

**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	26.1		0	BFZN	4		7.3		
<b>Vitamins:</b>									
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.....µg	2		0	BFZN	4		1		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	2		0	BFZN	4		1		
Folate, DFE.....µg	2		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.90		0	BFZN	4		0.53		
Vitamin A, RAE.....µg	0		0	Z	7		0		
Retinol.....µg	0		0	BFZN	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	Z	7		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.6		0	BFZN	4		0.4		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07921  
Bacon and beef sticks

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

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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**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 07974  
 Bacon, turkey, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.667		0	NC	4		1.000		
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	0.010		0	FLC	4		0.001		
12:0.....g	0.042		0	FLC	4		0.006		
13:0.....g									
14:0.....g	0.131		0	FLC	4		0.020		
15:0.....g	0.022		0	FLC	4		0.003		
16:0.....g	4.214		0	FLC	4		0.632		
17:0.....g	0.035		0	FLC	4		0.005		
18:0.....g	1.800		0	FLC	4		0.270		
20:0.....g	0.274		0	FLC	4		0.041		
22:0.....g	0.138		0	FLC	4		0.021		
24:0.....g	0.001		0	FLC	4		0.000		
Fatty acids, total monounsaturated.....g	8.571		0	NC	4		1.286		
14:1.....g	0.005		0	FLC	4		0.001		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.149		0	FLC	4		0.022		
17:1.....g	0.006		0	FLC	4		0.001		
18:1 undifferentiated.....g	8.242		0	FLC	4		1.236		
20:1.....g	0.168		0	FLC	4		0.025		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	4.275		0	NC	4		0.641		
18:2 undifferentiated.....g	3.104		0	FLC	4		0.466		
18:3 undifferentiated.....g	1.103		0	FLC	4		0.165		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.007		0	FLC	4		0.001		
20:3 undifferentiated.....g	0.005		0	FLC	4		0.001		
20:4 undifferentiated.....g	0.037		0	FLC	4		0.006		
20:5 n-3 (EPA).....g	0.004		0	FLC	4		0.001		
21:5.....g									
22:4.....g	0.008		0	FLC	4		0.001		
22:5 n-3 (DPA).....g	0.004		0	FLC	4		0.001		
22:6 n-3 (DHA).....g	0.002		0	FLC	4		0.000		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	100		0	LC	8		15		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.189		0	FLC	4		0.028		
Threonine.....g	0.653		0	FLC	4		0.098		
Isoleucine.....g	0.517		0	FLC	4		0.078		
Leucine.....g	1.251		0	FLC	4		0.188		
Lysine.....g	1.483		0	FLC	4		0.223		
Methionine.....g	0.470		0	FLC	4		0.071		
Cystine.....g	0.172		0	FLC	4		0.026		
Phenylalanine.....g	0.587		0	FLC	4		0.088		
Tyrosine.....g	0.532		0	FLC	4		0.080		
Valine.....g	0.586		0	FLC	4		0.088		
Arginine.....g	1.060		0	FLC	4		0.159		
Histidine.....g	0.487		0	FLC	4		0.073		
Alanine.....g	1.025		0	FLC	4		0.154		
Aspartic acid.....g	1.453		0	FLC	4		0.218		
Glutamic acid.....g	2.462		0	FLC	4		0.369		
Glycine.....g	0.927		0	FLC	4		0.139		
Proline.....g	1.063		0	FLC	4		0.159		
Serine.....g	0.724		0	FLC	4		0.109		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		

**NDB No. 07974**  
**Bacon, turkey, low sodium**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 15.0g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 07001**  
**Barbecue 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	21.3		0	RF	4		6.0	4.9	
<b>Vitamins:</b>									
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.....µg	9		0		4		3	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		0		4		3	2	
Folate, DFE.....µg	9		0	NC	4		3	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.68	0.119	5		1		0.48	0.39	
Vitamin A, RAE.....µg	3		0		4		1	1	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	68		0		4		19	16	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.9		0	T	4		0.3	0.2	
Vitamin D.....IU	36		0	T	4		10	8	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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.



**NDB No. 07001**

**Barbecue loaf, pork, beef**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice (5-7/8" x 3-1/2" 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 28 (2015)

**NDB No. 07956**  
**Beef sausage, fresh, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	51.12		1	A	1		21.98		
Energy.....kcal	332		0	NC	4		143		
Energy.....kJ	1387		0	NC	4		596		
Protein (N x 6.25).....g	18.21		1	A	1		7.83		
Total lipid (fat).....g	27.98		1	A	1		12.03		
Ash.....g	2.34		1	A	1		1.01		
Carbohydrate, by difference.....g	0.35		0	NC	4		0.15		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11		1	A	1		5		
Iron, Fe.....mg	1.57		1	A	1		0.68		
Magnesium, Mg.....mg	14		1	A	1		6		
Phosphorus, P.....mg	141		1	A	1		61		
Potassium, K.....mg	258		1	A	1		111		
Sodium, Na.....mg	813		0	LC	8		350		
Zinc, Zn.....mg	4.38		1	A	1		1.88		
Copper, Cu.....mg	0.069		1	A	1		0.030		
Manganese, Mn.....mg	0.000		1	A	1		0.000		
Selenium, Se.....µg	0.0		1	A	1		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.048		1	A	1		0.021		
Riboflavin.....mg	0.150		1	A	1		0.065		
Niacin.....mg	3.600		1	A	1		1.548		
Pantothenic acid.....mg	0.515		1	A	1		0.221		
Vitamin B-6.....mg	0.313		1	A	1		0.135		
Folate, total.....µg	3		1	A	1		1		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	3		1	A	1		1		
Folate, DFE.....µg	3		0	NC	4		1		
Choline, total.....mg	51.4		0	AS	1		22.1		
Betaine.....mg	10.4		1	A	1		4.5		
Vitamin B-12.....µg	2.01		1	A	1		0.86		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	13		0	AS	1		6		
Retinol.....µg	11		1	A	1		5		
Carotene, beta.....µg	15		1	A	1		6		
Carotene, alpha.....µg	11		1	A	1		5		
Cryptoxanthin, beta.....µg	11		1	A	1		5		
Vitamin A, IU.....IU	81		0	AS	1		35		
Lycopene.....µg	11		1	A	1		5		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.24		2	A	1		0.10		
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		0.03		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Tocotrienol, alpha.....mg	0.09		2	A	1		0.04		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.5		0	BFFN	4		0.2		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.5		0	BFFN	4		0.2		
Vitamin D.....IU	18		0	BFFN	4		8		
Vitamin K (phylloquinone).....µg	1.1		2	A	1		0.5		

**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
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.905		1	A	1		4.689		
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		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	0.000		1	A	1		0.000		
15:0.....g	0.130		1	A	1		0.056		
16:0.....g	6.325		1	A	1		2.720		
17:0.....g									
18:0.....g	3.260		1	A	1		1.402		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	12.639		1	A	1		5.435		
14:1.....g	0.255		1	A	1		0.110		
15:1.....g	0.030		1	A	1		0.013		
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	11.202		1	A	1		4.817		
20:1.....g	0.101		1	A	1		0.043		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.663		1	A	1		0.285		
18:2 undifferentiated.....g	0.568		1	A	1		0.244		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 n-3 c,c,c (ALA).....g	0.050		1	A	1		0.022		
18:3 n-6 c,c,c.....g	0.050		1	A	1		0.022		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
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	0.045		1	A	1		0.019		
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	1.440		1	A	1		0.619		
Cholesterol.....mg	82		1	A	1		35		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.118		1	A	1		0.051		
Threonine.....g	0.805		1	A	1		0.346		
Isoleucine.....g	0.864		1	A	1		0.372		
Leucine.....g	1.492		1	A	1		0.642		
Lysine.....g	1.607		1	A	1		0.691		
Methionine.....g	0.408		1	A	1		0.175		
Cystine.....g	0.208		1	A	1		0.089		
Phenylalanine.....g	0.752		1	A	1		0.323		
Tyrosine.....g	0.579		1	A	1		0.249		
Valine.....g	0.989		1	A	1		0.425		
Arginine.....g	1.209		1	A	1		0.520		
Histidine.....g	0.653		1	A	1		0.281		
Alanine.....g	1.257		1	A	1		0.541		
Aspartic acid.....g	1.768		1	A	1		0.760		

**NDB No. 07956**  
**Beef sausage, fresh, cooked**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glutamic acid.....g	2.986		1	A	1	1.284		
Glycine.....g	1.280		1	A	1	0.550		
Proline.....g	0.921		1	A	1	0.396		
Serine.....g	0.770		1	A	1	0.331		
Hydroxyproline.....g	0.283		1	A	1	0.122		
<b>Others:</b>								
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

**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 28 (2015)

**NDB No. 07954**  
**Beef sausage, pre-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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
Water.....g	43.75		1	A	1		21.00		
Energy.....kcal	405		0	NC	4		194		
Energy.....kJ	1695		0	NC	4		814		
Protein (N x 6.25).....g	15.50		1	A	1		7.44		
Total lipid (fat).....g	37.57		1	A	1		18.03		
Ash.....g	3.16		1	A	1		1.52		
Carbohydrate, by difference.....g	0.03		0	NC	4		0.02		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		1	A	1		7		
Iron, Fe.....mg	1.53		1	A	1		0.73		
Magnesium, Mg.....mg	13		1	A	1		6		
Phosphorus, P.....mg	185		1	A	1		89		
Potassium, K.....mg	234		1	A	1		112		
Sodium, Na.....mg	822		0	LC	8		395		
Zinc, Zn.....mg	2.92		1	A	1		1.40		
Copper, Cu.....mg	0.066		1	A	1		0.032		
Manganese, Mn.....mg	0.042		1	A	1		0.020		
Selenium, Se.....µg	0.0		1	A	1		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1		0.4		
Thiamin.....mg	0.028		1	A	1		0.014		
Riboflavin.....mg	0.117		1	A	1		0.056		
Niacin.....mg	3.210		1	A	1		1.541		
Pantothenic acid.....mg	0.401		1	A	1		0.192		
Vitamin B-6.....mg	0.192		1	A	1		0.092		
Folate, total.....µg	5		1	A	1		2		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	5		1	A	1		2		
Folate, DFE.....µg	5		0	NC	4		2		
Choline, total.....mg	42.8		0	AS	1		20.5		
Betaine.....mg	7.3		1	A	1		3.5		
Vitamin B-12.....µg	2.03		1	A	1		0.97		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	25		0	AS	1		12		
Retinol.....µg	23		1	A	1		11		
Carotene, beta.....µg	11		1	A	1		5		
Carotene, alpha.....µg	11		1	A	1		5		
Cryptoxanthin, beta.....µg	11		1	A	1		5		
Vitamin A, IU.....IU	114		0	AS	1		55		
Lycopene.....µg	15		1	A	1		7		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.49		2	A	1		0.24		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		2	A	1		0.00		
Tocopherol, gamma.....mg	0.10		2	A	1		0.05		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Tocotrienol, alpha.....mg	0.07		2	A	1		0.03		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.6		0	BFFN	4		0.3		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.6		0	BFFN	4		0.3		
Vitamin D.....IU	25		0	BFFN	4		12		
Vitamin K (phylloquinone).....µg	2.1		2	A	1		1.0		

