8	2	
Phosphorus, P	mg	157	26.959	3	A	1		107	25	
Potassium, K	mg	483	68.637	3	A	1		328	77	
Sodium, Na	mg	827	9.062	3	A	1		563	132	
Zinc, Zn	mg	1.31	0.046	3	A	1		0.89	0.21	
Copper, Cu	mg	0.176	0.097	3	A	1		0.119	0.028	
Manganese, Mn	mg	0.011	0.000	3	A	1		0.007	0.002	
Selenium, Se	mcg	18.3	1.185	3	A	1		12.4	2.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.212	0.016	3	A	1		0.144	0.034	
Riboflavin	mg	0.180	0.016	3	A	1		0.122	0.029	
Niacin	mg	2.807	0.072	3	A	1		1.909	0.449	
Pantothenic acid	mg	0.536	0.043	3	A	1		0.364	0.086	
Vitamin B-6	mg	0.179	0.012	3	A	1		0.122	0.029	
Folate, total	mcg	1	0.058	3	A	1		0	0	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	1	0.058	3	A	1		0	0	
Folate, DFE	mcg_DFE	1		0	NC	4		0	0	
Choline, total	mg	61.1		0	AS	1		41.5	9.8	
Betaine	mg	1.8		1	A	1		1.2	0.3	
Vitamin B-12	mcg	0.66	0.008	3	A	1		0.45	0.11	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.25		0	NR	4		0.17	0.04	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.1		0	BFFN	4		0.7	0.2	
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 07074
Smoked link sausage, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol).....mcg									
Vitamin D.....IU	43		0	BFFN	4		29	7	
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	9.313		0	NC	4		6.333	1.490	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.340	0.002	3	A	1		0.231	0.054	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	5.804	0.071	3	A	1		3.947	0.929	
17:0.....g	0.079	0.001	3	A	1		0.054	0.013	
18:0.....g	3.045	0.082	3	A	1		2.070	0.487	
20:0.....g	0.046	0.001	3	A	1		0.031	0.007	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	11.212		0	NC	4		7.624	1.794	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.565	0.007	3	A	1		0.384	0.090	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	10.460	0.071	3	AS	1		7.113	1.674	
18:1 c.....g	10.302	0.085	3	A	1		7.006	1.648	
18:1-11c (18:1c n-7).....g									
18:1 t.....g	0.158	0.020	3	A	1		0.107	0.025	
18:1-11t (18:1t n-7).....g									
20:1.....g	0.187	0.004	3	A	1		0.127	0.030	
22:1 undifferentiated.....g	0.000	0.000	3	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.626		0	NC	4		2.466	0.580	
18:2 undifferentiated.....g	3.258	0.054	3	AS	1		2.216	0.521	
18:2 n-6 c,c.....g	3.185	0.045	3	A	1		2.166	0.510	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g	0.073	0.010	3	A	1		0.050	0.012	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.169	0.005	3	AS	1		0.115	0.027	
18:3 n-3 c,c,c (ALA).....g	0.169	0.005	3	A	1		0.115	0.027	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i.....g									
18:4.....g	0.000		4		1		0.000	0.000	
20:2 n-6 c,c.....g	0.134	0.001	3	A	1		0.091	0.021	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.064	0.000	3	A	1		0.044	0.010	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.000	0.000	3	A	1		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.231		0	NC	4		0.157	0.037	
Fatty acids, total trans-monoenoic.....g	0.158		0	NC	4		0.107	0.025	
Fatty acids, total trans-polyenoic.....g	0.073		0	NC	4		0.050	0.012	

NDB No. 07074
Smoked link sausage, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Cholesterol....mg	61	1.185	3	A	1		41	10	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.216		0		1		0.147	0.035	
Threonine....g	0.929		0		1		0.632	0.149	
Isoleucine....g	0.951		0		1		0.647	0.152	
Leucine....g	1.692		0		1		1.151	0.271	
Lysine....g	1.745		0		1		1.187	0.279	
Methionine....g	0.596		0		1		0.405	0.095	
Cystine....g	0.248		0		1		0.169	0.040	
Phenylalanine....g	0.848		0		1		0.577	0.136	
Tyrosine....g	0.699		0		1		0.475	0.112	
Valine....g	1.068		0		1		0.726	0.171	
Arginine....g	1.454		0		1		0.989	0.233	
Histidine....g	0.699		0		1		0.475	0.112	
Alanine....g	1.419		0		1		0.965	0.227	
Aspartic acid....g	2.033		0		1		1.382	0.325	
Glutamic acid....g	3.327		0		1		2.262	0.532	
Glycine....g	1.561		0		1		1.061	0.250	
Proline....g	1.121		0		1		0.762	0.179	
Serine....g	0.919		0		1		0.625	0.147	
Hydroxyproline....g	0.210	0.018	3	A	1		0.143	0.034	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 link (4" long x 1-1/8" dia)

Measure 2 = 16g: 1 link, little (2" long x 3/4" dia)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07076

Smoked link sausage, pork and beef, flour and nonfat dry milk added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	57.40	0.497	8		1		39.03	32.72	9.18
Energy....kcal	268		0	NC	4		182	153	43
Energy....kJ	1123		0	NC	4		763	640	180
Protein (N x 6.25)....g	13.97	0.437	8		1		9.50	7.96	2.24
Total lipid (fat)....g	21.43	0.871	8		1		14.57	12.22	3.43
Ash....g	3.24	0.112	8		1		2.20	1.85	0.52
Carbohydrate, by difference....g	3.96		0	NC	4		2.69	2.26	0.63
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total....g	3.00		2	A	1		2.04	1.71	0.48
Starch....g									
Minerals:									
Calcium, Ca....mg	66		1	A	1		45	37	11
Iron, Fe....mg	1.44		2	A	1		0.98	0.82	0.23
Magnesium, Mg....mg	13	0.921	8		1		9	7	2
Phosphorus, P....mg	110	5.976	8		1		75	63	18
Potassium, K....mg	155	8.149	8		1		105	88	25
Sodium, Na....mg	1272		2	A	1		865	725	204
Zinc, Zn....mg	2.00	0.182	8		1		1.36	1.14	0.32
Copper, Cu....mg	0.090	0.016	8		1		0.061	0.051	0.014
Manganese, Mn....mg	0.052	0.005	8		1		0.035	0.030	0.008
Selenium, Se....mcg	15.9		0	BFNN	4		10.8	9.1	2.5
Vitamins:									
Vitamin C, total ascorbic acid....mg	3.2		1	A	1		2.2	1.8	0.5
Thiamin....mg	0.235	0.015	8		1		0.160	0.134	0.038
Riboflavin....mg	0.176	0.012	8		1		0.120	0.100	0.028
Niacin....mg	2.701	0.114	8		1		1.837	1.540	0.432
Pantothenic acid....mg	0.610		0		4		0.415	0.348	0.098
Vitamin B-6....mg	0.130	0.007	8		1		0.088	0.074	0.021
Folate, total....mcg	2		0		4		1	1	0
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	2		0		4		1	1	0
Folate, DFE....mcg_DFE	2		0	NC	4		1	1	0
Choline, total....mg	84.6		0	BFNN	4		57.6	48.2	13.5
Betaine....mg	2.5		0	BFNN	4		1.7	1.4	0.4
Vitamin B-12....mcg	1.32	0.058	8		1		0.90	0.75	0.21
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	0
Retinol....mcg	0		0	Z	7		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.22		0	NR	4		0.15	0.13	0.04
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.8		0	BFFN	4		0.5	0.5	0.1
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU	32		0	BFFN	4		22	18	5
Vitamin K (phylloquinone)....mcg	1.6		0	BFZN	4		1.1	0.9	0.3
Lipids:									
Fatty acids, total saturated....g	7.789		0	NC	4		5.296	4.440	1.246
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 07076

Smoked link sausage, pork and beef, flour and nonfat dry milk added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.040	0.007	8		1		0.027	0.023	0.006
12:0....g	0.030	0.008	8		1		0.020	0.017	0.005
13:0....g									
14:0....g	0.339	0.023	8		1		0.230	0.193	0.054
15:0....g									
16:0....g	4.691	0.202	8		1		3.190	2.674	0.751
17:0....g									
18:0....g	2.689	0.135	8		1		1.829	1.533	0.430
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.890		0	NC	4		6.725	5.637	1.582
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.817	0.058	8		1		0.555	0.466	0.131
17:1....g									
18:1 undifferentiated....g	9.074	0.347	8		1		6.170	5.172	1.452
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.251		0	NC	4		1.531	1.283	0.360
18:2 undifferentiated....g	1.872	0.118	8		1		1.273	1.067	0.300
18:3 undifferentiated....g	0.378	0.088	8		1		0.257	0.216	0.061
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	65		2	A	1		44	37	10
Phytosterols....mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan....g	0.140		0		1		0.095	0.080	0.022
Threonine....g	0.572		0		1		0.389	0.326	0.092
Isoleucine....g	0.621		0		1		0.422	0.354	0.099
Leucine....g	1.076		0		1		0.732	0.613	0.172
Lysine....g	1.079		0		1		0.734	0.615	0.173
Methionine....g	0.359		0		1		0.244	0.205	0.057
Cystine....g	0.162		0		1		0.110	0.092	0.026
Phenylalanine....g	0.540		0		1		0.367	0.308	0.086
Tyrosine....g	0.459		0		1		0.312	0.262	0.073
Valine....g	0.676		0		1		0.460	0.385	0.108
Arginine....g	0.869		0		1		0.591	0.495	0.139
Histidine....g	0.434		0		1		0.295	0.247	0.069
Alanine....g	0.885		0		1		0.602	0.504	0.142
Aspartic acid....g	1.273		0		1		0.866	0.726	0.204
Glutamic acid....g	2.252		0		1		1.531	1.284	0.360
Glycine....g	0.972		0		1		0.661	0.554	0.156
Proline....g	0.837		0		1		0.569	0.477	0.134
Serine....g	0.591		0		1		0.402	0.337	0.095
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07076

Smoked link sausage, pork and beef, flour and nonfat dry milk added

Common Measures:

Measure 1 = 68g: 1 link (4" long x 1-1/8" dia)

Measure 2 = 57g: 2 oz

Measure 3 = 16g: 1 link, little (2" long x 3/4" dia)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07077
Smoked link sausage, pork and beef, nonfat dry milk added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	53.91	0.190	52		1		36.66	8.63	
Energy....kcal	313		0	NC	4		213	50	
Energy....kJ	1310				4		891	210	
Protein (N x 6.25)....g	13.28	0.092	52		1		9.03	2.12	
Total lipid (fat)....g	27.61	0.161	52		1		18.77	4.42	
Ash....g	3.29	0.088	7		1		2.24	0.53	
Carbohydrate, by difference....g	1.92		0	NC	4		1.31	0.31	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g									
Starch....g									
Minerals:									
Calcium, Ca....mg	41	0.922	52		1		28	7	
Iron, Fe....mg	1.47	0.039	52		1		1.00	0.24	
Magnesium, Mg....mg	16	0.421	7		1		11	3	
Phosphorus, P....mg	137	7.485	7		1		93	22	
Potassium, K....mg	286	12.983	7		1		194	46	
Sodium, Na....mg	1173	24.127	7		1		798	188	
Zinc, Zn....mg	1.96	0.065	7		1		1.33	0.31	
Copper, Cu....mg	0.090	0.010	7		1		0.061	0.014	
Manganese, Mn....mg	0.038	0.004	7		1		0.026	0.006	
Selenium, Se....mcg	13.9		0	BFNN	4		9.5	2.2	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0		7		0.0	0.0	
Thiamin....mg	0.193	0.005	52		1		0.131	0.031	
Riboflavin....mg	0.214	0.004	52		1		0.146	0.034	
Niacin....mg	2.845	0.057	52		1		1.935	0.455	
Pantothenic acid....mg	0.610		2		1		0.415	0.098	
Vitamin B-6....mg	0.180	0.004	52		1		0.122	0.029	
Folate, total....mcg	2		0		4		1	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	2		0		4		1	0	
Folate, DFE....mcg_DFE	2		0	NC	4		1	0	
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg	1.57	0.043	52		1		1.07	0.25	
Vitamin A, RAE....mcg_RAE	0		0		4		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg									
Carotene, alpha....mcg									
Cryptoxanthin, beta....mcg									
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg									
Lutein + zeaxanthin....mcg									
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	9.720		0		1		6.610	1.555	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	