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
<b>Lipids:</b>							
Fatty acids, total saturated.....g	15.098		0	NC	4		7.247
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		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	1.222		1	A	1		0.587
15:0.....g	0.194		1	A	1		0.093
16:0.....g	8.565		1	A	1		4.111
17:0.....g	0.486		1	A	1		0.233
18:0.....g	4.631		1	A	1		2.223
20:0.....g	0.000		1	A	1		0.000
22:0.....g	0.000		1	A	1		0.000
24:0.....g							
Fatty acids, total monounsaturated.....g	16.387		0	NC	4		7.866
14:1.....g	0.316		1	A	1		0.152
15:1.....g	0.000		1	A	1		0.000
16:1 undifferentiated.....g	1.271		1	A	1		0.610
17:1.....g							
18:1 undifferentiated.....g	14.670		1	A	1		7.042
20:1.....g	0.130		1	A	1		0.062
22:1 undifferentiated.....g	0.000		0	Z	7		0.000
24:1 c.....g							
Fatty acids, total polyunsaturated.....g	1.025		0	NC	4		0.492
18:2 undifferentiated.....g	0.773		1	A	1		0.371
18:3 undifferentiated.....g	0.066		1	A	1		0.032
18:3 n-3 c,c,c (ALA).....g	0.066		1	A	1		0.032
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	0.040		1	A	1		0.019
20:3 undifferentiated.....g	0.040		1	A	1		0.019
20:3 n-3.....g							
20:3 n-6.....g							
20:4 undifferentiated.....g	0.040		1	A	1		0.019
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	2.420		1	A	1		1.162
Cholesterol.....mg	83		1	A	1		40
Phytosterols.....mg							
<b>Amino Acids:</b>							
Tryptophan.....g	0.097		1	A	1		0.047
Threonine.....g	0.585		1	A	1		0.281
Isoleucine.....g	0.609		1	A	1		0.292
Leucine.....g	1.089		1	A	1		0.523
Lysine.....g	1.141		1	A	1		0.548
Methionine.....g	0.260		1	A	1		0.125
Cystine.....g	0.146		1	A	1		0.070
Phenylalanine.....g	0.551		1	A	1		0.264
Tyrosine.....g	0.425		1	A	1		0.204
Valine.....g	0.725		1	A	1		0.348
Arginine.....g	0.940		1	A	1		0.451
Histidine.....g	0.466		1	A	1		0.224
Alanine.....g	0.984		1	A	1		0.472
Aspartic acid.....g	0.000		1	A	1		0.000

NDB No. 07954  
 Beef sausage, pre-cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Glutamic acid.....g	2.229		1	A	1	1.070		
Glycine.....g	1.161		1	A	1	0.557		
Proline.....g	0.796		1	A	1	0.382		
Serine.....g	0.590		1	A	1	0.283		
Hydroxyproline.....g	0.323		1	A	1	0.155		
<b>Others:</b>								
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 = 48g: 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 28 (2015)





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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	11.676		0		4	16.113	3.269
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
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
21:5.....g							
22:4.....g							
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							
<b>Others:</b>							
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

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	6.180		0		1	1.752	1.298
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
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
21:5.....g							
22:4.....g							
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
<b>Amino Acids:</b>							
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							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)



**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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.950		0	NC	4		0.266		
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	0.000		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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		

NDB No. 13350  
 Beef, cured, dried

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 28g: 10 slices

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 13353

Beef, cured, luncheon meat, jellied

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	16.4		0	BFNN	4		4.6		
<b>Vitamins:</b>									
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.....µg	7		0		4		2		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	7		0		4		2		
Folate, DFE.....µg	7		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	5.14		0		4		1.44		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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	
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	
21:5.....g							
22:4.....g							
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	
<b>Amino Acids:</b>							
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.

**NDB No. 13353**

**Beef, cured, luncheon meat, jellied**

**Common Measures:**

Measure 1 = 28g: 1 slice (1 oz) (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 28 (2015)

NDB No. 13355  
 Beef, cured, pastrami

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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	1078		0	LC	8		765	302	
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.....µg	17.7		0	FLA	4		12.6	5.0	
<b>Vitamins:</b>									
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.....µg	6		0	FLA	4		4	2	
Folic acid.....µg	0		0	FLA	4		0	0	
Folate, food.....µg	6		0	FLA	4		4	2	
Folate, DFE.....µg	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.....µg	1.87		0	FLA	4		1.33	0.52	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	2		0	FLA	4		1	1	
Retinol.....µg	0		0	FLA	4		0	0	
Carotene, beta.....µg	22		0	FLA	4		16	6	
Carotene, alpha.....µg	0		0	FLA	4		0	0	
Cryptoxanthin, beta.....µg	6		0	FLA	4		5	2	
Vitamin A, IU.....IU	42		0	FLA	4		30	12	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	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	
Tocotrienol, alpha.....mg	0.00		0	FLA	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	FLA	4		0.00	0.00	

**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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg	0.00		0	FLA	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.1		0	BFFN	4		0.1	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.1		0	BFFN	4		0.1	0.0	
Vitamin D.....µg	4		0	BFFN	4		3	1	
Vitamin K (phylloquinone).....µg	0.7		0	CAZN	4		0.5	0.2	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
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	
21:5.....g									
22:4.....g									
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	
<b><u>Amino Acids:</u></b>									
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	

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
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	
<b>Others:</b>									
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 28 (2015)

NDB No. 13357

Beef, cured, sausage, cooked, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	14.6		0	BFNN	4		6.3	4.1	
<b>Vitamins:</b>									
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.....µg	4		0		4		2	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	4		0		4		2	1	
Folate, DFE.....µg	4		0	NC	4		2	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.86	0.072	5		1		0.80	0.53	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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.

**NDB No. 13357**

**Beef, cured, sausage, cooked, smoked**

**Common Measures:**

Measure 1 = 43g: 1 sausage

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 28 (2015)



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
<b>Proximates:</b>									
Water.....g	68.93	0.202	31				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									
<b>Minerals:</b>									
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.....µg	19.7		0	BFNN	4		5.5		
<b>Vitamins:</b>									
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.....µg	8		0		4		2		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	8		0		4		2		
Folate, DFE.....µg	8		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.73	0.073	37		1		0.48		
Vitamin A, RAE.....µg	0		0		4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
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		
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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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.

**NDB No. 13358**

**Beef, cured, smoked, chopped beef**

**Common Measures:**

Measure 1 = 28g: 1 slice (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 28 (2015)

**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	20.9		0	RF	4		4.8	1.3	
<b>Vitamins:</b>									
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.....µg	3	0.400	4		1		1	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	3	0.400	4		1		1	0	
Folate, DFE.....µg	3		0	NC	4		1	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.87	0.019	5		1		0.20	0.05	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.9		0	T	4		0.2	0.1	
Vitamin D.....IU	36		0	T	4		8	2	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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.

**NDB No. 07003**

**Beerwurst, beer salami, pork**

**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")

**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 28 (2015)



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
<b>Lipids:</b>									
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Others:</b>									
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 28 (2015)



**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	17.4		0	FLC	4		9.7		
<b>Vitamins:</b>									
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.....µg	5		0	FLC	4		3		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	5		0	FLC	4		3		
Folate, DFE.....µg	5		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.16		0	FLC	4		0.65		
Vitamin A, RAE.....µg	3		0	NC	4		2		
Retinol.....µg	3		0	NR	4		2		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	10		0	FLC	4		5		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.6		0	BFZN	4		0.9		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 07931**  
**Beerwurst, pork and beef**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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		
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		
21:5.....g									
22:4.....g									
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		
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

NDB No. 07931  
Beerwurst, pork and beef

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

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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

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.3		0	BFFN	4		1.3		
Vitamin D.....IU	52		0	BFFN	4		52		
Vitamin K (phylloquinone).....µg	0.0		0	FLM	4		0.0		
Dihydrophyloquinone.....µg	0.0		0	FLM	4		0.0		
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
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		
21:5.....g									
22:4.....g									
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		
<b><u>Amino Acids:</u></b>									
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		

NDB No. 07005

Blood sausage

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
<b>Others:</b>									
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 28 (2015)

**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
<b>Proximates:</b>									
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	0.00		0	FLM	4		0.00		
Glucose (dextrose).....g	0.01		0	FLM	4		0.01		
Fructose.....g	0.01		0	FLM	4		0.01		
Lactose.....g	0.00		0	FLM	4		0.00		
Maltose.....g	0.00		0	FLM	4		0.00		
Galactose.....g	0.01		0	FLM	4		0.01		
Starch.....g	0.00		0	FLM	4		0.00		
<b>Minerals:</b>									
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	756		0	LC	8		688		
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.....µg	11.3		0	FLM	4		10.3		
<b>Vitamins:</b>									
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.....µg	17		0	FLM	4		16		
Folic acid.....µg	0		0	FLM	4		0		
Folate, food.....µg	17		0	FLM	4		16		
Folate, DFE.....µg	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.....µg	0.86		0	FLM	4		0.78		
Vitamin B-12, added.....µg	0.00		0	FLM	4		0.00		
Vitamin A, RAE.....µg	15		0	NC	4		14		
Retinol.....µg	2		0	FLM	4		2		
Carotene, beta.....µg	148		0	FLM	4		134		
Carotene, alpha.....µg	0		0	FLM	4		0		
Cryptoxanthin, beta.....µg	2		0	FLM	4		1		
Vitamin A, IU.....IU	256		0	NC	4		233		
Lycopene.....µg	0		0	FLM	4		0		
Lutein + zeaxanthin.....µg	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		
Tocotrienol, alpha.....mg	0.00		0	FLM	4		0.00		
Tocotrienol, beta.....mg	0.00		0	FLM	4		0.00		

**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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Tocotrienol, gamma.....mg	0.00		0	FLM	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLM	4		0.00		
Vitamin D (D2 + D3).....µg	0.0		0	NR	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	0		0	FLM	4		0		
Vitamin K (phylloquinone).....µg	70.2		0	FLM	4		63.9		
Dihydrophyloquinone.....µg	0.0		0	FLM	4		0.0		
Menaquinone-4.....µg									
<b><u>Lipids:</u></b>									
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		
21:5.....g									
22:4.....g									
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									
<b><u>Amino Acids:</u></b>									
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		



NDB No. 07006  
 Bockwurst, pork, veal, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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								
<b>Others:</b>								
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**

**Carbohydrate4**

**Food Group: 07 Sausages and Luncheon Meats**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07007

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
<b>Proximates:</b>									
Water.....g	55.31	0.035	11	A	1		16.59	15.49	
Energy.....kcal	299		0	NC	4		90	84	
Energy.....kJ	1250		0	NC	4		375	350	
Protein (N x 6.25).....g	10.91	0.013	11	A	1		3.27	3.05	
Total lipid (fat).....g	26.13	0.026	11	A	1		7.84	7.32	
Ash.....g	3.37	0.003	11	A	1		1.01	0.94	
Carbohydrate, by difference.....g	4.29		0	NC	4		1.29	1.20	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	2.05		2	A	1		0.61	0.57	
Sucrose.....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose).....g	1.65		2	A	1		0.49	0.46	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.40		2	A	1		0.12	0.11	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21	0.265	11	A	1		6	6	
Iron, Fe.....mg	1.29	0.003	11	A	1		0.39	0.36	
Magnesium, Mg.....mg	13	0.022	11	A	1		4	4	
Phosphorus, P.....mg	154	0.479	11	A	1		46	43	
Potassium, K.....mg	351	2.189	11	A	1		105	98	
Sodium, Na.....mg	1013	1.591	11	A	1		304	284	
Zinc, Zn.....mg	1.93	0.008	11	A	1		0.58	0.54	
Copper, Cu.....mg	0.053	0.001	11	A	1		0.016	0.015	
Manganese, Mn.....mg	0.040	0.000	11	A	1		0.012	0.011	
Selenium, Se.....µg	11.6	0.036	6	A	1		3.5	3.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	15.2		2	A	1		4.5	4.2	
Thiamin.....mg	0.030	0.000	6	A	1		0.009	0.009	
Riboflavin.....mg	0.065	0.000	6	A	1		0.019	0.018	
Niacin.....mg	2.321	0.007	6	A	1		0.696	0.650	
Pantothenic acid.....mg	0.385	0.002	4	A	1		0.115	0.108	
Vitamin B-6.....mg	0.157	0.001	6	A	1		0.047	0.044	
Folate, total.....µg	3		0	BFPN	4		1	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	3		0	BFPN	4		1	1	
Folate, DFE.....µg	3		0	NC	4		1	1	
Choline, total.....mg	29.7		0	AS	1		8.9	8.3	
Betaine.....mg	6.1		1	A	1		1.8	1.7	
Vitamin B-12.....µg	1.19	0.008	6	A	1		0.36	0.33	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	19		0	AS	1		6	5	
Retinol.....µg	17	0.587	4	A	1		5	5	
Carotene, beta.....µg	11		2	A	1		3	3	
Carotene, alpha.....µg	6		2	A	1		2	2	
Cryptoxanthin, beta.....µg	11		2	A	1		3	3	
Vitamin A, IU.....IU	90		0	AS	1		27	25	
Lycopene.....µg	11		2	A	1		3	3	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.56	0.004	6	A	1		0.17	0.16	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.11	0.001	6	A	1		0.03	0.03	
Tocopherol, gamma.....mg	0.31	0.002	6	A	1		0.09	0.09	
Tocopherol, delta.....mg	0.01	0.000	6	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.03	0.001	6	A	1		0.01	0.01	
Tocotrienol, beta.....mg	0.03	0.000	6	A	1		0.01	0.01	

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.01	0.001	6	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.7		0	NR	4		0.2	0.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	28		0	T	4		8	8	
Vitamin K (phylloquinone).....µg	2.4	0.008	4	A	1		0.7	0.7	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg	6.3	0.208	4	A	1		1.9	1.8	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.487		0	NC	4		3.146	2.936	
4:0.....g	0.001	0.000	6	A	1		0.000	0.000	
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	
8:0.....g	0.001	0.000	6	A	1		0.000	0.000	
10:0.....g	0.031	0.000	6	A	1		0.009	0.009	
12:0.....g	0.020	0.000	6	A	1		0.006	0.006	
13:0.....g									
14:0.....g	0.820	0.021	6	A	1		0.246	0.229	
15:0.....g	0.122	0.001	6	A	1		0.036	0.034	
16:0.....g	5.887	0.059	6	A	1		1.766	1.648	
17:0.....g	0.278	0.003	6	A	1		0.084	0.078	
18:0.....g	3.293	0.037	6	A	1		0.988	0.922	
20:0.....g	0.026	0.000	6	A	1		0.008	0.007	
22:0.....g	0.006	0.000	6	A	1		0.002	0.002	
24:0.....g	0.002	0.000	6	A	1		0.001	0.001	
Fatty acids, total monounsaturated.....g	12.198		0	NC	4		3.659	3.415	
14:1.....g	0.246	0.003	6	A	1		0.074	0.069	
15:1.....g	0.004	0.004	6	A	1		0.001	0.001	
16:1 undifferentiated.....g	1.109	0.013	6	AS	1		0.333	0.311	
16:1 c.....g	1.031	0.012	6	A	1		0.309	0.289	
16:1 t.....g	0.078	0.000	6	A	1		0.023	0.022	
17:1.....g	0.211	0.003	6	A	1		0.063	0.059	
18:1 undifferentiated.....g	10.429	0.123	6	AS	1		3.129	2.920	
18:1 c.....g	9.299	0.108	6	A	1		2.790	2.604	
18:1 t.....g	1.130	0.035	6	A	1		0.339	0.316	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.107	0.001	6	A	1		0.032	0.030	
22:1 undifferentiated.....g	0.087	0.001	6	AS	1		0.026	0.024	
22:1 c.....g	0.087	0.001	6	A	1		0.026	0.024	
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c.....g	0.005	0.000	6	A	1		0.002	0.001	
Fatty acids, total polyunsaturated.....g	1.182		0	NC	4		0.355	0.331	
18:2 undifferentiated.....g	0.981	0.010	6	AS	1		0.294	0.275	
18:2 n-6 c,c.....g	0.660	0.007	6	A	1		0.198	0.185	
18:2 CLAs.....g	0.160	0.002	6	A	1		0.048	0.045	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.161	0.003	6	A	1		0.048	0.045	
18:3 undifferentiated.....g	0.101	0.001	6	AS	1		0.030	0.028	
18:3 n-3 c,c,c (ALA).....g	0.096	0.001	6	A	1		0.029	0.027	
18:3 n-6 c,c,c.....g	0.004	0.000	6	A	1		0.001	0.001	
18:3i.....g									
18:4.....g	0.004	0.000	6	A	1		0.001	0.001	
20:2 n-6 c,c.....g	0.009	0.000	6	A	1		0.003	0.003	
20:3 undifferentiated.....g	0.027	0.000	6	AS	1		0.008	0.008	
20:3 n-3.....g	0.004	0.000	6	A	1		0.001	0.001	
20:3 n-6.....g	0.023	0.000	6	A	1		0.007	0.006	
20:4 undifferentiated.....g	0.033	0.000	6	A	1		0.010	0.009	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	6	A	1		0.001	0.001	
21:5.....g									
22:4.....g	0.009	0.000	6	A	1		0.003	0.003	
22:5 n-3 (DPA).....g	0.013	0.000	6	A	1		0.004	0.004	

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.000	0.000	6	A	1	0.000	0.000	
Fatty acids, total trans.....g	1.370		0	NC	4	0.411	0.383	
Fatty acids, total trans-monoenoic.....g	1.208		0	NC	4	0.363	0.338	
Fatty acids, total trans-polyenoic.....g	0.161		0	NC	4	0.048	0.045	
Cholesterol.....mg	57	0.291	11	A	1	17	16	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.122		0	A	1	0.037	0.034	
Threonine.....g	0.514		0	A	1	0.154	0.144	
Isoleucine.....g	0.508		0	A	1	0.152	0.142	
Leucine.....g	0.940		0	A	1	0.282	0.263	
Lysine.....g	1.045		0	A	1	0.313	0.293	
Methionine.....g	0.295		0	A	1	0.089	0.083	
Cystine.....g	0.111		0	A	1	0.033	0.031	
Phenylalanine.....g	0.437		0	A	1	0.131	0.122	
Tyrosine.....g	0.406		0	A	1	0.122	0.114	
Valine.....g	0.545		0	A	1	0.164	0.153	
Arginine.....g	0.743		0	A	1	0.223	0.208	
Histidine.....g	0.409		0	A	1	0.123	0.114	
Alanine.....g	0.676		0	A	1	0.203	0.189	
Aspartic acid.....g	1.063		0	A	1	0.319	0.298	
Glutamic acid.....g	1.783		0	A	1	0.535	0.499	
Glycine.....g	0.537		0	A	1	0.161	0.150	
Proline.....g	0.489		0	A	1	0.147	0.137	
Serine.....g	0.449		0	A	1	0.135	0.126	
Hydroxyproline.....g	0.075		0	BFPN	4	0.022	0.021	
<b>Others:</b>								
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 = 30g: 1 slice  
 Measure 2 = 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 28 (2015)



**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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.301		0	NC	4		9.301		
4:0.....g	0.001		0	FLM	4		0.001		
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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

**NDB No. 07008**  
**Bologna, beef and pork**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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: 3.527 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 28 (2015)





**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		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
<b>Lipids:</b>								
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
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
21:5.....g								
22:4.....g								
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								
<b>Others:</b>								
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 28 (2015)



**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		Measure 1	Measure 2	Measure 3	
			Deriv Code	Source Code				Confidence Code
<b>Lipids:</b>								
Fatty acids, total saturated.....g	5.464		0		4	1.530	0.765	1.530
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	0.037		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		4	1.807	0.904	1.807
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		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
21:5.....g								
22:4.....g								
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								
<b>Others:</b>								
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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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	
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-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									
<b>Amino Acids:</b>									
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	

NDB No. 07960  
 Bologna, chicken, pork

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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	
<b>Others:</b>								
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 28 (2015)

NDB No. 07959  
 Bologna, chicken, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	0.0	0.001	3	A	1		0.0	0.0	
<b>Vitamins:</b>									
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.....µg	7	0.333	3	A	1		2	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	7	0.333	3	A	1		2	2	
Folate, DFE.....µg	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.....µg	0.59	0.050	3	A	1		0.16	0.16	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	13		0	AS	1		4	4	
Retinol.....µg	11	0.000	3	A	1		3	3	
Carotene, beta.....µg	11	0.000	3	A	1		3	3	
Carotene, alpha.....µg	11	0.000	3	A	1		3	3	
Cryptoxanthin, beta.....µg	11	0.000	3	A	1		3	3	
Vitamin A, IU.....IU	75		0	AS	1		21	21	
Lycopene.....µg	11	0.000	3	A	1		3	3	
Lutein + zeaxanthin.....µg	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	
Tocotrienol, alpha.....mg	0.07	0.022	3	A	1		0.02	0.02	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.1	0.067	3	A	1		0.0	0.0	