NDB No. 07077

Smoked link sausage, pork and beef, nonfat dry milk added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.090	0.025	7		1		0.061	0.014	
12:0 g	0.060	0.017	7		1		0.041	0.010	
13:0 g									
14:0 g	0.360	0.022	7		1		0.245	0.058	
15:0 g									
16:0 g	5.920	0.104	7		1		4.026	0.947	
17:0 g									
18:0 g	3.280	0.080	7		1		2.230	0.525	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	12.640		0		1		8.595	2.022	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.980	0.065	7		1		0.666	0.157	
17:1 g									
18:1 undifferentiated g	11.660	0.220	7		1		7.929	1.866	
20:1 g	0.000		0		4		0.000	0.000	
22:1 undifferentiated g	0.000		0		4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	3.020		0		1		2.054	0.483	
18:2 undifferentiated g	2.630	0.085	7		1		1.788	0.421	
18:3 undifferentiated g	0.390	0.099	7		1		0.265	0.062	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	65	2.473	7		1		44	10	
Phytosterols mg	0		0		4		0	0	
Amino Acids:									
Tryptophan g	0.135		0		1		0.092	0.022	
Threonine g	0.552		0		1		0.375	0.088	
Isoleucine g	0.605		0		1		0.411	0.097	
Leucine g	1.044		0		1		0.710	0.167	
Lysine g	1.043		0		1		0.709	0.167	
Methionine g	0.344		0		1		0.234	0.055	
Cystine g	0.151		0		1		0.103	0.024	
Phenylalanine g	0.520		0		1		0.354	0.083	
Tyrosine g	0.451		0		1		0.307	0.072	
Valine g	0.660		0		1		0.449	0.106	
Arginine g	0.813		0		1		0.553	0.130	
Histidine g	0.414		0		1		0.282	0.066	
Alanine g	0.826		0		1		0.562	0.132	
Aspartic acid g	1.213		0		1		0.825	0.194	
Glutamic acid g	2.135		0		1		1.452	0.342	
Glycine g	0.894		0		1		0.608	0.143	
Proline g	0.814		0		1		0.554	0.130	
Serine g	0.570		0		1		0.388	0.091	
Hydroxyproline g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: 1 link (4" long x 1-1/8" dia)

Measure 2 = 16g: 1 link, little (2" long x 3/4" dia)

NDB No. 07077
Smoked link sausage, pork and beef, nonfat dry milk added

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07920

Swisswurst, pork and beef, with swiss cheese, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.31	0.229	16	A	1		42.59		
Energy	kcal	307		0	NC	4		237		
Energy	kJ	1286		0	NC	4		990		
Protein (N x 6.25)	g	12.69	0.081	16	A	1		9.77		
Total lipid (fat)	g	27.37	0.240	16	A	1		21.07		
Ash	g	3.03		0	NC	4		2.33		
Carbohydrate, by difference	g	1.60		0	NC	4		1.23		
Fiber, total dietary	g	0.0		0	MC	9		0.0		
Sugars, total	g	0.00		0	MC	9		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	74		0	MC	9		57		
Iron, Fe	mg	0.72		0	MC	9		0.55		
Magnesium, Mg	mg	13		0	BFZN	4		10		
Phosphorus, P	mg	178		0	BFZN	4		137		
Potassium, K	mg	206		0	BFZN	4		159		
Sodium, Na	mg	827		0	MC	9		637		
Zinc, Zn	mg	2.25		0	BFZN	4		1.73		
Copper, Cu	mg	0.070		0	BFZN	4		0.054		
Manganese, Mn	mg	0.032		0	BFZN	4		0.024		
Selenium, Se	mcg	7.5		0	BFZN	4		5.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	MC	9		0.0		
Thiamin	mg	0.249		0	BFZN	4		0.191		
Riboflavin	mg	0.160		0	BFZN	4		0.123		
Niacin	mg	2.900		0	BFZN	4		2.233		
Pantothenic acid	mg	0.760		0	BFZN	4		0.585		
Vitamin B-6	mg	0.130		0	BFZN	4		0.100		
Folate, total	mcg	3		0	MC	9		2		
Folic acid	mcg	0		0	NR	4		0		
Folate, food	mcg	3		0	MC	9		2		
Folate, DFE	mcg_DFE	3		0	NC	4		2		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.73		0	BFZN	4		1.33		
Vitamin A, RAE	mcg_RAE	100		0	AS	1		77		
Retinol	mcg	100		0	NR	4		77		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	334		0	MC	9		257		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		

NDB No. 07920
Swisswurst, pork and beef, with swiss cheese, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.090		0	BFZN	4		0.069		
12:0 ... g	0.100		0	BFZN	4		0.077		
13:0 ... g									
14:0 ... g	0.560		0	BFZN	4		0.431		
15:0 ... g									
16:0 ... g	6.390		0	BFZN	4		4.920		
17:0 ... g									
18:0 ... g	3.330		0	BFZN	4		2.564		
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	13.680		0	BFZN	4		10.534		
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	1.140		0	BFZN	4		0.878		
17:1 ... g									
18:1 undifferentiated ... g	12.505		0	BFZN	4		9.629		
20:1 ... g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated ... g	0.000		0	BFZN	4		0.000		
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	3.020		0	BFZN	4		2.325		
18:2 undifferentiated ... g	2.620		0	BFZN	4		2.017		
18:3 undifferentiated ... g	0.400		0	BFZN	4		0.308		
18:4 ... g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA) ... g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) ... g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA) ... g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans ... g									
Cholesterol ... mg	61		0	MC	9		47		
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.150		0	BFZN	4		0.116		
Threonine ... g	0.540		0	BFZN	4		0.416		
Isoleucine ... g	0.620		0	BFZN	4		0.477		
Leucine ... g	1.100		0	BFZN	4		0.847		
Lysine ... g	1.160		0	BFZN	4		0.893		
Methionine ... g	0.360		0	BFZN	4		0.277		
Cystine ... g	0.150		0	BFZN	4		0.116		
Phenylalanine ... g	0.560		0	BFZN	4		0.431		
Tyrosine ... g	0.520		0	BFZN	4		0.400		
Valine ... g	0.690		0	BFZN	4		0.531		
Arginine ... g	0.840		0	BFZN	4		0.647		
Histidine ... g	0.470		0	BFZN	4		0.362		
Alanine ... g	0.830		0	BFZN	4		0.639		
Aspartic acid ... g	1.240		0	BFZN	4		0.955		
Glutamic acid ... g	2.350		0	BFZN	4		1.810		
Glycine ... g	0.910		0	BFZN	4		0.701		
Proline ... g	0.970		0	BFZN	4		0.747		
Serine ... g	0.600		0	BFZN	4		0.462		
Hydroxyproline ... g									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7		0.0		
Caffeine ... mg	0		0	Z	7		0		
Theobromine ... mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07920

Swisswurst, pork and beef, with swiss cheese, smoked

Common Measures:

Measure 1 = 77g: 1 serving 2.7 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07078
Thuringer, cervelat, summer sausage, beef, pork

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	45.18		4	A	1		25.30		
Energy	kcal	362		0	NC	4		203		
Energy	kJ	1514		0	NC	4		848		
Protein (N x 6.25)	g	17.45		4	A	1		9.77		
Total lipid (fat)	g	30.43		4	A	1		17.04		
Ash	g	3.63		4	A	1		2.03		
Carbohydrate, by difference	g	3.33		0	NC	4		1.86		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.85		2	A	1		0.48		
Starch	g									
Minerals:										
Calcium, Ca	mg	9		2	A	1		5		
Iron, Fe	mg	2.04		4	A	1		1.14		
Magnesium, Mg	mg	14	0.454	14		1		8		
Phosphorus, P	mg	111	10.961	7		1		62		
Potassium, K	mg	260		1	A	1		146		
Sodium, Na	mg	1300		4	A	1		728		
Zinc, Zn	mg	2.56	0.130	14		1		1.43		
Copper, Cu	mg	0.150	0.015	14		1		0.084		
Manganese, Mn	mg									
Selenium, Se	mcg	20.3		0	RF	4		11.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.6		2	A	1		9.3		
Thiamin	mg	0.150	0.008	7		1		0.084		
Riboflavin	mg	0.330	0.011	7		1		0.185		
Niacin	mg	4.310	0.302	7		1		2.414		
Pantothenic acid	mg									
Vitamin B-6	mg	0.260	0.008	7		1		0.146		
Folate, total	mcg	2		0		4		1		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	2		0		4		1		
Folate, DFE	mcg_DFE	2		0	NC	4		1		
Choline, total	mg	78.9		0	BFNN	4		44.2		
Betaine	mg	3.4		0	BFNN	4		1.9		
Vitamin B-12	mcg	5.50	0.257	7		1		3.08		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		0	Z	7		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	NR	4		0.12		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	1.1		0	T	4		0.6		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	44		0	T	4		25		
Vitamin K (phylloquinone)	mcg	1.3		0	BFZN	4		0.7		
Lipids:										
Fatty acids, total saturated	g	11.510		0	NC	4		6.446		
4:0	g	0.000		0		1		0.000		

NDB No. 07078
Thuringer, cervelat, summer sausage, beef, pork

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.110	0.039	7		1		0.062		
12:0....g	0.080	0.020	7		1		0.045		
13:0....g									
14:0....g	0.800	0.051	7		1		0.448		
15:0....g									
16:0....g	6.350	0.251	7		1		3.556		
17:0....g									
18:0....g	4.170	0.161	7		1		2.335		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	12.970		0	NC	4		7.263		
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.760	0.114	7		1		0.986		
17:1....g									
18:1 undifferentiated....g	11.210	0.503	7		1		6.278		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.200		0	NC	4		0.672		
18:2 undifferentiated....g	0.990	0.185	7		1		0.554		
18:3 undifferentiated....g	0.210	0.035	7		1		0.118		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	74		4	A	1		42		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 2 oz 1 serving

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42173
Turkey and pork sausage, fresh, bulk, patty or link, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	50.90		0		4		66.17	14.25	10.69
Energy....kcal	307		0		4		399	86	64
Energy....kJ	1284		0		4		1670	360	270
Protein (N x 6.25)....g	22.70		0		4		29.51	6.36	4.77
Total lipid (fat)....g	23.00		0		4		29.90	6.44	4.83
Ash....g	2.70		0	NR	4		3.51	0.76	0.57
Carbohydrate, by difference....g	0.70		0		4		0.91	0.20	0.15
Fiber, total dietary....g	0.0		0		7		0.0	0.0	0.0
Sugars, total....g	0.00		0	Z	7		0.00	0.00	0.00
Starch....g									
Minerals:									
Calcium, Ca....mg	32		0		4		42	9	7
Iron, Fe....mg	1.62		0		4		2.11	0.45	0.34
Magnesium, Mg....mg	19		0		4		25	5	4
Phosphorus, P....mg	191		0		4		248	53	40
Potassium, K....mg	337		0		4		438	94	71
Sodium, Na....mg	878		0		4		1141	246	184
Zinc, Zn....mg	3.17		0		4		4.12	0.89	0.67
Copper, Cu....mg	0.148		0		4		0.192	0.041	0.031
Manganese, Mn....mg									
Selenium, Se....mcg	21.0		0	BFNN	4		27.3	5.9	4.4
Vitamins:									
Vitamin C, total ascorbic acid....mg	1.1		0		4		1.4	0.3	0.2
Thiamin....mg	0.510		0		4		0.663	0.143	0.107
Riboflavin....mg	0.250		0		4		0.325	0.070	0.053
Niacin....mg	4.220		0		4		5.486	1.182	0.886
Pantothenic acid....mg									
Vitamin B-6....mg	0.340		0		4		0.442	0.095	0.071
Folate, total....mcg	4		0		4		5	1	1
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	4		0		4		5	1	1
Folate, DFE....mcg_DFE	4		0	NC	4		5	1	1
Choline, total....mg	79.9		0	BFNN	4		103.8	22.4	16.8
Betaine....mg	4.3		0	BFNN	4		5.6	1.2	0.9
Vitamin B-12....mcg	1.26		0		4		1.64	0.35	0.26
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	0
Retinol....mcg	0		0	NR	4		0	0	0
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	0		0		4		0	0	0
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.39		0	NR	4		0.51	0.11	0.08
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	2.0		0	AS	1		2.6	0.6	0.4
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	2.0		0	BFFN	4		2.6	0.6	0.4
Vitamin D....IU	79		0	BFFN	4		103	22	17
Vitamin K (phylloquinone)....mcg	5.7		0	BFSN	4		7.4	1.6	1.2
Lipids:									
Fatty acids, total saturated....g	7.950		0		4		10.335	2.226	1.670
4:0....g	0.000		0		4		0.000	0.000	0.000