**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
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
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	
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									
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-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									
<b>Others:</b>									
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



**NDB No. 07959**  
**Bologna, chicken, 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 28 (2015)

NDB No. 07952  
 Bologna, chicken, turkey, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	0.0		2	A	1		0.0	0.0	
<b>Vitamins:</b>									
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.....µg	9		2	A	1		2	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	9		2	A	1		2	2	
Folate, DFE.....µg	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.....µg	0.79		2	A	1		0.22	0.22	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	13		0	AS	1		4	4	
Retinol.....µg	11		2	A	1		3	3	
Carotene, beta.....µg	11		2	A	1		3	3	
Carotene, alpha.....µg	11		2	A	1		3	3	
Cryptoxanthin, beta.....µg	11		2	A	1		3	3	
Vitamin A, IU.....IU	75		0	AS	1		21	21	
Lycopene.....µg	11		2	A	1		3	3	
Lutein + zeaxanthin.....µg	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	
Tocotrienol, alpha.....mg	0.06		2	A	1		0.02	0.02	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0	0.0	

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
<b>Lipids:</b>							
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
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							
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-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							
<b>Others:</b>							
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

**NDB No. 07952**  
**Bologna, chicken, turkey, 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 28 (2015)

NDB No. 07971  
Bologna, meat and poultry

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
<b>Proximates:</b>									
Water.....g	55.93	0.193	18	A	1		18.46		
Energy.....kcal	281		0	NC	4		93		
Energy.....kJ	1174		0	NC	4		387		
Protein.....g	10.34	0.078	18	A	1		3.41		
Total lipid (fat).....g	23.77	0.135	18	A	1		7.84		
Ash.....g	3.65	0.112	18	A	1		1.21		
Carbohydrate, by difference.....g	6.31		0	NC	4		2.08		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	1.97		3	A	1		0.65		
Sucrose.....g	0.00		3	A	1		0.00		
Glucose (dextrose).....g	1.20		3	A	1		0.40		
Fructose.....g	0.00		3	A	1		0.00		
Lactose.....g	0.00		3	A	1		0.00		
Maltose.....g	0.77		3	A	1		0.25		
Galactose.....g	0.00		3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	125	6.619	18	A	1		41		
Iron, Fe.....mg	1.24	0.078	18	A	1		0.41		
Magnesium, Mg.....mg	15	0.379	18	A	1		5		
Phosphorus, P.....mg	212	9.053	18	A	1		70		
Potassium, K.....mg	320	46.439	18	A	1		106		
Sodium, Na.....mg	1379	111.010	18	A	1		455		
Zinc, Zn.....mg	1.06	0.024	18	A	1		0.35		
Copper, Cu.....mg	0.035	0.001	18	A	1		0.011		
Manganese, Mn.....mg	0.038	0.002	18	A	1		0.012		
Selenium, Se.....µg	14.4	0.142	9	A	1		4.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.047	0.001	9	A	1		0.016		
Riboflavin.....mg	0.158	0.001	9	A	1		0.052		
Niacin.....mg	3.187	0.048	9	A	1		1.052		
Pantothenic acid.....mg	0.771	0.021	6	A	1		0.254		
Vitamin B-6.....mg	0.193	0.004	9	A	1		0.064		
Folate, total.....µg	7	0.339	6	A	1		2		
Folic acid.....µg	0		0	BFPN	4		0		
Folate, food.....µg	7	0.339	6	A	1		2		
Folate, DFE.....µg	7		0	NC	4		2		
Choline, total.....mg	59.3		3	AS	1		19.6		
Betaine.....mg	3.9		3	A	1		1.3		
Vitamin B-12.....µg	0.47	0.005	9	A	1		0.15		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	BFPN	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.59	0.029	6	A	1		0.20		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00		
Tocopherol, gamma.....mg	0.31	0.006	6	A	1		0.10		
Tocopherol, delta.....mg	0.00	0.003	6	A	1		0.00		
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.8		0	BFPN	4		0.3		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	34		0	BFPN	4		11		
Vitamin K (phylloquinone).....µg	1.7		0	BFPN	4		0.6		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.389		0	NC	4		2.438		
4:0.....g	0.000	0.000	18	A	1		0.000		
6:0.....g	0.000	0.000	18	A	1		0.000		
8:0.....g	0.000	0.000	18	A	1		0.000		
10:0.....g	0.020	0.001	18	A	1		0.007		
12:0.....g	0.017	0.001	18	A	1		0.006		
13:0.....g									
14:0.....g	0.000	0.000	18	A	1		0.000		
15:0.....g	0.022	0.001	18	A	1		0.007		
16:0.....g	5.255	0.031	18	A	1		1.734		
17:0.....g	0.063	0.001	18	A	1		0.021		
18:0.....g	1.967	0.019	18	A	1		0.649		
20:0.....g	0.030	0.001	18	A	1		0.010		
22:0.....g	0.012	0.001	18	A	1		0.004		
24:0.....g	0.002	0.000	18	A	1		0.001		
Fatty acids, total monounsaturated.....g	10.269		0	NC	4		3.389		
14:1.....g	0.033	0.002	18	A	1		0.011		
15:1.....g	0.000	0.000	18	A	1		0.000		
16:1 undifferentiated.....g	0.925	0.019	18	AS	1		0.305		
16:1 c.....g	0.914	0.020	18	A	1		0.302		
16:1 t.....g	0.011	0.000	18	A	1		0.004		
17:1.....g	0.049	0.000	18	A	1		0.016		
18:1 undifferentiated.....g	8.977	0.047	18	AS	1		2.962		
18:1 c.....g	8.839	0.048	18	A	1		2.917		
18:1 t.....g	0.137	0.005	18	A	1		0.045		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.192	0.003	18	A	1		0.063		
22:1 undifferentiated.....g	0.089	0.002	18	AS	1		0.029		
22:1 c.....g	0.089	0.002	18	A	1		0.029		
22:1 t.....g	0.000	0.000	18	A	1		0.000		
24:1 c.....g	0.005	0.002	18	A	1		0.002		
Fatty acids, total polyunsaturated.....g	4.590		0	NC	4		1.515		
18:2 undifferentiated.....g	4.086	0.070	18	AS	1		1.348		
18:2 n-6 c,c.....g	4.022	0.071	18	A	1		1.327		
18:2 CLAs.....g	0.029	0.001	18	A	1		0.010		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.035	0.001	18	A	1		0.012		
18:3 undifferentiated.....g	0.208	0.007	18	AS	1		0.069		
18:3 n-3 c,c,c (ALA).....g	0.205	0.007	18	A	1		0.068		
18:3 n-6 c,c,c.....g	0.003	0.000	18	A	1		0.001		
18:3i.....g	0.000	0.000	18	A	1		0.000		
18:4.....g	0.003	0.000	18	A	1		0.001		
20:2 n-6 c,c.....g	0.090	0.004	18	A	1		0.030		
20:3 undifferentiated.....g	0.046	0.001	18	AS	1		0.015		
20:3 n-3.....g	0.011	0.001	18	A	1		0.004		
20:3 n-6.....g	0.035	0.000	18	A	1		0.012		
20:4 undifferentiated.....g	0.100	0.001	18	A	1		0.033		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	18	A	1		0.001		
21:5.....g									
22:4.....g	0.031	0.000	18	A	1		0.010		
22:5 n-3 (DPA).....g	0.014	0.001	18	A	1		0.005		

**NDB No. 07971**  
**Bologna, meat and poultry**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.006	0.000	18	A	1		0.002		
Fatty acids, total trans.....g	0.183		0	NC	4		0.061		
Fatty acids, total trans-monoenoic.....g	0.148		0	NC	4		0.049		
Fatty acids, total trans-polyenoic.....g	0.035		0	NC	4		0.012		
Cholesterol.....mg	92	0.279	9	A	1		30		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.112		0	A	1		0.037		
Threonine.....g	0.372		0	A	1		0.123		
Isoleucine.....g	0.425		0	A	1		0.140		
Leucine.....g	0.782		0	A	1		0.258		
Lysine.....g	0.762		0	A	1		0.251		
Methionine.....g	0.249		0	A	1		0.082		
Cystine.....g	0.137		0	A	1		0.045		
Phenylalanine.....g	0.381		0	A	1		0.126		
Tyrosine.....g	0.303		0	A	1		0.100		
Valine.....g	0.483		0	A	1		0.159		
Arginine.....g	0.670		0	A	1		0.221		
Histidine.....g	0.298		0	A	1		0.098		
Alanine.....g	0.650		0	A	1		0.215		
Aspartic acid.....g	0.914		0	A	1		0.302		
Glutamic acid.....g	1.515		0	A	1		0.500		
Glycine.....g	0.696		0	A	1		0.230		
Proline.....g	0.734		0	A	1		0.242		
Serine.....g	0.430		0	A	1		0.142		
Hydroxyproline.....g	0.246		0	A	1		0.081		
<b><u>Others:</u></b>									
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 = 33g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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	
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	A	1		0.067	0.055	
15:0.....g									
16:0.....g	4.304		0	A	1		1.205	0.990	
17:0.....g									
18:0.....g	2.256		0	A	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	A	1		0.200	0.165	
17:1.....g									
18:1 undifferentiated.....g	9.016		0	A	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	A	1		0.512	0.421	
18:3 undifferentiated.....g	0.278		0	A	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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 07010

Bologna, pork

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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, 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 28 (2015)

NDB No. 07936  
 Bologna, pork and turkey, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	5.6			FLM	4		3.2		
<b>Vitamins:</b>									
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.....µg	18			FLM	4		10		
Folic acid.....µg	0			FLM	4		0		
Folate, food.....µg	18			FLM	4		10		
Folate, DFE.....µg	18		0	NC	4		10		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.29			FLM	4		0.16		
Vitamin A, RAE.....µg	1		0	AS	1		0		
Retinol.....µg	1		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	2		0	MC	9		1		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		
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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07936  
Bologna, pork and turkey, lite

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

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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

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 07937**  
**Bologna, pork, turkey 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	12.4		0	FLA	4		3.5		
<b>Vitamins:</b>									
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.....µg	4		0	FLA	4		1		
Folic acid.....µg	0		0	FLA	4		0		
Folate, food.....µg	4		0	FLA	4		1		
Folate, DFE.....µg	4		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.08		0	FLA	4		0.31		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	Z	7		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		
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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07937

Bologna, pork, turkey and beef

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

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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

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common			
	Mean	Std. Error	Number	Deriv	Source Code	measures of food		
			of Data Points	Code		Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	4.355		0	NC	4			
4:0.....g	0.000		0	FLA	4	1.219	1.219	19.770
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
21:5.....g								
22:4.....g								
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
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0	0

NDB No. 07011  
 Bologna, turkey

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
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: .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 28 (2015)

NDB No. 07922

Bratwurst, beef and pork, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	14.1		0	BFZN	4		9.3		
<b>Vitamins:</b>									
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.....µg	4		0	MC	9		3		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	4		0	MC	9		3		
Folate, DFE.....µg	4		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.67		0	BFZN	4		1.76		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	Z	7		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07922

Bratwurst, beef and pork, smoked

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

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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 = 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 28 (2015)

**NDB No. 07923**  
**Bratwurst, chicken, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg									
<b>Vitamins:</b>									
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.....µg	6		0	MC	9		5		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	6		0	MC	9		5		
Folate, DFE.....µg	6		0	NC	4		5		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.34		0	MC	9		0.28		
Vitamin A, RAE.....µg	30		0	NC	4		25		
Retinol.....µg	30		0	NR	4		25		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	101		0	MC	9		85		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 07923  
 Bratwurst, chicken, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0	MC	9		59		
Phytosterols.....mg									
<b>Others:</b>									
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 28 (2015)



NDB No. 07924

Bratwurst, pork, beef and turkey, lite, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	20.2		0	BFZN	4		13.3		
<b>Vitamins:</b>									
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.....µg	5		0	MC	9		3		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	5		0	MC	9		3		
Folate, DFE.....µg	5		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.60		0	BFZN	4		1.06		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	1		0	MC	9		1		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

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
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07924

Bratwurst, pork, beef and turkey, lite, smoked

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

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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 = 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 28 (2015)



**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	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	9.998		0	NC	4		8.498	
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	0.013		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	
21:5.....g								
22:4.....g								
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	
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	
Caffeine.....mg	0		0	FLA	4		0	

NDB No. 07013  
 Bratwurst, pork, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 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 28 (2015)

**NDB No. 07910**  
**Bratwurst, veal, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	19.2		0	BFSN	4		16.1		
<b>Vitamins:</b>									
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.....µg	9		0	MC	9		8		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	9		0	MC	9		8		
Folate, DFE.....µg	9		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.98		0	MC	9		0.82		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07910  
Bratwurst, veal, cooked

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

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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**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 07014

Braunschweiger (a liver sausage), pork

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
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
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
21:5.....g							
22:4.....g							
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
<b>Amino Acids:</b>							
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							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0

NDB No. 07014

Braunschweiger (a liver sausage), pork

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

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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 = 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 28 (2015)



**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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.930		0	MC	9		6.951		
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	0.040		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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	MC	9		0.0		
Caffeine.....mg	0		0	MC	9		0		

NDB No. 07015  
 Brotwurst, pork, beef, link

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.470		0	NC	4		10.470		
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	0.090		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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	MC	9		0.0		
Caffeine.....mg	0		0	MC	9		0		

NDB No. 07016

Cheesefurter, cheese smokie, pork, beef

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Theobromine.....mg	0		0	FLM	4		0		

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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: 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 28 (2015)

NDB No. 07961

Chicken breast, deli, rotisserie seasoned, sliced, prepackaged

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
<b>Proximates:</b>									
Water.....g	74.47	0.106	11	A	1		8.94		
Energy.....kcal	98		0	NC	4		12		
Energy.....kJ	410		0	NC	4		49		
Protein.....g	17.40	0.133	11	A	1		2.09		
Total lipid (fat).....g	1.86	0.053	11	A	1		0.22		
Ash.....g	3.34	0.033	11	A	1		0.40		
Carbohydrate, by difference.....g	2.92		0	NC	4		0.35		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.75	0.061	11	A	1		0.09		
Sucrose.....g	0.44	0.061	11	A	1		0.05		
Glucose (dextrose).....g	0.31	0.009	11	A	1		0.04		
Fructose.....g	0.00	0.000	11	A	1		0.00		
Lactose.....g	0.00	0.000	11	A	1		0.00		
Maltose.....g	0.00	0.000	11	A	1		0.00		
Galactose.....g	0.00	0.000	11	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	0.322	11	A	1		1		
Iron, Fe.....mg	0.39	0.013	11	A	1		0.05		
Magnesium, Mg.....mg	26	0.139	11	A	1		3		
Phosphorus, P.....mg	257	1.598	11	A	1		31		
Potassium, K.....mg	360	5.881	11	A	1		43		
Sodium, Na.....mg	1032	9.330	11	A	1		124		
Zinc, Zn.....mg	0.51	0.004	11	A	1		0.06		
Copper, Cu.....mg	0.020	0.001	11	A	1		0.002		
Manganese, Mn.....mg	0.018	0.001	11	A	1		0.002		
Selenium, Se.....µg	13.2	0.121	6	A	1		1.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.048	0.001	6	A	1		0.006		
Riboflavin.....mg	0.071	0.000	6	A	1		0.008		
Niacin.....mg	9.055	0.050	6	A	1		1.087		
Pantothenic acid.....mg	0.976	0.006	6	A	1		0.117		
Vitamin B-6.....mg	0.445	0.004	6	A	1		0.053		
Folate, total.....µg	7		0	BFPN	4		1		
Folic acid.....µg	0		0	BFPN	4		0		
Folate, food.....µg	7		0	BFPN	4		1		
Folate, DFE.....µg	7		0	NC	4		1		
Choline, total.....mg	44.2		0	AS	1		5.3		
Betaine.....mg	13.5		2	A	1		1.6		
Vitamin B-12.....µg	0.14	0.011	6	A	1		0.02		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	2		0	AS	1		0		
Retinol.....µg	2	0.364	6	A	1		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	6		0	AS	1		1		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.32	0.010	6	A	1		0.04		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00		
Tocopherol, gamma.....mg	0.08	0.001	6	A	1		0.01		
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, alpha.....mg	0.01	0.001	6	A	1		0.00		
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00		

NDB No. 07961

Chicken breast, deli, rotisserie seasoned, sliced, prepackaged

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.02	0.000	6	A	1		0.00		
Tocotrienol, delta.....mg	0.00	0.003	6	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.1		0	BFFN	4		0.0		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	2		0	BFFN	4		0		
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.564		0	NC	4		0.068		
4:0.....g	0.002	0.000	6	A	1		0.000		
6:0.....g	0.000	0.000	6	A	1		0.000		
8:0.....g	0.002	0.000	6	A	1		0.000		
10:0.....g	0.024	0.004	6	A	1		0.003		
12:0.....g	0.000	0.000	6	A	1		0.000		
13:0.....g									
14:0.....g	0.010	0.000	6	A	1		0.001		
15:0.....g	0.002	0.000	6	A	1		0.000		
16:0.....g	0.397	0.016	6	A	1		0.048		
17:0.....g	0.002	0.000	6	A	1		0.000		
18:0.....g	0.124	0.004	6	A	1		0.015		
20:0.....g	0.001	0.000	6	A	1		0.000		
22:0.....g	0.000	0.000	6	A	1		0.000		
24:0.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.740		0	NC	4		0.089		
14:1.....g	0.003	0.000	6	A	1		0.000		
15:1.....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated.....g	0.088	0.004	6	AS	1		0.011		
16:1 c.....g	0.088	0.004	6	A	1		0.011		
16:1 t.....g	0.000	0.000	6	A	1		0.000		
17:1.....g	0.004	0.001	6	A	1		0.001		
18:1 undifferentiated.....g	0.628	0.028	6	AS	1		0.075		
18:1 c.....g	0.622	0.028	6	A	1		0.075		
18:1 t.....g	0.006	0.000	6	A	1		0.001		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.016	0.007	6	A	1		0.002		
22:1 undifferentiated.....g	0.000	0.000	6	AS	1		0.000		
22:1 c.....g	0.000	0.000	6	A	1		0.000		
22:1 t.....g	0.000	0.000	6	A	1		0.000		
24:1 c.....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated.....g	0.452		0	NC	4		0.054		
18:2 undifferentiated.....g	0.355	0.009	6	AS	1		0.043		
18:2 n-6 c,c.....g	0.354	0.009	6	A	1		0.042		
18:2 CLAs.....g	0.000	0.000	6	A	1		0.000		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.001	0.000	6	A	1		0.000		
18:3 undifferentiated.....g	0.016	0.000	6	AS	1		0.002		
18:3 n-3 c,c,c (ALA).....g	0.016	0.000	6	A	1		0.002		
18:3 n-6 c,c,c.....g	0.000	0.000	6	A	1		0.000		
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c.....g	0.005	0.000	6	A	1		0.001		
20:3 undifferentiated.....g	0.009	0.000	6	AS	1		0.001		
20:3 n-3.....g	0.000	0.000	6	A	1		0.000		
20:3 n-6.....g	0.009	0.000	6	A	1		0.001		
20:4 undifferentiated.....g	0.047	0.000	6	A	1		0.006		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.000	6	A	1		0.000		
21:5.....g									
22:4.....g	0.012	0.000	6	A	1		0.001		
22:5 n-3 (DPA).....g	0.004	0.000	6	A	1		0.001		

NDB No. 07961

Chicken breast, deli, rotisserie seasoned, sliced, prepackaged

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.003	0.001	6	A	1		0.000			
Fatty acids, total trans.....g	0.007		0	NC	4		0.001			
Fatty acids, total trans-monoenoic.....g	0.006		0	NC	4		0.001			
Fatty acids, total trans-polyenoic.....g	0.001		0	NC	4		0.000			
Cholesterol.....mg	51	0.527	11	A	1		6			
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.195		0	A	1		0.023			
Threonine.....g	0.817		0	A	1		0.098			
Isoleucine.....g	0.825		0	A	1		0.099			
Leucine.....g	1.473		0	A	1		0.177			
Lysine.....g	1.630		0	A	1		0.196			
Methionine.....g	0.494		0	A	1		0.059			
Cystine.....g	0.202		0	A	1		0.024			
Phenylalanine.....g	0.690		0	A	1		0.083			
Tyrosine.....g	0.650		0	A	1		0.078			
Valine.....g	0.840		0	A	1		0.101			
Arginine.....g	1.206		0	A	1		0.145			
Histidine.....g	0.516		0	A	1		0.062			
Alanine.....g	1.035		0	A	1		0.124			
Aspartic acid.....g	1.699		0	A	1		0.204			
Glutamic acid.....g	2.831		0	A	1		0.340			
Glycine.....g	0.792		0	A	1		0.095			
Proline.....g	0.697		0	A	1		0.084			
Serine.....g	0.723		0	A	1		0.087			
Hydroxyproline.....g										
<b>Others:</b>										
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 = 12.0g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07932