NDB No. 42173
Turkey and pork sausage, fresh, bulk, patty or link, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	0.000
8:0 g	0.000		0		4		0.000	0.000	0.000
10:0 g	0.079		0		4		0.103	0.022	0.017
12:0 g	0.066		0		4		0.086	0.018	0.014
13:0 g									
14:0 g	0.314		0		4		0.408	0.088	0.066
15:0 g									
16:0 g	4.740		0		4		6.162	1.327	0.995
17:0 g									
18:0 g	2.631		0		4		3.420	0.737	0.553
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	9.719		0		4		12.635	2.721	2.041
14:1 g									
15:1 g									
16:1 undifferentiated g	0.800		0		4		1.040	0.224	0.168
17:1 g									
18:1 undifferentiated g	8.901		0		4		11.571	2.492	1.869
20:1 g	0.010		0		4		0.013	0.003	0.002
22:1 undifferentiated g	0.007		0		4		0.009	0.002	0.001
24:1 c g									
Fatty acids, total polyunsaturated g	3.250		0		4		4.225	0.910	0.683
18:2 undifferentiated g	2.760		0		4		3.588	0.773	0.580
18:3 undifferentiated g	0.380		0		4		0.494	0.106	0.080
18:4 g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.089		0		4		0.116	0.025	0.019
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.014		0		4		0.018	0.004	0.003
22:6 n-3 (DHA) g	0.021		0		4		0.027	0.006	0.004
Fatty acids, total trans g									
Cholesterol mg	84		0		4		109	24	18
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 cup, cooked

Measure 2 = 28g: 1 oz

Measure 3 = 21g: 1 oz cooked, yield

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07079
Turkey breast meat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.07	0.407	14	JA	6		24.44	15.55	
Energy....kcal	104		0	NC	4		34	22	
Energy....kJ	436		0	NC	4		144	92	
Protein (N x 6.25)....g	17.07	0.899	14	JA	6		5.63	3.59	
Total lipid (fat)....g	1.66	0.221	14	JA	6		0.55	0.35	
Ash....g	2.99	0.390	6	JA	6		0.99	0.63	
Carbohydrate, by difference....g	4.21		0	NC	4		1.39	0.88	
Fiber, total dietary....g	0.5		8	A	1		0.1	0.1	
Sugars, total....g	3.51		8	A	1		1.16	0.74	
Starch....g									
Minerals:									
Calcium, Ca....mg	8		8	A	1		2	2	
Iron, Fe....mg	1.44	0.522	9	JA	6		0.48	0.30	
Magnesium, Mg....mg	21		0	BFNN	4		7	4	
Phosphorus, P....mg	162		0	BFNN	4		53	34	
Potassium, K....mg	302		8	A	1		100	63	
Sodium, Na....mg	1015	96.746	14	JA	6		335	213	
Zinc, Zn....mg	1.33		0	BFNN	4		0.44	0.28	
Copper, Cu....mg	0.057		0	BFNN	4		0.019	0.012	
Manganese, Mn....mg	0.018		0	BFNN	4		0.006	0.004	
Selenium, Se....mcg	22.8		0	BFNN	4		7.5	4.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	5.7		8	A	1		1.9	1.2	
Thiamin....mg	0.130		3	A	1		0.043	0.027	
Riboflavin....mg	0.320		3	A	1		0.106	0.067	
Niacin....mg	0.110		3	A	1		0.036	0.023	
Pantothenic acid....mg	0.166		0	BFPN	4		0.055	0.035	
Vitamin B-6....mg	0.128		0	BFPN	4		0.042	0.027	
Folate, total....mcg	4		0	BFNN	4		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4		0	BFNN	4		1	1	
Folate, DFE....mcg_DFE	4		0	NC	4		1	1	
Choline, total....mg	66.4		0	BFNN	4		21.9	13.9	
Betaine....mg	4.8		0	BFNN	4		1.6	1.0	
Vitamin B-12....mcg	0.09		0	BFPN	4		0.03	0.02	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	10		0	AS	1		3	2	
Retinol....mcg	10		8	AS	1		3	2	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	33		8	A	1		11	7	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.09		0	NR	4		0.03	0.02	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, gamma....mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, delta....mg	0.00		0	NR	4		0.00	0.00	
Vitamin D (D2 + D3)....mcg	0.1		0	BFFN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.0	
Vitamin D....IU	2		0	BFFN	4		1	0	
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.333		0	NC	4		0.110	0.070	
4:0....g	0.000		0	BFFN	4		0.000	0.000	

NDB No. 07079
Turkey breast meat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.008		0	BFFN	4		0.003	0.002	
15:0....g									
16:0....g	0.245		0	BFFN	4		0.081	0.051	
17:0....g									
18:0....g	0.080		0	BFFN	4		0.026	0.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.494		0	NC	4		0.163	0.104	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.084		0	BFFN	4		0.028	0.018	
17:1....g									
18:1 undifferentiated....g	0.409		0	BFFN	4		0.135	0.086	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.312		0	NC	4		0.103	0.066	
18:2 undifferentiated....g	0.270		0	BFFN	4		0.089	0.057	
18:3 undifferentiated....g	0.017		0	BFFN	4		0.006	0.004	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.017		0	BFFN	4		0.006	0.004	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3 (DPA)....g	0.004		0	BFFN	4		0.001	0.001	
22:6 n-3 (DHA)....g	0.004		0	BFFN	4		0.001	0.001	
Fatty acids, total trans....g	0.000		0	NR	4		0.000	0.000	
Cholesterol....mg	43	0.434	14	JA	6		14	9	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.194		0	JO	11		0.064	0.041	
Threonine....g	0.759		0	JO	11		0.251	0.159	
Isoleucine....g	0.888		0	JO	11		0.293	0.186	
Leucine....g	1.360		0	JO	11		0.449	0.286	
Lysine....g	1.609		0	JO	11		0.531	0.338	
Methionine....g	0.495		0	JO	11		0.163	0.104	
Cystine....g	0.178		0	JO	11		0.059	0.037	
Phenylalanine....g	0.678		0	JO	11		0.224	0.142	
Tyrosine....g	0.675		0	JO	11		0.223	0.142	
Valine....g	0.907		0	JO	11		0.299	0.190	
Arginine....g	1.191		0	JO	11		0.393	0.250	
Histidine....g	0.533		0	JO	11		0.176	0.112	
Alanine....g	1.057		0	JO	11		0.349	0.222	
Aspartic acid....g	1.658		0	JO	11		0.547	0.348	
Glutamic acid....g	2.786		0	JO	11		0.920	0.585	
Glycine....g	0.847		0	JO	11		0.279	0.178	
Proline....g	0.711		0	JO	11		0.234	0.149	
Serine....g	0.759		0	JO	11		0.251	0.159	
Hydroxyproline....g	0.000		0	NR	4		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07079
Turkey breast meat

Common Measures:

Measure 1 = 33g: 1 serving

Measure 2 = 21g: 1 slice (3-1/2" square; 8 per 6 oz package)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07046
Turkey breast, low salt, prepackaged or deli, luncheon meat

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.07		0	RPA	1		20.74	20.74	60.00
Energy	kcal	99		0	NC	4		28	28	80
Energy	kJ	415		0	NC	4		116	116	336
Protein (N x 6.25)	g	22.81		1	LC	8		6.39	6.39	18.47
Total lipid (fat)	g	0.88		1	LC	8		0.25	0.25	0.71
Ash	g	2.99		0	RPA	1		0.84	0.84	2.42
Carbohydrate, by difference	g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary	g	0.5		0	RPA	1		0.1	0.1	0.4
Sugars, total	g	3.51		0	RPA	1		0.98	0.98	2.84
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0	RPA	1		2	2	6
Iron, Fe	mg	0.63		1	LC	8		0.18	0.18	0.51
Magnesium, Mg	mg	21		0	RPI	6		6	6	17
Phosphorus, P	mg	162		0	RPI	6		45	45	131
Potassium, K	mg	211		1	LC	8		59	59	171
Sodium, Na	mg	772		1	LC	8		216	216	625
Zinc, Zn	mg	1.33		0	RPI	6		0.37	0.37	1.07
Copper, Cu	mg	0.057		0	RPI	6		0.016	0.016	0.046
Manganese, Mn	mg	0.018		0	RPI	6		0.005	0.005	0.015
Selenium, Se	mcg	22.8		0	RPI	6		6.4	6.4	18.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.7		0	RPA	1		1.6	1.6	4.6
Thiamin	mg	0.130		0	RPA	1		0.036	0.036	0.105
Riboflavin	mg	0.320		0	RPA	1		0.090	0.090	0.259
Niacin	mg	0.110		0	RPA	1		0.031	0.031	0.089
Pantothenic acid	mg	0.166		0	RPI	6		0.046	0.046	0.134
Vitamin B-6	mg	0.128		0	RPI	6		0.036	0.036	0.104
Folate, total	mcg	4		0	RPI	6		1	1	4
Folic acid	mcg	0		0	RPI	6		0	0	0
Folate, food	mcg	4		0	RPI	6		1	1	4
Folate, DFE	mcg_DFE	4		0	NC	4		1	1	4
Choline, total	mg	66.4		0	RPI	6		18.6	18.6	53.8
Betaine	mg	4.8		0	RPI	6		1.4	1.4	3.9
Vitamin B-12	mcg	0.09		0	RPI	6		0.03	0.03	0.08
Vitamin B-12, added	mcg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	10		0	RPA	1		3	3	8
Retinol	mcg	10		0	RPA	1		3	3	8
Carotene, beta	mcg	0		0	RPI	6		0	0	0
Carotene, alpha	mcg	0		0	RPI	6		0	0	0
Cryptoxanthin, beta	mcg	0		0	RPI	6		0	0	0
Vitamin A, IU	IU	33		0	RPA	1		9	9	27
Lycopene	mcg	0		0	RPI	6		0	0	0
Lutein + zeaxanthin	mcg	0		0	RPI	6		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.09		0	RPI	6		0.03	0.03	0.07
Vitamin E, added	mg	0.00		0	RPI	6		0.00	0.00	0.00
Tocopherol, beta	mg	0.00		0	RPI	6		0.00	0.00	0.00
Tocopherol, gamma	mg	0.00		0	RPI	6		0.00	0.00	0.00
Tocopherol, delta	mg	0.00		0	RPI	6		0.00	0.00	0.00
Vitamin D (D2 + D3)	mcg	0.1		0	RPI	6		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.1		0	RPI	6		0.0	0.0	0.0
Vitamin D	IU	2		0	RPI	6		1	1	2
Vitamin K (phylloquinone)	mcg	0.0		0	RPI	6		0.0	0.0	0.0
Lipids:										
Fatty acids, total saturated	g	0.198		0	RPI	6		0.056	0.056	0.161
4:0	g	0.000		0	RPI	6		0.000	0.000	0.000

NDB No. 07046
Turkey breast, low salt, prepackaged or deli, luncheon meat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	RPI	6		0.000	0.000	0.000
8:0 g	0.000		0	RPI	6		0.000	0.000	0.000
10:0 g	0.000		0	RPI	6		0.000	0.000	0.000
12:0 g	0.000		0	RPI	6		0.000	0.000	0.000
13:0 g									
14:0 g	0.005		0	RPI	6		0.001	0.001	0.004
15:0 g									
16:0 g	0.146		0	RPI	6		0.041	0.041	0.118
17:0 g									
18:0 g	0.048		0	RPI	6		0.013	0.013	0.039
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.294		0	RPI	6		0.082	0.082	0.238
14:1 g									
15:1 g									
16:1 undifferentiated g	0.050		0	RPI	6		0.014	0.014	0.041
17:1 g									
18:1 undifferentiated g	0.244		0	RPI	6		0.068	0.068	0.197
20:1 g	0.000		0	RPI	6		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	RPI	6		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.186		0	RPI	6		0.052	0.052	0.151
18:2 undifferentiated g	0.161		0	RPI	6		0.045	0.045	0.130
18:3 undifferentiated g	0.010		0	RPI	6		0.003	0.003	0.008
18:4 g	0.000		0	RPI	6		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.010		0	RPI	6		0.003	0.003	0.008
20:5 n-3 (EPA) g	0.000		0	RPI	6		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.003		0	RPI	6		0.001	0.001	0.002
22:6 n-3 (DHA) g	0.003		0	RPI	6		0.001	0.001	0.002
Fatty acids, total trans g	0.000		0	RPI	6		0.000	0.000	0.000
Cholesterol mg	44		1	LC	8		12	12	36
Phytosterols mg	0		0	RPI	6		0	0	0
Amino Acids:									
Tryptophan g	0.194		0	RPI	6		0.054	0.054	0.157
Threonine g	0.759		0	RPI	6		0.213	0.213	0.615
Isoleucine g	0.888		0	RPI	6		0.249	0.249	0.719
Leucine g	1.360		0	RPI	6		0.381	0.381	1.102
Lysine g	1.609		0	RPI	6		0.451	0.451	1.303
Methionine g	0.495		0	RPI	6		0.139	0.139	0.401
Cystine g	0.178		0	RPI	6		0.050	0.050	0.144
Phenylalanine g	0.678		0	RPI	6		0.190	0.190	0.549
Tyrosine g	0.675		0	RPI	6		0.189	0.189	0.547
Valine g	0.907		0	RPI	6		0.254	0.254	0.735
Arginine g	1.191		0	RPI	6		0.333	0.333	0.965
Histidine g	0.533		0	RPI	6		0.149	0.149	0.432
Alanine g	1.057		0	RPI	6		0.296	0.296	0.856
Aspartic acid g	1.658		0	RPI	6		0.464	0.464	1.343
Glutamic acid g	2.786		0	RPI	6		0.780	0.780	2.257
Glycine g	0.847		0	RPI	6		0.237	0.237	0.686
Proline g	0.711		0	RPI	6		0.199	0.199	0.576
Serine g	0.759		0	RPI	6		0.213	0.213	0.615
Hydroxyproline g	0.000		0	RPI	6		0.000	0.000	0.000
Others:									
Alcohol, ethyl g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine mg	0		0	RPI	6		0	0	0
Theobromine mg	0		0	RPI	6		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07046