Chicken breast, fat-free, mesquite flavor, sliced

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	6.1			FLA	4		2.6		
<b>Vitamins:</b>									
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.....µg	1			FLA	4		0		
Folic acid.....µg	0			FLA	4		0		
Folate, food.....µg	1			FLA	4		0		
Folate, DFE.....µg	1		0	NC	4		0		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.07			FLA	4		0.03		
Vitamin A, RAE.....µg	0		1	A	1		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		1	A	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
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		
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									
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	36		1	A	1		15		
Phytosterols.....mg	0			FLA	4		0		
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07932

Chicken breast, fat-free, mesquite flavor, sliced

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

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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 = 42g: 1 serving 2 slices

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 07933

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

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	7.6			FLA	4		3.2		
<b>Vitamins:</b>									
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.....µg	1			FLA	4		0		
Folic acid.....µg	0			FLA	4		0		
Folate, food.....µg	1			FLA	4		0		
Folate, DFE.....µg	1		0	NC	4		0		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.09			FLA	4		0.04		
Vitamin A, RAE.....µg	0		1	A	1		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		1	A	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07933

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

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

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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 = 42g: 1 serving 2 slices

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 07018**  
**Chicken spread**

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	10.8		0	BFNN	4		6.0		
<b>Vitamins:</b>									
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.....µg	3		0		4		2		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	3		0		4		2		
Folate, DFE.....µg	3		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.13		0		4		0.07		
Vitamin A, RAE.....µg	30		0	NC	4		17		
Retinol.....µg	30		0	NR	4		17		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	99		0	MC	9		56		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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		
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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			FLM	4		0.0		
Caffeine.....mg	0			FLM	4		0		
Theobromine.....mg	0			FLM	4		0		

NDB No. 07018  
Chicken spread

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

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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 (1 serving)

**Calories Factors: Protein 4**

**Fat 4**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	14.380		0		1		4.077	8.628
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
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
21:5.....g								
22:4.....g								
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
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0



**NDB No. 07019**  
**Chorizo, pork and beef**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

**NDB No. 07020**  
**Corned beef loaf, jellied**

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	17.2		0	RF	4		4.8	9.8	
<b>Vitamins:</b>									
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.....µg	8		1		1		2	5	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	8		1		1		2	5	
Folate, DFE.....µg	8		0	NC	4		2	5	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.27	0.096	14		1		0.36	0.72	
Vitamin A, RAE.....µg	0		1		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



**NDB No. 07020**  
**Corned beef loaf, jellied**

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

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

**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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.0		0	Z	7		0.0		
Vitamin D.....µg	0		0	FLA	4		0		
Vitamin K (phylloquinone).....µg	1.2		0	BFSN	4		0.5		
Dihydrophyloquinone.....µg	0.0		0	FLA	4		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.806		0	NR	4		3.346		
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	0.069		0	NC	4		0.026		
12:0.....g	0.068		0	FLA	4		0.026		
13:0.....g									
14:0.....g	0.658		0	NC	4		0.250		
15:0.....g									
16:0.....g	5.556		0	NC	4		2.111		
17:0.....g									
18:0.....g	2.455		0	NC	4		0.933		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.132		0	NR	4		4.230		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.144		0	NC	4		0.435		
17:1.....g									
18:1 undifferentiated.....g	9.897		0	NC	4		3.761		
20:1.....g	0.091		0	FLA	4		0.034		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.972		0	NR	4		1.129		
18:2 undifferentiated.....g	2.231		0	NC	4		0.848		
18:3 undifferentiated.....g	0.642		0	NC	4		0.244		
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	0.073		0	FLA	4		0.028		
20:5 n-3 (EPA).....g	0.004		0	FLA	4		0.001		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.008		0	FLA	4		0.003		
22:6 n-3 (DHA).....g	0.015		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		
<b>Amino Acids:</b>									
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		

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
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		
<b>Others:</b>									
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 28 (2015)





**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
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	BFFN	4		0.5	4.3	
Vitamin D.....IU	38		0	BFFN	4		18	171	
Vitamin K (phylloquinone).....µg	1.8		0	BFSN	4		0.9	8.2	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.593		0	BFFN	4		5.565	52.287	
4:0.....g	0.000		0	BFFN	4		0.000	0.000	
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	0.044		0	BFFN	4		0.021	0.198	
13:0.....g									
14:0.....g	0.937		0	BFFN	4		0.450	4.224	
15:0.....g									
16:0.....g	3.295		0	BFFN	4		1.581	14.859	
17:0.....g									
18:0.....g	3.625		0	BFFN	4		1.740	16.347	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.722		0	BFFN	4		6.107	57.377	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.021		0	BFFN	4		0.490	4.607	
17:1.....g									
18:1 undifferentiated.....g	11.330		0	BFFN	4		5.438	51.098	
20:1.....g	0.122		0	BFFN	4		0.059	0.552	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.808		0	BFFN	4		0.388	3.644	
18:2 undifferentiated.....g	0.693		0	BFFN	4		0.333	3.125	
18:3 undifferentiated.....g	0.084		0	BFFN	4		0.040	0.378	
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	
21:5.....g									
22:4.....g									
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	58		0	BFFN	4		28	264	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.126		0	A	1		0.061	0.569	
Threonine.....g	0.540		0	A	1		0.259	2.436	
Isoleucine.....g	0.604		0	A	1		0.290	2.722	
Leucine.....g	1.033		0	A	1		0.496	4.660	
Lysine.....g	1.097		0	A	1		0.527	4.947	
Methionine.....g	0.332		0	A	1		0.159	1.495	
Cystine.....g	0.126		0	A	1		0.060	0.566	
Phenylalanine.....g	0.507		0	A	1		0.243	2.286	
Tyrosine.....g	0.428		0	A	1		0.206	1.932	
Valine.....g	0.632		0	A	1		0.303	2.850	
Arginine.....g	0.787		0	A	1		0.378	3.551	
Histidine.....g	0.377		0	A	1		0.181	1.699	
Alanine.....g	0.706		0	A	1		0.339	3.186	
Aspartic acid.....g	1.165		0	A	1		0.559	5.255	
Glutamic acid.....g	1.873		0	A	1		0.899	8.449	
Glycine.....g	0.556		0	A	1		0.267	2.506	

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Proline.....g	0.494		0	A	1	0.237	2.229
Serine.....g	0.469		0	A	1	0.225	2.115
Hydroxyproline.....g							
<b>Others:</b>							
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

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**Common Measures:**

Measure 1 = 48g: 1 frankfurter

Measure 2 = 451g: 1 package

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
Fatty acids, total saturated.....g	1.526		0	NR	4	0.870	2.305
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
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	0.113		0		4	0.064	0.171
15:0.....g							
16:0.....g	0.923		0		4	0.526	1.394
17:0.....g							
18:0.....g	0.490		0		4	0.279	0.740
20:0.....g							
22:0.....g							
24:0.....g							
Fatty acids, total monounsaturated.....g	3.806		0		12	2.169	5.747
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	0.388		0		4	0.221	0.586
17:1.....g							
18:1 undifferentiated.....g	3.417		0		4	1.948	5.160
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	0.233		0		12	0.133	0.352
18:2 undifferentiated.....g	0.233		0		4	0.133	0.352
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
21:5.....g							
22:4.....g							
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	23	60
Phytosterols.....mg							
<b>Others:</b>							
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

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**Common Measures:**

Measure 1 = 57g: 1 frankfurter  
Measure 2 = 151g: 1 cup, sliced

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.500		1	A	1		0.285		
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	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		
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									
Cholesterol.....mg	41		1	A	1		24		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

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**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 28 (2015)



**NDB No. 07022**  
**Frankfurter, beef, unheated**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.9		0	T	4		0.5	4.0	
Vitamin D.....IU	36		0	T	4		18	161	
Vitamin K (phylloquinone).....µg	1.8		0	BFFN	4		0.9	8.0	
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.979		0	BFFN	4		5.490	48.968	
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	0.000		0	BFFN	4		0.000	0.000	
12:0.....g	0.041		0	BFFN	4		0.021	0.185	
13:0.....g									
14:0.....g	0.887		0	BFFN	4		0.444	3.956	
15:0.....g									
16:0.....g	3.120		0	BFFN	4		1.560	13.915	
17:0.....g									
18:0.....g	3.433		0	BFFN	4		1.716	15.310	
20:0.....g	0.000		0	BFFN	4		0.000	0.000	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.048		0	BFFN	4		6.024	53.735	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.967		0	BFFN	4		0.484	4.314	
17:1.....g									
18:1 undifferentiated.....g	10.730		0	BFFN	4		5.365	47.855	
20:1.....g	0.116		0	BFFN	4		0.058	0.517	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.765		0	BFFN	4		0.383	3.413	
18:2 undifferentiated.....g	0.656		0	BFFN	4		0.328	2.927	
18:3 undifferentiated.....g	0.079		0	BFFN	4		0.040	0.354	
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	
21:5.....g									
22:4.....g									
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	55		0	BFFN	4		28	247	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.121		0	A	1		0.061	0.541	
Threonine.....g	0.519		0	A	1		0.260	2.317	
Isoleucine.....g	0.580		0	A	1		0.290	2.588	
Leucine.....g	0.994		0	A	1		0.497	4.431	
Lysine.....g	1.055		0	A	1		0.527	4.704	
Methionine.....g	0.319		0	A	1		0.159	1.422	
Cystine.....g	0.121		0	A	1		0.060	0.538	
Phenylalanine.....g	0.487		0	A	1		0.244	2.173	
Tyrosine.....g	0.412		0	A	1		0.206	1.837	
Valine.....g	0.608		0	A	1		0.304	2.711	
Arginine.....g	0.757		0	A	1		0.379	3.377	
Histidine.....g	0.362		0	A	1		0.181	1.616	
Alanine.....g	0.679		0	A	1		0.340	3.030	
Aspartic acid.....g	1.120		0	A	1		0.560	4.997	
Glutamic acid.....g	1.802		0	A	1		0.901	8.035	
Glycine.....g	0.534		0	A	1		0.267	2.383	



**NDB No. 07022**  
**Frankfurter, beef, unheated**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Proline.....g	0.475		0	A	1	0.238	2.119	
Serine.....g	0.451		0	A	1	0.225	2.011	
Hydroxyproline.....g								
<b>Others:</b>								
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 = 50g: 1 frankfurter

Measure 2 = 446g: 1 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 28 (2015)

**NDB No. 07024**  
**Frankfurter, chicken**

frank, hot dog, 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
<b>Proximates:</b>									
Water.....g	62.50	0.897	3	A	1		53.12	28.12	
Energy.....kcal	223		0	NC	4		189	100	
Energy.....kJ	933		0	NC	4		793	420	
Protein (N x 6.25).....g	15.51	1.268	3	A	1		13.18	6.98	
Total lipid (fat).....g	16.19	1.247	3	A	1		13.77	7.29	
Ash.....g	3.06	0.219	3	A	1		2.60	1.38	
Carbohydrate, by difference.....g	2.74		0	NC	4		2.33	1.23	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	2.98		0	NR	4		2.53	1.34	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	74	44.464	3	A	1		63	33	
Iron, Fe.....mg	1.17	0.272	3	A	1		0.99	0.52	
Magnesium, Mg.....mg	20	0.794	3	A	1		17	9	
Phosphorus, P.....mg	162	19.641	3	A	1		138	73	
Potassium, K.....mg	202	17.010	3	A	1		172	91	
Sodium, Na.....mg	1027		0	NR	4		873	462	
Zinc, Zn.....mg	1.11	0.077	3	A	1		0.95	0.50	
Copper, Cu.....mg	0.078	0.005	3	A	1		0.066	0.035	
Manganese, Mn.....mg	0.059	0.009	3	A	1		0.050	0.026	
Selenium, Se.....µg	23.0	1.041	3	A	1		19.6	10.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.057	0.008	3	A	1		0.049	0.026	
Riboflavin.....mg	0.257	0.026	3	A	1		0.218	0.116	
Niacin.....mg	4.687	0.504	3	A	1		3.984	2.109	
Pantothenic acid.....mg	1.060	0.123	3	A	1		0.901	0.477	
Vitamin B-6.....mg	0.323	0.045	3	A	1		0.274	0.145	
Folate, total.....µg	7	1.732	3	A	1		6	3	
Folic acid.....µg	3		2	A	1		3	1	
Folate, food.....µg	4		0	NR	4		3	2	
Folate, DFE.....µg	9		0	NC	4		8	4	
Choline, total.....mg	50.5	1.199	5	AS	1		42.9	22.7	
Betaine.....mg	5.8	0.236	5	A	1		4.9	2.6	
Vitamin B-12.....µg	0.54	0.106	3	A	1		0.45	0.24	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.22		0	NR	4		0.18	0.10	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.5		0	BFFN	4		0.4	0.2	
Vitamin D.....IU	21		0	BFFN	4		18	9	
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophylloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menquinone-4.....µg	25.1	6.731	3	A	1		21.4	11.3	

**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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.856		0	NC	4		3.278	1.735	
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	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.006	0.006	3	A	1		0.005	0.003	
13:0.....g									
14:0.....g	0.083	0.027	3	A	1		0.071	0.037	
15:0.....g	0.013	0.003	3	A	1		0.011	0.006	
16:0.....g	2.954	0.432	3	A	1		2.511	1.329	
17:0.....g	0.019	0.005	3	A	1		0.016	0.009	
18:0.....g	0.773	0.087	3	A	1		0.657	0.348	
20:0.....g	0.008	0.004	3	A	1		0.007	0.004	
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	5.932		0	NC	4		5.043	2.670	
14:1.....g	0.026	0.010	3	A	1		0.022	0.012	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.722	0.218	3	A	1		0.613	0.325	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	4.999	0.811	3	AS	1		4.249	2.249	
18:1 c.....g	4.901	0.766	3	A	1		4.166	2.206	
18:1 t.....g	0.097	0.048	3	A	1		0.083	0.044	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.068	0.012	3	A	1		0.058	0.031	
22:1 undifferentiated.....g	0.118	0.046	3	AS	1		0.100	0.053	
22:1 c.....g	0.118	0.046	3	A	1		0.100	0.053	
22:1 t.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.873		0	NC	4		3.292	1.743	
18:2 undifferentiated.....g	3.422	0.357	3	AS	1		2.908	1.540	
18:2 n-6 c,c.....g	3.370	0.378	3	A	1		2.865	1.517	
18:2 CLAs.....g									
18:2 t,t.....g	0.051	0.021	3	A	1		0.044	0.023	
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.356	0.088	3	AS	1		0.303	0.160	
18:3 n-3 c,c,c (ALA).....g	0.326	0.089	3	A	1		0.277	0.147	
18:3 n-6 c,c,c.....g	0.030	0.001	3	A	1		0.026	0.014	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.027	0.003	3	A	1		0.023	0.012	
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	0.054	0.009	3	A	1		0.046	0.024	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.003	3	A	1		0.003	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.009	0.005	3	A	1		0.008	0.004	
22:6 n-3 (DHA).....g	0.003	0.003	3	A	1		0.003	0.001	
Fatty acids, total trans.....g	0.149		0	NC	4		0.126	0.067	
Fatty acids, total trans-monoenoic.....g	0.097		0	NC	4		0.083	0.044	
Fatty acids, total trans-polyenoic.....g	0.051		0	NC	4		0.044	0.023	
Cholesterol.....mg	96	4.826	3	A	1		81	43	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.103		0		4		0.088	0.046	
Threonine.....g	0.577		0		4		0.490	0.260	
Isoleucine.....g	0.457		0		4		0.388	0.206	
Leucine.....g	1.024		0		4		0.870	0.461	

**NDB No. 07024**  
**Frankfurter, chicken**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Lysine.....g	1.095		0		4	0.931	0.493	
Methionine.....g	0.343		0		4	0.292	0.154	
Cystine.....g	0.130		0		4	0.111	0.059	
Phenylalanine.....g	0.513		0		4	0.436	0.231	
Tyrosine.....g	0.391		0		4	0.332	0.176	
Valine.....g	0.536		0		4	0.456	0.241	
Arginine.....g	0.892		0		4	0.758	0.401	
Histidine.....g	0.362		0		4	0.308	0.163	
Alanine.....g	0.902		0		4	0.767	0.406	
Aspartic acid.....g	1.322		0		4	1.124	0.595	
Glutamic acid.....g	2.063		0		4	1.754	0.928	
Glycine.....g	1.024		0		4	0.870	0.461	
Proline.....g	0.691		0		4	0.587	0.311	
Serine.....g	0.608		0		4	0.517	0.274	
Hydroxyproline.....g	0.142	0.011	3	A	1	0.121	0.064	
<b>Others:</b>								
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 = 85g: 3 oz  
 Measure 2 = 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 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.038		0		4		6.862	18.177	
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	
10:0.....g	0.080		0		4		0.046	0.121	
12:0.....g	0.060		0		4		0.034	0.091	
13:0.....g									
14:0.....g	0.939		0		4		0.535	1.418	
15:0.....g									
16:0.....g	6.514		0		4		3.713	9.836	
17:0.....g									
18:0.....g	3.956		0		4		2.255	5.974	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.606		0		4		7.755	20.545	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.628		0		4		0.928	2.458	
17:1.....g									
18:1 undifferentiated.....g	11.978		0		4		6.827	18.087	
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		0.786	2.082	
18:2 undifferentiated.....g	1.109		0		4		0.632	1.675	
18:3 undifferentiated.....g	0.270		0		4		0.154	0.408	
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	
21:5.....g									
22:4.....g									
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		35	92	
Phytosterols.....mg									
<b>Others:</b>									
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 = 57g: 1 frankfurter  
Measure 2 = 151g: 1 cup, sliced

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 07950**  
**Frankfurter, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	12.5		0	BFNN	4		6.5		
<b>Vitamins:</b>									
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.....µg	6		0	BFNN	4		3		
Folic acid.....µg	0		0	BFNN	4		0		
Folate, food.....µg	6		0	BFNN	4		3		
Folate, DFE.....µg	6		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.57		0	BFNN	4		0.82		
Vitamin A, RAE.....µg	0		0	BFNN	4		0		
Retinol.....µg	0		0	BFNN	4		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	BFNN	4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.19		0	NR	4		0.10		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 07950**  
**Frankfurter, meat**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u> <u>measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	7.666		0	NC	4		3.987		
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	0.072		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	11.386		0	NC	4		5.921		
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	4.404		0	NC	4		2.290		
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		
21:5.....g									
22:4.....g									
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									
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
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. 07950  
Frankfurter, meat

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

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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 (1 hot dog)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07963

Frankfurter, meat and poultry, cooked, 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
<b>Proximates:</b>									
Water.....g	55.16	0.445	18	A	1		27.58		
Energy.....kcal	298		0	NC	4		149		
Energy.....kJ	1245		0	NC	4		623		
Protein.....g	10.31	0.172	18	A	1		5.15		
Total lipid (fat).....g	26.28	0.400	18	A	1		13.14		
Ash.....g	3.29	0.061	18	A	1		1.65		
Carbohydrate, by difference.....g	4.96		0	NC	4		2.48		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	2.70		3	A	1		1.35		
Sucrose.....g	0.00		3	A	1		0.00		
Glucose (dextrose).....g	2.41		3	A	1		1.21		
Fructose.....g	0.00		3	A	1		0.00		
Lactose.....g	0.00		3	A	1		0.00		
Maltose.....g	0.29		3	A	1		0.14		
Galactose.....g	0.00		3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	107	5.670	18	A	1		53		
Iron, Fe.....mg	1.12	0.022	18	A	1		0.56		
Magnesium, Mg.....mg	11	0.234	18	A	1		6		
Phosphorus, P.....mg	180	6.850	18	A	1		90		
Potassium, K.....mg	323	28.026	18	A	1		161		
Sodium, Na.....mg	914	38.317	18	A	1		457		
Zinc, Zn.....mg	1.25	0.043	18	A	1		0.62		
Copper, Cu.....mg	0.040	0.001	18	A	1		0.020		
Manganese, Mn.....mg	0.020	0.001	18	A	1		0.010		
Selenium, Se.....µg	13.3	0.292	9	A	1		6.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	19.4		2	A	1		9.7		
Thiamin.....mg	0.044	0.003	9	A	1		0.022		
Riboflavin.....mg	0.145	0.008	9	A	1		0.072		
Niacin.....mg	2.672	0.046	9	A	1		1.336		
Pantothenic acid.....mg	0.551	0.014	6	A	1		0.276		
Vitamin B-6.....mg	0.067	0.003	9	A	1		0.034		
Folate, total.....µg	6		2	A	1		3		
Folic acid.....µg	0		0	BFPN	4		0		
Folate, food.....µg	9		0	BFPN	4		5		
Folate, DFE.....µg	9		0	NC	4		5		
Choline, total.....mg	54.3		0	AS	1		27.2		
Betaine.....mg	4.1		2	A	1		2.1		
Vitamin B-12.....µg	0.69	0.043	9	A	1		0.34		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	31		0	AS	1		15		
Retinol.....µg	31		3	A	1		15		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	103		0	AS	1		52		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.45	0.042	6	A	1		0.23		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00		
Tocopherol, gamma.....mg	0.18	0.017	6	A	1		0.09		
Tocopherol, delta.....mg	0.01	0.007	6	A	1		0.00		
Tocotrienol, alpha.....mg	0.02	0.000	6	A	1		0.01		
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00		