Turkey breast, low salt, prepackaged or deli, luncheon meat

Common Measures:

Measure 1 = 28g: 1 slice

Measure 2 = 28g: 1 slice NFS

Measure 3 = 81g: 1 cup wafer slices or shaved

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07080
Turkey ham, cured turkey thigh meat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	71.92		37	A	1		20.14	20.14	39.56
Energy....kcal	126		0	NC	4		35	35	69
Energy....kJ	528		0	NC	4		148	148	291
Protein (N x 6.25)....g	17.50		37	A	1		4.90	4.90	9.63
Total lipid (fat)....g	4.84		37	A	1		1.36	1.36	2.66
Ash....g	3.70	0.077	15	A	1		1.04	1.04	2.04
Carbohydrate, by difference....g	2.04		0	NC	4		0.57	0.57	1.12
Fiber, total dietary....g	0.2		5	A	1		0.1	0.1	0.1
Sugars, total....g	1.43		9	A	1		0.40	0.40	0.79
Starch....g									
Minerals:									
Calcium, Ca....mg	8		16	A	1		2	2	5
Iron, Fe....mg	2.34		16	A	1		0.66	0.66	1.29
Magnesium, Mg....mg	22	1.357	11	MA	12		6	6	12
Phosphorus, P....mg	294	9.045	11	MA	12		82	82	162
Potassium, K....mg	287		16	JA	6		80	80	158
Sodium, Na....mg	1114		9	A	1		312	312	613
Zinc, Zn....mg	2.59	0.099	11	MA	12		0.73	0.73	1.42
Copper, Cu....mg	0.250	0.015	11	MA	12		0.070	0.070	0.138
Manganese, Mn....mg	0.020		0	BFNN	4		0.006	0.006	0.011
Selenium, Se....mcg	32.2		0	BFNN	4		9.0	9.0	17.7
Vitamins:									
Vitamin C, total ascorbic acid....mg	8.9		6	A	1		2.5	2.5	4.9
Thiamin....mg	0.030		0	BFPN	4		0.008	0.008	0.017
Riboflavin....mg	0.149		0	BFPN	4		0.042	0.042	0.082
Niacin....mg	2.118		0	BFPN	4		0.593	0.593	1.165
Pantothenic acid....mg	0.758		0	BFPN	4		0.212	0.212	0.417
Vitamin B-6....mg	0.209		0	BFPN	4		0.058	0.058	0.115
Folate, total....mcg	7		0	BFNN	4		2	2	4
Folic acid....mcg	0		0	Z	7		0	0	0
Folate, food....mcg	7		0	BFNN	4		2	2	4
Folate, DFE....mcg_DFE	7		0	NC	4		2	2	4
Choline, total....mg	56.8		0	BFNN	4		15.9	15.9	31.2
Betaine....mg	4.8		0	BFNN	4		1.3	1.3	2.6
Vitamin B-12....mcg	0.23		0	BFPN	4		0.07	0.07	0.13
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....mcg_RAE	7		0	NR	4		2	2	4
Retinol....mcg	7		0	NR	4		2	2	4
Carotene, beta....mcg	0		0	Z	7		0	0	0
Carotene, alpha....mcg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	25		5	A	1		7	7	13
Lycopene....mcg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.64		0	NR	4		0.18	0.18	0.35
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	BFFN	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.0	0.0
Vitamin D....IU	2		0	BFFN	4		1	1	1
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	1.526		5	A	1		0.427	0.427	0.839
4:0....g	0.000		0	Z	7		0.000	0.000	0.000

NDB No. 07080
Turkey ham, cured turkey thigh meat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		0.000	0.000	0.000
10:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0 g	0.000	0.000	11	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.040	0.003	11	A	1		0.011	0.011	0.022
15:0 g									
16:0 g	0.680	0.042	11	A	1		0.190	0.190	0.374
17:0 g									
18:0 g	0.340	0.021	11	A	1		0.095	0.095	0.187
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.902		3	A	1		0.533	0.533	1.046
14:1 g									
15:1 g									
16:1 undifferentiated g	0.100	0.009	11	A	1		0.028	0.028	0.055
17:1 g									
18:1 undifferentiated g	1.040	0.072	11	A	1		0.291	0.291	0.572
20:1 g	0.007		0	BFFN	4		0.002	0.002	0.004
22:1 undifferentiated g	0.007		0	BFFN	4		0.002	0.002	0.004
24:1 c g									
Fatty acids, total polyunsaturated g	1.319		3	A	1		0.369	0.369	0.725
18:2 undifferentiated g	0.670	0.075	11	A	1		0.188	0.188	0.369
18:3 undifferentiated g	0.030	0.003	11	A	1		0.008	0.008	0.017
18:4 g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.096		0	BFFN	4		0.027	0.027	0.053
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.014		0	BFFN	4		0.004	0.004	0.008
22:6 n-3 (DHA) g	0.021		0	BFFN	4		0.006	0.006	0.011
Fatty acids, total trans g									
Cholesterol mg	72		20	A	1		20	20	40
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.192		0	A	1		0.054	0.054	0.106
Threonine g	0.758		0	A	1		0.212	0.212	0.417
Isoleucine g	0.872		0	A	1		0.244	0.244	0.479
Leucine g	1.351		0	A	1		0.378	0.378	0.743
Lysine g	1.582		0	A	1		0.443	0.443	0.870
Methionine g	0.489		0	A	1		0.137	0.137	0.269
Cystine g	0.191		0	A	1		0.053	0.053	0.105
Phenylalanine g	0.680		0	A	1		0.190	0.190	0.374
Tyrosine g	0.660		0	A	1		0.185	0.185	0.363
Valine g	0.905		0	A	1		0.253	0.253	0.498
Arginine g	1.224		0	A	1		0.343	0.343	0.673
Histidine g	0.523		0	A	1		0.147	0.147	0.288
Alanine g	1.106		0	A	1		0.310	0.310	0.608
Aspartic acid g	1.675		0	A	1		0.469	0.469	0.921
Glutamic acid g	2.773		0	A	1		0.777	0.777	1.525
Glycine g	1.037		0	A	1		0.290	0.290	0.570
Proline g	0.805		0	A	1		0.225	0.225	0.443
Serine g	0.767		0	A	1		0.215	0.215	0.422
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07080

Turkey ham, cured turkey thigh meat

Common Measures:

Measure 1 = 28g: .99 oz 1 serving

Measure 2 = 28g: 1 serving

Measure 3 = 55g: 1.94 oz 2 servings

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42128
Turkey ham, sliced, extra lean, prepackaged or deli-sliced

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.00		0		12		99.36	14.40	
Energy	kcal	124		0	NC	4		172	25	
Energy	kJ	520		0	NC	4		718	104	
Protein	g	19.60		0		12		27.05	3.92	
Total lipid (fat)	g	3.80		0		12		5.24	0.76	
Ash	g	1.67		0	NR	4		2.30	0.33	
Carbohydrate, by difference	g	2.93		0	NC	4		4.04	0.59	
Fiber, total dietary	g	0.0		0		7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		12		7	1	
Iron, Fe	mg	1.35		0		12		1.86	0.27	
Magnesium, Mg	mg	20		0		12		28	4	
Phosphorus, P	mg	304		0		12		420	61	
Potassium, K	mg	299		0		12		413	60	
Sodium, Na	mg	1038		0		12		1432	208	
Zinc, Zn	mg	2.36		0		12		3.26	0.47	
Copper, Cu	mg	0.110		0		4		0.152	0.022	
Manganese, Mn	mg									
Selenium, Se	mcg	37.0		0	BFNN	4		51.1	7.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.050		0		4		0.069	0.010	
Riboflavin	mg	0.250		0		4		0.345	0.050	
Niacin	mg	3.530		0		4		4.871	0.706	
Pantothenic acid	mg									
Vitamin B-6	mg	0.230		0		4		0.317	0.046	
Folate, total	mcg	6		0		4		8	1	
Folic acid	mcg	0		0	NR	4		0	0	
Folate, food	mcg	6		0		4		8	1	
Folate, DFE	mcg_DFE	6		0	NC	4		8	1	
Choline, total	mg	59.1		0	BFNN	4		81.6	11.8	
Betaine	mg	5.0		0	BFNN	4		6.9	1.0	
Vitamin B-12	mcg	0.26		0		4		0.36	0.05	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	0		0		7		0	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.39		0	NR	4		0.54	0.08	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.0		0	BFFN	4		0.1	0.0	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.0		0	BFFN	4		0.1	0.0	
Vitamin D	IU	2		0	BFFN	4		2	0	
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	1.090		0	NC	4		1.504	0.218	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 42128
Turkey ham, sliced, extra lean, prepackaged or deli-sliced

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.000		0		4		0.000	0.000	
12:0 g	0.011		0		4		0.015	0.002	
13:0 g									
14:0 g	0.026		0		4		0.036	0.005	
15:0 g									
16:0 g	0.674		0		4		0.930	0.135	
17:0 g									
18:0 g	0.379		0		4		0.523	0.076	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.864		0	NC	4		1.192	0.173	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.126		0		4		0.174	0.025	
17:1 g									
18:1 undifferentiated g	0.711		0		4		0.981	0.142	
20:1 g	0.016		0		4		0.022	0.003	
22:1 undifferentiated g	0.011		0		4		0.015	0.002	
24:1 c g									
Fatty acids, total polyunsaturated g	1.148		0	NC	4		1.584	0.230	
18:2 undifferentiated g	0.921		0		4		1.271	0.184	
18:3 undifferentiated g	0.037		0		4		0.051	0.007	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.137		0		4		0.189	0.027	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.021		0		4		0.029	0.004	
22:6 n-3 (DHA) g	0.032		0		4		0.044	0.006	
Fatty acids, total trans g									
Cholesterol mg	67		0		12		92	13	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 138g: 1 cup pieces

Measure 2 = 20g: 1 cubic inch

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07082
Turkey roll, light and dark meat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	70.15		2		1		19.89	39.99	
Energy....kcal	149		0	NC	4		42	85	
Energy....kJ	623		0		4		177	355	
Protein (N x 6.25)....g	18.14	0.751	8		1		5.14	10.34	
Total lipid (fat)....g	6.99	0.703	8		1		1.98	3.98	
Ash....g	2.60		2		1		0.74	1.48	
Carbohydrate, by difference....g	2.12		0	NC	4		0.60	1.21	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	32	8.737	8		1		9	18	
Iron, Fe....mg	1.35	0.144	8		1		0.38	0.77	
Magnesium, Mg....mg	18		1		1		5	10	
Phosphorus, P....mg	168		1		1		48	96	
Potassium, K....mg	270	26.242	7		1		77	154	
Sodium, Na....mg	586	64.326	8		1		166	334	
Zinc, Zn....mg	2.00		1		1		0.57	1.14	
Copper, Cu....mg	0.070		1		1		0.020	0.040	
Manganese, Mn....mg	0.013		0		4		0.004	0.007	
Selenium, Se....mcg	29.2		0	BFZY	4		8.3	16.6	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.091	0.006	7		1		0.026	0.052	
Riboflavin....mg	0.284	0.045	7		1		0.081	0.162	
Niacin....mg	4.800		1		1		1.361	2.736	
Pantothenic acid....mg	0.570		0		4		0.162	0.325	
Vitamin B-6....mg	0.270		0		4		0.077	0.154	
Folate, total....mcg	5		0		4		1	3	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	5		0		4		1	3	
Folate, DFE....mcg_DFE	5		0	NC	4		1	3	
Choline, total....mg	41.3		0	BFNN	4		11.7	23.5	
Betaine....mg	3.7		0	BFNN	4		1.0	2.1	
Vitamin B-12....mcg	0.23		0		4		0.07	0.13	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	NC	4		0	0	
Retinol....mcg	0		0	NR	4		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0		4		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.34		0	NR	4		0.10	0.19	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.2		0	BFFN	4		0.1	0.1	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.2		0	BFFN	4		0.1	0.1	
Vitamin D....IU	9		0	BFFN	4		3	5	
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	2.040		0		1		0.578	1.163	
4:0....g	0.000		0		4		0.000	0.000	

NDB No. 07082
Turkey roll, light and dark meat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.010		0		1		0.003	0.006	
13:0....g									
14:0....g	0.050		0		1		0.014	0.029	
15:0....g									
16:0....g	1.250		0		1		0.354	0.713	
17:0....g									
18:0....g	0.500		0		1		0.142	0.285	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.300		0		1		0.652	1.311	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.380		0		1		0.108	0.217	
17:1....g									
18:1 undifferentiated....g	1.870		0		1		0.530	1.066	
20:1....g	0.010		0		1		0.003	0.006	
22:1 undifferentiated....g	0.010		0		1		0.003	0.006	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.780		0		1		0.505	1.015	
18:2 undifferentiated....g	1.480		0		1		0.420	0.844	
18:3 undifferentiated....g	0.080		0		1		0.023	0.046	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.140		0		1		0.040	0.080	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA)....g	0.020		0		1		0.006	0.011	
22:6 n-3 (DHA)....g	0.030		0		1		0.009	0.017	
Fatty acids, total trans....g									
Cholesterol....mg	55	6.616	7		1		16	31	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.200		0		4		0.057	0.114	
Threonine....g	0.792		0		4		0.225	0.451	
Isoleucine....g	0.909		0		4		0.258	0.518	
Leucine....g	1.409		0		4		0.399	0.803	
Lysine....g	1.649		0		4		0.467	0.940	
Methionine....g	0.510		0		4		0.145	0.291	
Cystine....g	0.200		0		4		0.057	0.114	
Phenylalanine....g	0.710		0		4		0.201	0.405	
Tyrosine....g	0.687		0		4		0.195	0.392	
Valine....g	0.944		0		4		0.268	0.538	
Arginine....g	1.279		0		4		0.363	0.729	
Histidine....g	0.545		0		4		0.155	0.311	
Alanine....g	1.158		0		4		0.328	0.660	
Aspartic acid....g	1.749		0		4		0.496	0.997	
Glutamic acid....g	2.893		0		4		0.820	1.649	
Glycine....g	1.094		0		4		0.310	0.624	
Proline....g	0.846		0		4		0.240	0.482	
Serine....g	0.800		0		4		0.227	0.456	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07082
Turkey roll, light and dark meat

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07081
Turkey roll, light meat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	74.87	0.302	3	A	1		19.47	21.71	
Energy....kcal	98		0	NC	4		25	28	
Energy....kJ	408		0	NC	4		106	118	
Protein (N x 6.25)....g	14.79	1.603	3	A	1		3.85	4.29	
Total lipid (fat)....g	1.66	0.348	3	A	1		0.43	0.48	
Ash....g	3.66	0.553	3	A	1		0.95	1.06	
Carbohydrate, by difference....g	5.03		0	NC	4		1.31	1.46	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	7	1.867	3	A	1		2	2	
Iron, Fe....mg	0.37	0.042	3	A	1		0.10	0.11	
Magnesium, Mg....mg	19	1.408	3	A	1		5	6	
Phosphorus, P....mg	257	13.429	3	A	1		67	75	
Potassium, K....mg	427	185.008	3	A	1		111	124	
Sodium, Na....mg	1042	113.420	3	A	1		271	302	
Zinc, Zn....mg	0.89	0.047	3	A	1		0.23	0.26	
Copper, Cu....mg	0.346	0.248	3	A	1		0.090	0.100	
Manganese, Mn....mg	0.012	0.001	3	A	1		0.003	0.004	
Selenium, Se....mcg	13.0	5.568	3	A	1		3.4	3.8	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.023	0.008	3	A	1		0.006	0.007	
Riboflavin....mg	0.145	0.011	3	A	1		0.038	0.042	
Niacin....mg	7.150	0.556	3	A	1		1.859	2.073	
Pantothenic acid....mg	0.335	0.015	3	A	1		0.087	0.097	
Vitamin B-6....mg	0.410	0.013	3	A	1		0.107	0.119	
Folate, total....mcg	4	0.577	3	A	1		1	1	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	4	0.577	3	A	1		1	1	
Folate, DFE....mcg_DFE	4		0	NC	4		1	1	
Choline, total....mg	42.4		0	AS	1		11.0	12.3	
Betaine....mg	3.8		1	A	1		1.0	1.1	
Vitamin B-12....mcg	0.37	0.020	3	A	1		0.10	0.11	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.13		0	NR	4		0.03	0.04	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg	0.1		0	BFFN	4		0.0	0.0	
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg	0.1		0	BFFN	4		0.0	0.0	
Vitamin D....IU	2		0	BFFN	4		1	1	
Vitamin K (phylloquinone)....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.318		0	NC	4		0.083	0.092	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 07081
Turkey roll, light meat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.011	0.003	3	A	1		0.003	0.003	
15:0....g	0.002	0.001	3	A	1		0.001	0.001	
16:0....g	0.215	0.063	3	A	1		0.056	0.062	
17:0....g	0.004	0.001	3	A	1		0.001	0.001	
18:0....g	0.086	0.026	3	A	1		0.022	0.025	
20:0....g	0.001	0.001	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.421		0	NC	4		0.109	0.122	
14:1....g	0.001	0.001	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.026	0.008	3	A	1		0.007	0.007	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	0.392	0.124	3	AS	1		0.102	0.114	
18:1 c....g	0.351	0.108	3	A	1		0.091	0.102	
18:1-11c (18:1c n-7)....g									
18:1 t....g	0.041	0.017	3	A	1		0.011	0.012	
18:1-11t (18:1t n-7)....g									
20:1....g	0.003	0.001	3	A	1		0.001	0.001	
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.255		0	NC	4		0.066	0.074	
18:2 undifferentiated....g	0.237	0.048	3	AS	1		0.062	0.069	
18:2 n-6 c,c....g	0.225	0.044	3	A	1		0.058	0.065	
18:2 CLAs....g									
18:2 c,t....g									
18:2 t,c....g									
18:2 t,t....g	0.012	0.004	3	A	1		0.003	0.003	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.011	0.002	3	AS	1		0.003	0.003	
18:3 n-3 c,c,c (ALA)....g	0.011	0.002	3	A	1		0.003	0.003	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g	0.002	0.001	3	A	1		0.001	0.001	
20:3 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.004	0.000	3	A	1		0.001	0.001	
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.053		0	NC	4		0.014	0.015	
Fatty acids, total trans-monoenoic....g	0.041		0	NC	4		0.011	0.012	
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.003	0.003	
Cholesterol....mg	34	0.600	3	A	1		9	10	
Phytosterols....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan....g	0.206		0		4		0.054	0.060	
Threonine....g	0.816		0		4		0.212	0.237	
Isoleucine....g	0.936		0		4		0.243	0.271	

NDB No. 07081
Turkey roll, light meat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Leucine....g	1.451		0		4		0.377	0.421	
Lysine....g	1.698		0		4		0.441	0.492	
Methionine....g	0.525		0		4		0.137	0.152	
Cystine....g	0.206		0		4		0.054	0.060	
Phenylalanine....g	0.731		0		4		0.190	0.212	
Tyrosine....g	0.708		0		4		0.184	0.205	
Valine....g	0.973		0		4		0.253	0.282	
Arginine....g	1.319		0		4		0.343	0.383	
Histidine....g	0.561		0		4		0.146	0.163	
Alanine....g	1.195		0		4		0.311	0.347	
Aspartic acid....g	1.803		0		4		0.469	0.523	
Glutamic acid....g	2.981		0		4		0.775	0.864	
Glycine....g	1.135		0		4		0.295	0.329	
Proline....g	0.876		0		4		0.228	0.254	
Serine....g	0.825		0		4		0.215	0.239	
Hydroxyproline....g	0.039	0.011	3	A	1		0.010	0.011	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 slice oval

Measure 2 = 29g: 1 slice rectangle

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07958
Turkey sausage, fresh, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.06		1	A	1				
Energy	kcal	196		0	NC	4				
Energy	kJ	821		0	NC	4				
Protein (N x 6.25)	g	23.89		1	A	1				
Total lipid (fat)	g	10.44		1	A	1				
Ash	g	2.65		1	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	22		1	A	1				
Iron, Fe	mg	1.49		1	A	1				
Magnesium, Mg	mg	21		1	A	1				
Phosphorus, P	mg	202		1	A	1				
Potassium, K	mg	298		1	A	1				
Sodium, Na	mg	665		1	A	1				
Zinc, Zn	mg	3.88		1	A	1				
Copper, Cu	mg	0.145		1	A	1				
Manganese, Mn	mg	0.024		1	A	1				
Selenium, Se	mcg	0.0		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		1	A	1				
Thiamin	mg	0.084		1	A	1				
Riboflavin	mg	0.255		1	A	1				
Niacin	mg	5.720		1	A	1				
Pantothenic acid	mg	1.080		1	A	1				
Vitamin B-6	mg	0.322		1	A	1				
Folate, total	mcg	6		1	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	6		1	A	1				
Folate, DFE	mcg_DFE	6		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.23		1	A	1				
Vitamin A, RAE	mcg_RAE	13		0	AS	1				
Retinol	mcg	11		1	A	1				
Carotene, beta	mcg	11		1	A	1				
Carotene, alpha	mcg	11		1	A	1				
Cryptoxanthin, beta	mcg	11		1	A	1				
Vitamin A, IU	IU	75		0	AS	1				
Lycopene	mcg	11		1	A	1				
Lutein + zeaxanthin	mcg	11		1	A	1				
Vitamin E (alpha-tocopherol)	mg	0.18		2	A	1				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.16		2	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.5		2	A	1				
Lipids:										
Fatty acids, total saturated	g	2.266		1	A	1				
4:0	g	0.000		0	Z	7				
6:0	g	0.000		0	Z	7				
8:0	g	0.000		1	A	1				

NDB No. 07958
Turkey sausage, fresh, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		1	A	1				
12:0 ... g	0.009		1	A	1				
13:0 ... g									
14:0 ... g	0.081		1	A	1				
15:0 ... g	0.013		1	A	1				
16:0 ... g	1.491		1	A	1				
17:0 ... g	0.027		1	A	1				
18:0 ... g	0.635		1	A	1				
20:0 ... g	0.010		1	A	1				
22:0 ... g	0.000		1	A	1				
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.990		1	A	1				
14:1 ... g	0.013		1	A	1				
15:1 ... g	0.000		1	A	1				
16:1 undifferentiated ... g	0.250		1	A	1				
17:1 ... g									
18:1 undifferentiated ... g	2.697		1	A	1				
20:1 ... g	0.030		1	A	1				
22:1 undifferentiated ... g	0.000		0	Z	7				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.706		1	A	1				
18:2 undifferentiated ... g	2.384		1	A	1				
18:3 undifferentiated ... g	0.173		0	AS	1				
18:3 n-3 c,c,c (ALA) ... g	0.160		1	A	1				
18:3 n-6 c,c,c ... g	0.013		1	A	1				
18:3i ... g									
18:4 ... g	0.000		0	Z	7				
20:2 n-6 c,c ... g	0.018		1	A	1				
20:3 undifferentiated ... g	0.000		1	A	1				
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.131		1	A	1				
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		0	Z	7				
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.000		0	Z	7				
22:6 n-3 (DHA) ... g	0.000		0	Z	7				
Fatty acids, total trans ... g	0.430		1	A	1				
Cholesterol ... mg	92		1	A	1				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.185		1	A	1				
Threonine ... g	0.892		1	A	1				
Isoleucine ... g	0.993		1	A	1				
Leucine ... g	1.676		1	A	1				
Lysine ... g	1.884		1	A	1				
Methionine ... g	0.533		1	A	1				
Cystine ... g	0.230		1	A	1				
Phenylalanine ... g	0.866		1	A	1				
Tyrosine ... g	0.744		1	A	1				
Valine ... g	1.037		1	A	1				
Arginine ... g	1.444		1	A	1				
Histidine ... g	0.577		1	A	1				
Alanine ... g	1.346		1	A	1				
Aspartic acid ... g	2.009		1	A	1				
Glutamic acid ... g	3.558		1	A	1				
Glycine ... g	1.299		1	A	1				
Proline ... g	0.992		1	A	1				
Serine ... g	0.922		1	A	1				
Hydroxyproline ... g	0.226		1	A	1				
Others:									

NDB No. 07958
Turkey sausage, fresh, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07955
Turkey sausage, fresh, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.42		1	A	1				
Energy	kcal	155		0	NC	4				
Energy	kJ	648		0	NC	4				
Protein (N x 6.25)	g	18.79		1	A	1				
Total lipid (fat)	g	8.08		1	A	1				
Ash	g	2.24		1	A	1				
Carbohydrate, by difference	g	0.47		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	19		1	A	1				
Iron, Fe	mg	1.17		1	A	1				
Magnesium, Mg	mg	19		1	A	1				
Phosphorus, P	mg	177		1	A	1				
Potassium, K	mg	262		1	A	1				
Sodium, Na	mg	593		1	A	1				
Zinc, Zn	mg	3.06		1	A	1				
Copper, Cu	mg	0.086		1	A	1				
Manganese, Mn	mg	0.021		1	A	1				
Selenium, Se	mcg	0.0		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		1	A	1				
Thiamin	mg	0.077		1	A	1				
Riboflavin	mg	0.234		1	A	1				
Niacin	mg	4.600		1	A	1				
Pantothenic acid	mg	1.020		1	A	1				
Vitamin B-6	mg	0.431		1	A	1				
Folate, total	mcg	5		1	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	5		1	A	1				
Folate, DFE	mcg_DFE	5		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	1.30		1	A	1				
Vitamin A, RAE	mcg_RAE	13		0	AS	1				
Retinol	mcg	11		1	A	1				
Carotene, beta	mcg	11		1	A	1				
Carotene, alpha	mcg	11		1	A	1				
Cryptoxanthin, beta	mcg	11		1	A	1				
Vitamin A, IU	IU	75		0	AS	1				
Lycopene	mcg	11		1	A	1				
Lutein + zeaxanthin	mcg	11		1	A	1				
Vitamin E (alpha-tocopherol)	mg	0.13		2	A	1				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.13		2	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	A	1				
Lipids:										
Fatty acids, total saturated	g	1.963		1	A	1				
4:0	g	0.000		0	Z	7				
6:0	g	0.000		0	Z	7				
8:0	g	0.000		1	A	1				

NDB No. 07955
Turkey sausage, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.000		1	A	1				
12:0 ... g	0.000		1	A	1				
13:0 ... g									
14:0 ... g	0.070		1	A	1				
15:0 ... g	0.011		1	A	1				
16:0 ... g	1.304		1	A	1				
17:0 ... g	0.023		1	A	1				
18:0 ... g	0.555		1	A	1				
20:0 ... g	0.000		1	A	1				
22:0 ... g	0.000		1	A	1				
24:0 ... g									
Fatty acids, total monounsaturated ... g	2.624		1	A	1				
14:1 ... g	0.011		1	A	1				
15:1 ... g	0.000		1	A	1				
16:1 undifferentiated ... g	0.212		1	A	1				
17:1 ... g									
18:1 undifferentiated ... g	2.375		1	A	1				
20:1 ... g	0.026		1	A	1				
22:1 undifferentiated ... g	0.000		0	Z	7				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.386		1	A	1				
18:2 undifferentiated ... g	2.119		1	A	1				
18:3 undifferentiated ... g	0.143		0	AS	1				
18:3 n-3 c,c,c (ALA) ... g	0.133		1	A	1				
18:3 n-6 c,c,c ... g	0.010		1	A	1				
18:3i ... g									
18:4 ... g	0.000		0	Z	7				
20:2 n-6 c,c ... g	0.016		1	A	1				
20:3 undifferentiated ... g	0.000		1	A	1				
20:3 n-3 ... g									
20:3 n-6 ... g									
20:4 undifferentiated ... g	0.108		1	A	1				
20:4 n-3 ... g									
20:4 n-6 ... g									
20:5 n-3 (EPA) ... g	0.000		0	Z	7				
21:5 ... g									
22:4 ... g									
22:5 n-3 (DPA) ... g	0.000		0	Z	7				
22:6 n-3 (DHA) ... g	0.000		0	Z	7				
Fatty acids, total trans ... g	0.350		1	A	1				
Cholesterol ... mg	75		1	A	1				
Phytosterols ... mg									
Amino Acids:									
Tryptophan ... g	0.130		1	A	1				
Threonine ... g	0.711		1	A	1				
Isoleucine ... g	0.777		1	A	1				
Leucine ... g	1.316		1	A	1				
Lysine ... g	1.472		1	A	1				
Methionine ... g	0.415		1	A	1				
Cystine ... g	0.204		1	A	1				
Phenylalanine ... g	0.670		1	A	1				
Tyrosine ... g	0.575		1	A	1				
Valine ... g	0.802		1	A	1				
Arginine ... g									
Histidine ... g	0.468		1	A	1				
Alanine ... g	1.025		1	A	1				
Aspartic acid ... g	1.572		1	A	1				
Glutamic acid ... g	2.762		1	A	1				
Glycine ... g	0.935		1	A	1				
Proline ... g	0.737		1	A	1				
Serine ... g	0.729		1	A	1				
Hydroxyproline ... g	0.188		1	A	1				
Others:									

NDB No. 07955
Turkey sausage, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07066

Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.59		0	FLC	4		76.28		
Energy	kcal	204		0	NC	4		261		
Energy	kJ	853		0	NC	4		1091		
Protein	g	17.00		0	FLC	4		21.76		
Total lipid (fat)	g	10.30		0	FLC	4		13.18		
Ash	g	2.19		0	FLC	4		2.80		
Carbohydrate, by difference	g	10.92		0	NC	4		13.98		
Fiber, total dietary	g	0.3		0	FLC	4		0.4		
Sugars, total	g	0.00		0	FLC	4		0.00		
Sucrose	g	0.00		0	FLC	4		0.00		
Glucose (dextrose)	g	0.00		0	FLC	4		0.00		
Fructose	g	0.00		0	FLC	4		0.00		
Lactose	g	0.00		0	FLC	4		0.00		
Maltose	g	0.00		0	FLC	4		0.00		
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	31		0	FLC	4		40		
Iron, Fe	mg	1.80		0	FLC	4		2.30		
Magnesium, Mg	mg	21		0	FLC	4		27		
Phosphorus, P	mg	164		0	FLC	4		210		
Potassium, K	mg	207		0	FLC	4		265		
Sodium, Na	mg	617		0	FLC	4		790		
Zinc, Zn	mg	2.31		0	FLC	4		2.96		
Copper, Cu	mg	0.149		0	FLC	4		0.191		
Manganese, Mn	mg	0.221		0	FLC	4		0.283		
Selenium, Se	mcg	20.8		0	FLC	4		26.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	FLC	4		0.0		
Thiamin	mg	0.066		0	FLC	4		0.084		
Riboflavin	mg	0.151		0	FLC	4		0.193		
Niacin	mg	2.137		0	FLC	4		2.735		
Pantothenic acid	mg	0.722		0	FLC	4		0.924		
Vitamin B-6	mg	0.234		0	FLC	4		0.300		
Folate, total	mcg	23		0	FLC	4		29		
Folic acid	mcg	0		0	NR	4		0		
Folate, food	mcg	23		0	FLC	4		29		
Folate, DFE	mcg_DFE	23		0	NC	4		29		
Choline, total	mg	92.1		0	BFNN	4		117.9		
Betaine	mg	4.9		0	BFNN	4		6.3		
Vitamin B-12	mcg	0.28		0	FLC	4		0.36		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	2		0	NR	4		3		
Retinol	mcg	2		0	NR	4		3		
Carotene, beta	mcg	0		0	FLC	4		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	8		0	FLC	4		10		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.00		0	FLC	4		0.00		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.4		0	BFFN	4		0.5		
Vitamin D2 (ergocalciferol)	mcg									

NDB No. 07066

Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Vitamin D3 (cholecalciferol)....mcg	0.4		0	BFFN	4		0.5		
Vitamin D....IU	17		0	NR	4		21		
Vitamin K (phylloquinone)....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated....g	2.871		0	FLC	4		3.675		
4:0....g	0.000		0	FLC	4		0.000		
6:0....g	0.000		0	FLC	4		0.000		
8:0....g	0.000		0	FLC	4		0.000		
10:0....g	0.000		0	FLC	4		0.000		
12:0....g	0.008		0	FLC	4		0.010		
13:0....g									
14:0....g	0.078		0	FLC	4		0.100		
15:0....g	0.000		0	FLC	4		0.000		
16:0....g	1.906		0	FLC	4		2.440		
17:0....g	0.000		0	FLC	4		0.000		
18:0....g	0.643		0	FLC	4		0.823		
20:0....g	0.000		0	FLC	4		0.000		
22:0....g	0.000		0	FLC	4		0.000		
24:0....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated....g	3.876		0	FLC	4		4.961		
14:1....g	0.000		0	FLC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.658		0	FLC	4		0.842		
17:1....g									
18:1 undifferentiated....g	3.131		0	FLC	4		4.008		
20:1....g	0.008		0	FLC	4		0.010		
22:1 undifferentiated....g	0.008		0	FLC	4		0.010		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.541		0	FLC	4		3.252		
18:2 undifferentiated....g	2.227		0	FLC	4		2.851		
18:3 undifferentiated....g	0.142		0	FLC	4		0.182		
18:4....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		0	FLC	4		0.141		
20:5 n-3 (EPA)....g	0.000		0	FLC	4		0.000		
22:5 n-3 (DPA)....g	0.016		0	FLC	4		0.020		
22:6 n-3 (DHA)....g	0.024		0	FLC	4		0.031		
Fatty acids, total trans....g									
Cholesterol....mg	58		0	FLC	4		74		
Phytosterols....mg	0		0	FLC	4		0		
Amino Acids:									
Tryptophan....g	0.193		0	FLC	4		0.247		
Threonine....g	0.728		0	FLC	4		0.932		
Isoleucine....g	0.829		0	FLC	4		1.061		
Leucine....g	1.314		0	FLC	4		1.682		
Lysine....g	1.437		0	FLC	4		1.839		
Methionine....g	0.427		0	FLC	4		0.547		
Cystine....g	0.207		0	FLC	4		0.265		
Phenylalanine....g	0.706		0	FLC	4		0.904		
Tyrosine....g	0.628		0	FLC	4		0.804		
Valine....g	0.874		0	FLC	4		1.119		
Arginine....g	1.234		0	FLC	4		1.580		
Histidine....g	0.488		0	FLC	4		0.625		
Alanine....g	1.058		0	FLC	4		1.354		
Aspartic acid....g	1.709		0	FLC	4		2.188		
Glutamic acid....g	2.796		0	FLC	4		3.579		
Glycine....g	1.120		0	FLC	4		1.434		
Proline....g	0.884		0	FLC	4		1.132		
Serine....g	0.784		0	FLC	4		1.004		
Hydroxyproline....g									
Others:									

NDB No. 07066

Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07943

Turkey, breast, smoked, lemon pepper flavor, 97% fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	73.50		1	A	1		20.58		
Energy....kcal	95		0	MC	9		27		
Energy....kJ	398		0	MC	9		111		
Protein (N x 6.25)....g	20.90		1	A	1		5.85		
Total lipid (fat)....g	0.69		1	A	1		0.19		
Ash....g	3.60		1	A	1		1.01		
Carbohydrate, by difference....g	1.31		0	MC	9		0.37		
Fiber, total dietary....g	0.0		0	Z	7		0.0		
Sugars, total....g	0.00		0	Z	7		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg									
Iron, Fe....mg									
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	1160		1	A	1		325		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Lipids:									
Fatty acids, total saturated....g	0.220		1	A	1		0.062		
Fatty acids, total monounsaturated....g	0.250		1	A	1		0.070		
Fatty acids, total polyunsaturated....g	0.190		1	A	1		0.053		
Fatty acids, total trans....g									
Cholesterol....mg	48		1	A	1		14		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 slice

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07900
Turkey, pork, and beef sausage, low fat, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.30		0		4		346.10		
Energy	kcal	101		0		4		458		
Energy	kJ	423		0		4		1917		
Protein (N x 6.25)	g	8.00		0		4		36.29		
Total lipid (fat)	g	2.50		0		4		11.34		
Ash	g	1.66		0		4		7.53		
Carbohydrate, by difference	g	11.54		0	NC	4		52.35		
Fiber, total dietary	g	0.6		0		4		2.7		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		4		45		
Iron, Fe	mg	2.20		0		4		9.98		
Magnesium, Mg	mg	16		0		4		73		
Phosphorus, P	mg	74		0		4		336		
Potassium, K	mg	243		0		4		1102		
Sodium, Na	mg	796		0		4		3611		
Zinc, Zn	mg	1.20		0		4		5.44		
Copper, Cu	mg	0.134		0		4		0.608		
Manganese, Mn	mg									
Selenium, Se	mcg	24.6		0	BFNN	4		111.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.9		0		4		8.6		
Thiamin	mg	0.130		0		4		0.590		
Riboflavin	mg	0.080		0		4		0.363		
Niacin	mg	1.550		0		4		7.031		
Pantothenic acid	mg	0.165		0		4		0.748		
Vitamin B-6	mg	0.100		0		4		0.454		
Folate, total	mcg	6		0		4		27		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		0		4		27		
Folate, DFE	mcg_DFE	6		0	NC	4		27		
Choline, total	mg	59.0		0	BFNN	4		267.8		
Betaine	mg	5.2		0	BFNN	4		23.7		
Vitamin B-12	mcg	0.28		0		4		1.27		
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	NR	4		0		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	0		0		4		0		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg	0.09		0	NR	4		0.40		
Vitamin E, added	mg	0.00		0	Z	7		0.00		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.1		0	BFFN	4		0.4		
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU	3		0	BFFN	4		15		
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.850		0	NC	4		3.856		
4:0	g	0.000		0		4		0.000		

NDB No. 07900
Turkey, pork, and beef sausage, low fat, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000		
8:0 g	0.000		0		4		0.000		
10:0 g	0.001		0		4		0.004		
12:0 g	0.003		0		4		0.013		
13:0 g									
14:0 g	0.037		0		4		0.167		
15:0 g									
16:0 g	0.540		0		4		2.450		
17:0 g									
18:0 g	0.269		0		4		1.221		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.026		0	NC	4		4.654		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.099		0		4		0.449		
17:1 g									
18:1 undifferentiated g	0.914		0		4		4.146		
20:1 g	0.012		0		4		0.054		
22:1 undifferentiated g	0.001		0		4		0.005		
24:1 c g									
Fatty acids, total polyunsaturated g	0.329		0	NC	4		1.492		
18:2 undifferentiated g	0.283		0		4		1.284		
18:3 undifferentiated g	0.017		0		4		0.077		
18:4 g	0.000		0		4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.024		0		4		0.109		
20:5 n-3 (EPA) g	0.000		0		4		0.000		
22:5 n-3 (DPA) g	0.002		0		4		0.009		
22:6 n-3 (DHA) g	0.003		0		4		0.014		
Fatty acids, total trans g									
Cholesterol mg	21		0		4		95		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		4		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb 16 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 42241
Turkey, pork, and beef sausage, reduced fat, smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.20		0		4		87.02	8.29	
Energy	kcal	241		0	NC	4		354	34	
Energy	kJ	1008		0	NC	4		1482	141	
Protein (N x 6.25)	g	18.60		0		4		27.34	2.60	
Total lipid (fat)	g	16.80		0		4		24.70	2.35	
Ash	g	2.80		0	NR	4		4.12	0.39	
Carbohydrate, by difference	g	2.60		0		4		3.82	0.36	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		4		26	3	
Iron, Fe	mg	1.12		0		4		1.65	0.16	
Magnesium, Mg	mg	17		0		4		25	2	
Phosphorus, P	mg	142		0		4		209	20	
Potassium, K	mg	204		0		4		300	29	
Sodium, Na	mg	957		0		4		1407	134	
Zinc, Zn	mg	2.18		0		4		3.20	0.31	
Copper, Cu	mg	0.061		0		4		0.090	0.009	
Manganese, Mn	mg									
Selenium, Se	mcg	27.8		0	RF	4		40.9	3.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.180		0		4		0.265	0.025	
Riboflavin	mg	0.150		0		4		0.221	0.021	
Niacin	mg	3.290		0		4		4.836	0.461	
Pantothenic acid	mg									
Vitamin B-6	mg	0.270		0		4		0.397	0.038	
Folate, total	mcg	4		0		4		6	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		6	1	
Folate, DFE	mcg_DFE	4		0	NC	4		6	1	
Choline, total	mg	72.0		0	BFNN	4		105.8	10.1	
Betaine	mg	3.8		0	BFNN	4		5.6	0.5	
Vitamin B-12	mcg	0.44		0		4		0.65	0.06	
Vitamin B-12, added	mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE	mcg_RAE	1		0	NR	4		1	0	
Retinol	mcg	1		0	NR	4		1	0	
Carotene, beta	mcg	0		0	Z	7		0	0	
Carotene, alpha	mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta	mcg	0		0	Z	7		0	0	
Vitamin A, IU	IU	2		0		4		3	0	
Lycopene	mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin	mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	mg	0.25		0	NR	4		0.37	0.04	
Vitamin E, added	mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg	0.4		0	AS	1		0.6	0.1	
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg	0.4		0	BFFN	4		0.6	0.1	
Vitamin D	IU	16		0	BFFN	4		23	2	
Vitamin K (phylloquinone)	mcg	0.0		0	BFSN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	5.944		0	NC	4		8.738	0.832	
4:0	g	0.000		0		4		0.000	0.000	

NDB No. 42241
Turkey, pork, and beef sausage, reduced fat, smoked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0 g	0.000		0		4		0.000	0.000	
8:0 g	0.000		0		4		0.000	0.000	
10:0 g	0.012		0		4		0.018	0.002	
12:0 g	0.022		0		4		0.032	0.003	
13:0 g									
14:0 g	0.207		0		4		0.304	0.029	
15:0 g									
16:0 g	3.732		0		4		5.486	0.522	
17:0 g									
18:0 g	1.971		0		4		2.897	0.276	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	7.033		0	NC	4		10.339	0.985	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.557		0		4		0.819	0.078	
17:1 g									
18:1 undifferentiated g	6.414		0		4		9.429	0.898	
20:1 g	0.059		0		4		0.087	0.008	
22:1 undifferentiated g	0.003		0		4		0.004	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.145		0	NC	4		3.153	0.300	
18:2 undifferentiated g	1.907		0		4		2.803	0.267	
18:3 undifferentiated g	0.130		0		4		0.191	0.018	
18:4 g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.087		0		4		0.128	0.012	
20:5 n-3 (EPA) g	0.000		0		4		0.000	0.000	
22:5 n-3 (DPA) g	0.009		0		4		0.013	0.001	
22:6 n-3 (DHA) g	0.012		0		4		0.018	0.002	
Fatty acids, total trans g									
Cholesterol mg	65		0		4		96	9	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		4		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 147g: 1 cup pieces

Measure 2 = 14.0g: 1 cubic inch

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07944
Turkey, white, rotisserie, deli cut

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.00		1	A	1		34.56		
Energy	kcal	112		0	MC	9		54		
Energy	kJ	468		0	MC	9		225		
Protein (N x 6.25)	g	13.50		1	A	1		6.48		
Total lipid (fat)	g	3.00		1	A	1		1.44		
Ash	g	3.80		0	NC	4		1.82		
Carbohydrate, by difference	g	7.70		0	MC	9		3.70		
Fiber, total dietary	g	0.4		1	A	1		0.2		
Sugars, total	g	4.00		1	A	1		1.92		
Starch	g									
Minerals:										
Calcium, Ca	mg	16		1	A	1		7		
Iron, Fe	mg	2.20		1	A	1		1.06		
Magnesium, Mg	mg	20		0	BFZY	4		10		
Phosphorus, P	mg	158		0	BFZY	4		76		
Potassium, K	mg	349		1	A	1		167		
Sodium, Na	mg	1200		1	A	1		576		
Zinc, Zn	mg	2.10		0	BFZY	4		1.01		
Copper, Cu	mg	0.039		0	BFZY	4		0.019		
Manganese, Mn	mg	0.020		0	BFZN	4		0.010		
Selenium, Se	mcg	29.9		0	BFZN	4		14.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	10.0		1	A	1		4.8		
Thiamin	mg	0.033		0	BFZY	4		0.016		
Riboflavin	mg	0.114		0	BFZY	4		0.055		
Niacin	mg	5.159		0	BFZY	4		2.476		
Pantothenic acid	mg	0.584		0	BFZN	4		0.280		
Vitamin B-6	mg	0.294		0	BFZY	4		0.141		
Folate, total	mcg	4		0	BFZY	4		2		
Folic acid	mcg	0		0	BFZN	4		0		
Folate, food	mcg	4		0	BFZY	4		2		
Folate, DFE	mcg_DFE	4		0	NC	4		2		
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.22		0	BFZY	4		0.11		
Vitamin A, RAE	mcg_RAE	2		0	NC	4		1		
Retinol	mcg	2		0	NR	4		1		
Carotene, beta	mcg	0		0	Z	7		0		
Carotene, alpha	mcg	0		0	Z	7		0		
Cryptoxanthin, beta	mcg	0		0	Z	7		0		
Vitamin A, IU	IU	8		1	A	1		4		
Lycopene	mcg	0		0	Z	7		0		
Lutein + zeaxanthin	mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0		
Lipids:										
Fatty acids, total saturated	g	0.118		0	NC	4		0.057		
4:0	g	0.000		0	BFZN	4		0.000		
6:0	g	0.000		0	BFZN	4		0.000		
8:0	g	0.000		0	BFZN	4		0.000		

NDB No. 07944
Turkey, white, rotisserie, deli cut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 g	0.000		0	BFZN	4		0.000		
12:0 g	0.000		0	BFZN	4		0.000		
13:0 g									
14:0 g	0.003		0	BFZN	4		0.002		
15:0 g									
16:0 g	0.086		0	BFZN	4		0.041		
17:0 g									
18:0 g	0.028		0	BFZN	4		0.014		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.591		0	NC	4		0.284		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.102		0	BFZN	4		0.049		
17:1 g									
18:1 undifferentiated g	0.487		0	BFZN	4		0.234		
20:1 g	0.001		0	BFZN	4		0.001		
22:1 undifferentiated g	0.001		0	BFZN	4		0.001		
24:1 c g									
Fatty acids, total polyunsaturated g	0.370		0	NC	4		0.178		
18:2 undifferentiated g	0.322		0	BFZN	4		0.155		
18:3 undifferentiated g	0.021		0	BFZN	4		0.010		
18:4 g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.021		0	BFZN	4		0.010		
20:5 n-3 (EPA) g	0.000		0	BFZN	4		0.000		
22:5 n-3 (DPA) g	0.003		0	BFZN	4		0.001		
22:6 n-3 (DHA) g	0.004		0	BFZN	4		0.002		
Fatty acids, total trans g									
Cholesterol mg	55		1	A	1		26		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.154		0	A	1		0.074		
Threonine g	0.600		0	A	1		0.288		
Isoleucine g	0.702		0	A	1		0.337		
Leucine g	1.076		0	A	1		0.516		
Lysine g	1.272		0	A	1		0.611		
Methionine g	0.391		0	A	1		0.188		
Cystine g	0.141		0	A	1		0.067		
Phenylalanine g	0.536		0	A	1		0.257		
Tyrosine g	0.534		0	A	1		0.256		
Valine g	0.717		0	A	1		0.344		
Arginine g	0.942		0	A	1		0.452		
Histidine g	0.421		0	A	1		0.202		
Alanine g	0.836		0	A	1		0.401		
Aspartic acid g	1.311		0	A	1		0.629		
Glutamic acid g	2.203		0	A	1		1.058		
Glycine g	0.670		0	A	1		0.321		
Proline g	0.562		0	A	1		0.270		
Serine g	0.600		0	A	1		0.288		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07944
Turkey, white, rotisserie, deli cut

Common Measures:

Measure 1 = 48g: 1.69 oz (1 serving)

Calories Factors: Protein 4 **Fat** 9 **Carbohydrate** 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07044
USDA Commodity, luncheon meat, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	65.87		2	A	1		29.64	546.72	
Energy....kcal	189		0	NC	4		85	1570	
Energy....kJ	791		0	NC	4		356	6567	
Protein....g	17.50		2	A	1		7.87	145.25	
Total lipid (fat)....g	12.77		2	A	1		5.75	106.03	
Ash....g	2.82		2	A	1		1.27	23.41	
Carbohydrate, by difference....g	1.04		0	NC	4		0.47	8.59	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.00		0	Z	7		0.00	0.00	
Starch....g									
Minerals:									
Calcium, Ca....mg	5		2	A	1		2	46	
Iron, Fe....mg	0.97		2	A	1		0.43	8.01	
Magnesium, Mg....mg	18		2	A	1		8	149	
Phosphorus, P....mg	170		2	A	1		77	1411	
Potassium, K....mg	300		2	A	1		135	2490	
Sodium, Na....mg	820		2	A	1		369	6806	
Zinc, Zn....mg	2.15		2	A	1		0.97	17.84	
Copper, Cu....mg	0.030		2	A	1		0.013	0.248	
Manganese, Mn....mg	0.037		2	A	1		0.017	0.305	
Selenium, Se....mcg	38.3		2	A	1		17.3	318.3	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.128		2	A	1		0.057	1.058	
Riboflavin....mg	0.213		2	A	1		0.096	1.772	
Niacin....mg	5.225		2	A	1		2.351	43.368	
Pantothenic acid....mg	0.613		2	A	1		0.276	5.087	
Vitamin B-6....mg	0.272		2	A	1		0.122	2.257	
Folate, total....mcg	0		2	A	1		0	0	
Folic acid....mcg	0		0	Z	7		0	0	
Folate, food....mcg	0		2	A	1		0	0	
Folate, DFE....mcg_DFE	0		0	NC	4		0	0	
Choline, total....mg	63.9		0	AS	1		28.7	530.0	
Betaine....mg	2.5		2	A	1		1.1	20.9	
Vitamin B-12....mcg	0.92		2	A	1		0.41	7.60	
Vitamin B-12, added....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0	0	
Retinol....mcg	0		0	Z	7		0	0	
Carotene, beta....mcg	0		0	Z	7		0	0	
Carotene, alpha....mcg	0		0	Z	7		0	0	
Cryptoxanthin, beta....mcg	0		0	Z	7		0	0	
Vitamin A, IU....IU	0		0	AS	1		0	0	
Lycopene....mcg	0		0	Z	7		0	0	
Lutein + zeaxanthin....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.16		2	A	1		0.07	1.33	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03		2	A	1		0.02	0.29	
Tocopherol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....mcg									
Vitamin D2 (ergocalciferol)....mcg									
Vitamin D3 (cholecalciferol)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	3.944		0	NC	4		1.775	32.739	
4:0....g	0.000		0	Z	7		0.000	0.000	

NDB No. 07044
USDA Commodity, luncheon meat, canned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.010		2	A	1		0.004	0.082	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.155		2	A	1		0.070	1.286	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	2.590		2	A	1		1.165	21.496	
17:0....g	0.030		2	A	1		0.013	0.248	
18:0....g	1.150		2	A	1		0.517	9.544	
20:0....g	0.010		2	A	1		0.004	0.082	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	5.685		0	NC	4		2.558	47.183	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.365		2	A	1		0.164	3.030	
17:1....g	0.035		2	A	1		0.016	0.290	
18:1 undifferentiated....g	5.175		2	A	1		2.329	42.952	
20:1....g	0.110		2	A	1		0.049	0.912	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.565		0	NC	4		0.704	12.986	
18:2 undifferentiated....g	1.345		2	A	1		0.605	11.164	
18:3 undifferentiated....g	0.065		2	A	1		0.029	0.539	
18:4....g	0.020		2	A	1		0.009	0.165	
20:2 n-6 c,c....g	0.055		2	A	1		0.025	0.456	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated....g	0.060		2	A	1		0.027	0.497	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	78		2	A	1		35	651	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g									
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g	0.215		2	A	1		0.097	1.784	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 07044
USDA Commodity, luncheon meat, canned

Common Measures:

Measure 1 = 45g: 1 serving

Measure 2 = 830g: 1 can

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07907
USDA Commodity, pork sausage, bulk/links/patties, frozen, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.92		1	A	1				
Energy	kcal	231		0	NC	4				
Energy	kJ	968		0	NC	4				
Protein (N x 6.25)	g	14.95		1	A	1				
Total lipid (fat)	g	18.56		1	A	1				
Ash	g	2.20		1	A	1				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g	0.0		1	A	1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1	A	1				
Iron, Fe	mg	0.99		1	A	1				
Magnesium, Mg	mg	17		1	A	1				
Phosphorus, P	mg	162		1	A	1				
Potassium, K	mg	231		1	A	1				
Sodium, Na	mg	507		1	A	1				
Zinc, Zn	mg	2.39		1	A	1				
Copper, Cu	mg	0.047		0	BFFN	4				
Manganese, Mn	mg	0.018		0	BFFN	4				
Selenium, Se	mcg	21.7		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.688		1	A	1				
Riboflavin	mg	0.223		1	A	1				
Niacin	mg	2.619		1	A	1				
Pantothenic acid	mg	0.618		1	A	1				
Vitamin B-6	mg	0.234		1	A	1				
Folate, total	mcg	3		0	BFFN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	3		0	BFFN	4				
Folate, DFE	mcg_DFE	3		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.84		1	A	1				
Vitamin A, RAE	mcg_RAE	12		0	NC	4				
Retinol	mcg	12		0	NR	4				
Carotene, beta	mcg									
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	40		1	A	1				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.968		1	A	1				
4:0	g	0.000		1	A	1				
6:0	g	0.000		1	A	1				
8:0	g	0.000		1	A	1				

NDB No. 07907
USDA Commodity, pork sausage, bulk/links/patties, frozen, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 ... g	0.032		1	A	1				
12:0 ... g	0.016		1	A	1				
13:0 ... g									
14:0 ... g	0.161		1	A	1				
15:0 ... g									
16:0 ... g	3.218		1	A	1				
17:0 ... g									
18:0 ... g	1.382		1	A	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.061		1	A	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.484		1	A	1				
17:1 ... g									
18:1 undifferentiated ... g	7.439		1	A	1				
20:1 ... g	0.126		1	A	1				
22:1 undifferentiated ... g	0.004		1	A	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.246		1	A	1				
18:2 undifferentiated ... g	1.722		1	A	1				
18:3 undifferentiated ... g	0.086		1	A	1				
18:4 ... g	0.000		1	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.090		1	A	1				
20:5 n-3 (EPA) ... g	0.003		1	A	1				
22:5 n-3 (DPA) ... g	0.000		1	A	1				
22:6 n-3 (DHA) ... g	0.013		1	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	73		1	A	1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07901
USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.66		1	A	1				
Energy	kcal	267		0	NC	4				
Energy	kJ	1118		0	NC	4				
Protein (N x 6.25)	g	19.76		1	A	1				
Total lipid (fat)	g	20.26		1	A	1				
Ash	g	1.92		1	A	1				
Carbohydrate, by difference	g	0.00		0	NC	4				
Fiber, total dietary	g	0.0		1	A	1				
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		1	A	1				
Iron, Fe	mg	1.15		1	A	1				
Magnesium, Mg	mg	19		1	A	1				
Phosphorus, P	mg	190		1	A	1				
Potassium, K	mg	239		1	A	1				
Sodium, Na	mg	540		1	A	1				
Zinc, Zn	mg	2.84		1	A	1				
Copper, Cu	mg	0.104		0	BFSN	4				
Manganese, Mn	mg	0.053		0	BFSN	4				
Selenium, Se	mcg	21.7		0	BFZN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1				
Thiamin	mg	0.732		1	A	1				
Riboflavin	mg	0.241		1	A	1				
Niacin	mg	2.796		1	A	1				
Pantothenic acid	mg	0.703		1	A	1				
Vitamin B-6	mg	0.280		1	A	1				
Folate, total	mcg	1		0	BFSN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	1		0	BFSN	4				
Folate, DFE	mcg_DFE	1		0	NC	4				
Choline, total	mg									
Betaine	mg									
Vitamin B-12	mcg	0.89		1	A	1				
Vitamin A, RAE	mcg_RAE	15		1	A	1				
Retinol	mcg	15		0	NR	4				
Carotene, beta	mcg	15		0	A	1				
Carotene, alpha	mcg									
Cryptoxanthin, beta	mcg									
Vitamin A, IU	IU	50		1	A	1				
Lycopene	mcg									
Lutein + zeaxanthin	mcg									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D (D2 + D3)	mcg									
Vitamin D2 (ergocalciferol)	mcg									
Vitamin D3 (cholecalciferol)	mcg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.532		1	A	1				
4:0	g	0.000		1	A	1				
6:0	g	0.000		1	A	1				
8:0	g	0.007		1	A	1				

NDB No. 07901
USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
10:0 ... g	0.022		1	A	1				
12:0 ... g	0.015		1	A	1				
13:0 ... g									
14:0 ... g	0.181		1	A	1				
15:0 ... g									
16:0 ... g	3.568		1	A	1				
17:0 ... g									
18:0 ... g	1.576		1	A	1				
20:0 ... g									
22:0 ... g									
24:0 ... g									
Fatty acids, total monounsaturated ... g	8.710		1	A	1				
14:1 ... g									
15:1 ... g									
16:1 undifferentiated ... g	0.522		1	A	1				
17:1 ... g									
18:1 undifferentiated ... g	8.051		1	A	1				
20:1 ... g	0.126		1	A	1				
22:1 undifferentiated ... g	0.003		1	A	1				
24:1 c ... g									
Fatty acids, total polyunsaturated ... g	2.312		1	A	1				
18:2 undifferentiated ... g	1.967		1	A	1				
18:3 undifferentiated ... g	0.094		1	A	1				
18:4 ... g	0.000		1	A	1				
20:2 n-6 c,c ... g									
20:3 undifferentiated ... g									
20:4 undifferentiated ... g	0.101		1	A	1				
20:5 n-3 (EPA) ... g	0.003		1	A	1				
22:5 n-3 (DPA) ... g	0.000		1	A	1				
22:6 n-3 (DHA) ... g	0.009		1	A	1				
Fatty acids, total trans ... g									
Cholesterol ... mg	98		1	A	1				
Phytosterols ... mg									
Others:									
Alcohol, ethyl ... g	0.0		0	Z	7				
Caffeine ... mg									
Theobromine ... mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)

NDB No. 07930
Yachtwurst, with pistachio nuts, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	58.20		1	A	1		32.59		
Energy....kcal	268		0	MC	9		150		
Energy....kJ	1121		0	MC	9		628		
Protein (N x 6.25)....g	14.80		1	A	1		8.29		
Total lipid (fat)....g	22.60		1	A	1		12.66		
Ash....g	3.00		1	A	1		1.68		
Carbohydrate, by difference....g	1.40		0	MC	9		0.78		
Fiber, total dietary....g	0.0		0	MC	9		0.0		
Sugars, total....g	0.00		1	A	1		0.00		
Starch....g									
Minerals:									
Calcium, Ca....mg	19		0	MC	9		10		
Iron, Fe....mg	1.00		0	MC	9		0.56		
Magnesium, Mg....mg									
Phosphorus, P....mg									
Potassium, K....mg									
Sodium, Na....mg	936		1	A	1		524		
Zinc, Zn....mg									
Copper, Cu....mg									
Manganese, Mn....mg									
Selenium, Se....mcg									
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	MC	9		0.0		
Thiamin....mg									
Riboflavin....mg									
Niacin....mg									
Pantothenic acid....mg									
Vitamin B-6....mg									
Folate, total....mcg									
Folate, DFE....mcg_DFE									
Choline, total....mg									
Betaine....mg									
Vitamin B-12....mcg									
Vitamin A, RAE....mcg_RAE	0		0	AS	1		0		
Vitamin A, IU....IU	0		0	MC	9		0		
Lycopene....mcg	0		0	Z	7		0		
Lutein + zeaxanthin....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol)....mg									
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Vitamin D (D2 + D3)....mcg									
Vitamin D....IU									
Vitamin K (phylloquinone)....mcg									
Lipids:									
Fatty acids, total saturated....g	7.900		0	MC	9		4.424		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	64		0	MC	9		36		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based.

NDB No. 07930
Yachtwurst, with pistachio nuts, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 22 (2009)