NDB No. 07963

Frankfurter, meat and poultry, cooked, 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
Tocotrienol, gamma.....mg	0.02	0.009	6	A	1		0.01		
Tocotrienol, delta.....mg	0.01	0.011	6	A	1		0.01		
Vitamin D (D2 + D3).....µg	0.6		0	AS	1		0.3		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.6		0	BFPN	4		0.3		
Vitamin D.....µg	26		0	BFPN	4		13		
Vitamin K (phylloquinone).....µg	1.7		0	BFPN	4		0.8		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.216		0	NC	4		4.108		
4:0.....g	0.000	0.000	9	A	1		0.000		
6:0.....g	0.000	0.000	9	A	1		0.000		
8:0.....g	0.002	0.000	9	A	1		0.001		
10:0.....g	0.019	0.001	9	A	1		0.010		
12:0.....g	0.026	0.001	9	A	1		0.013		
13:0.....g									
14:0.....g	0.282	0.017	9	A	1		0.141		
15:0.....g	0.026	0.002	9	A	1		0.013		
16:0.....g	5.500	0.127	9	A	1		2.750		
17:0.....g	0.079	0.006	9	A	1		0.039		
18:0.....g	2.232	0.087	9	A	1		1.116		
20:0.....g	0.035	0.001	9	A	1		0.018		
22:0.....g	0.012	0.000	9	A	1		0.006		
24:0.....g	0.002	0.000	9	A	1		0.001		
Fatty acids, total monounsaturated.....g	10.759		0	NC	4		5.380		
14:1.....g	0.035	0.005	9	A	1		0.017		
15:1.....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated.....g	0.812	0.013	9	AS	1		0.406		
16:1 c.....g	0.798	0.014	9	A	1		0.399		
16:1 t.....g	0.014	0.002	9	A	1		0.007		
17:1.....g	0.058	0.004	9	A	1		0.029		
18:1 undifferentiated.....g	9.662	0.183	9	AS	1		4.831		
18:1 c.....g	9.486	0.179	9	A	1		4.743		
18:1 t.....g	0.176	0.027	9	A	1		0.088		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.182	0.002	9	A	1		0.091		
22:1 undifferentiated.....g	0.010	0.005	9	AS	1		0.005		
22:1 c.....g	0.010	0.005	9	A	1		0.005		
22:1 t.....g	0.000	0.000	9	A	1		0.000		
24:1 c.....g	0.001	0.001	9	A	1		0.000		
Fatty acids, total polyunsaturated.....g	5.713		0	NC	4		2.856		
18:2 undifferentiated.....g	5.113	0.119	9	AS	1		2.556		
18:2 n-6 c,c.....g	5.025	0.119	9	A	1		2.512		
18:2 CLAs.....g	0.042	0.004	9	A	1		0.021		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.046	0.002	9	A	1		0.023		
18:3 undifferentiated.....g	0.262	0.008	9	AS	1		0.131		
18:3 n-3 c,c,c (ALA).....g	0.254	0.007	9	A	1		0.127		
18:3 n-6 c,c,c.....g	0.008	0.001	9	A	1		0.004		
18:3i.....g	0.000	0.000	9	A	1		0.000		
18:4.....g	0.003	0.000	9	A	1		0.001		
20:2 n-6 c,c.....g	0.109	0.003	9	A	1		0.054		
20:3 undifferentiated.....g	0.049	0.001	9	AS	1		0.025		
20:3 n-3.....g	0.016	0.000	9	A	1		0.008		
20:3 n-6.....g	0.033	0.001	9	A	1		0.017		
20:4 undifferentiated.....g	0.114	0.002	9	A	1		0.057		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	9	A	1		0.002		
21:5.....g									
22:4.....g	0.033	0.001	9	A	1		0.016		
22:5 n-3 (DPA).....g	0.017	0.000	9	A	1		0.009		

NDB No. 07963

Frankfurter, meat and poultry, cooked, boiled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
22:6 n-3 (DHA).....g	0.007	0.000	9	A	1		0.004			
Fatty acids, total trans.....g	0.237		0	NC	4		0.118			
Fatty acids, total trans-monoenoic.....g	0.191		0	NC	4		0.095			
Fatty acids, total trans-polyenoic.....g	0.046		0	NC	4		0.023			
Cholesterol.....mg	84	2.445	9	A	1		42			
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.112		0	A	1		0.056			
Threonine.....g	0.370		0	A	1		0.185			
Isoleucine.....g	0.423		0	A	1		0.212			
Leucine.....g	0.779		0	A	1		0.389			
Lysine.....g	0.759		0	A	1		0.379			
Methionine.....g	0.248		0	A	1		0.124			
Cystine.....g	0.136		0	A	1		0.068			
Phenylalanine.....g	0.380		0	A	1		0.190			
Tyrosine.....g	0.301		0	A	1		0.151			
Valine.....g	0.481		0	A	1		0.241			
Arginine.....g	0.667		0	A	1		0.334			
Histidine.....g	0.297		0	A	1		0.148			
Alanine.....g	0.648		0	A	1		0.324			
Aspartic acid.....g	0.911		0	A	1		0.455			
Glutamic acid.....g	1.509		0	A	1		0.755			
Glycine.....g	0.693		0	A	1		0.347			
Proline.....g	0.731		0	A	1		0.366			
Serine.....g	0.428		0	A	1		0.214			
Hydroxyproline.....g	0.241		0	A	1		0.120			
<b>Others:</b>										
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 = 50g: 1 frankfurter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07964

Frankfurter, meat and poultry, cooked, grilled

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
<b>Proximates:</b>									
Water.....g	53.90	0.548	18	A	1		25.87		
Energy.....kcal	302		0	NC	4		145		
Energy.....kJ	1262		0	NC	4		606		
Protein.....g	10.67	0.161	18	A	1		5.12		
Total lipid (fat).....g	26.43	0.341	18	A	1		12.69		
Ash.....g	3.75	0.079	18	A	1		1.80		
Carbohydrate, by difference.....g	5.24		0	NC	4		2.52		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	2.85		3	A	1		1.37		
Sucrose.....g	0.00		3	A	1		0.00		
Glucose (dextrose).....g	2.55		3	A	1		1.22		
Fructose.....g	0.00		3	A	1		0.00		
Lactose.....g	0.00		3	A	1		0.00		
Maltose.....g	0.30		3	A	1		0.15		
Galactose.....g	0.00		3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	118	6.686	18	A	1		57		
Iron, Fe.....mg	1.15	0.016	18	A	1		0.55		
Magnesium, Mg.....mg	12	0.194	18	A	1		6		
Phosphorus, P.....mg	192	7.746	18	A	1		92		
Potassium, K.....mg	387	20.607	18	A	1		186		
Sodium, Na.....mg	1079	22.432	18	A	1		518		
Zinc, Zn.....mg	1.27	0.043	18	A	1		0.61		
Copper, Cu.....mg	0.043	0.001	18	A	1		0.020		
Manganese, Mn.....mg	0.020	0.001	18	A	1		0.010		
Selenium, Se.....µg	13.1	0.334	9	A	1		6.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	19.2		2	A	1		9.2		
Thiamin.....mg	0.049	0.004	9	A	1		0.023		
Riboflavin.....mg	0.154	0.005	9	A	1		0.074		
Niacin.....mg	3.058	0.051	9	A	1		1.468		
Pantothenic acid.....mg	0.581	0.014	6	A	1		0.279		
Vitamin B-6.....mg	0.057	0.002	9	A	1		0.027		
Folate, total.....µg	9		0	BFPN	4		4		
Folic acid.....µg	0		0	BFPN	4		0		
Folate, food.....µg	9		0	BFPN	4		4		
Folate, DFE.....µg	9		0	NC	4		4		
Choline, total.....mg	56.2		0	BFPN	4		27.0		
Betaine.....mg	4.3		0	BFPN	4		2.0		
Vitamin B-12.....µg	0.67	0.035	9	A	1		0.32		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	32		0	AS	1		15		
Retinol.....µg	32		3	A	1		15		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	107		0	AS	1		51		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.45	0.110	6	A	1		0.22		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00		
Tocopherol, gamma.....mg	0.21	0.027	6	A	1		0.10		
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, alpha.....mg	0.05	0.006	6	A	1		0.03		
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00		

Frankfurter, meat and poultry, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.07	0.003	6	A	1		0.03		
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.7		2	AS	1		0.3		
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0		
Vitamin D3 (cholecalciferol).....µg	0.7		2	A	1		0.3		
Vitamin D.....IU	27		2	A	1		13		
Vitamin K (phylloquinone).....µg	0.2		2	A	1		0.1		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	35.6		2	A	1		17.1		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.218		0	NC	4		3.945		
4:0.....g	0.000	0.000	9	A	1		0.000		
6:0.....g	0.000	0.000	9	A	1		0.000		
8:0.....g	0.002	0.001	9	A	1		0.001		
10:0.....g	0.021	0.000	9	A	1		0.010		
12:0.....g	0.027	0.001	9	A	1		0.013		
13:0.....g									
14:0.....g	0.284	0.016	9	A	1		0.136		
15:0.....g	0.027	0.002	9	A	1		0.013		
16:0.....g	5.491	0.050	9	A	1		2.636		
17:0.....g	0.080	0.006	9	A	1		0.038		
18:0.....g	2.235	0.077	9	A	1		1.073		
20:0.....g	0.037	0.001	9	A	1		0.018		
22:0.....g	0.012	0.001	9	A	1		0.006		
24:0.....g	0.002	0.000	9	A	1		0.001		
Fatty acids, total monounsaturated.....g	10.723		0	NC	4		5.147		
14:1.....g	0.034	0.004	9	A	1		0.016		
15:1.....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated.....g	0.794	0.040	9	AS	1		0.381		
16:1 c.....g	0.781	0.040	9	A	1		0.375		
16:1 t.....g	0.013	0.001	9	A	1		0.006		
17:1.....g	0.059	0.004	9	A	1		0.028		
18:1 undifferentiated.....g	9.643	0.090	9	AS	1		4.629		
18:1 c.....g	9.469	0.075	9	A	1		4.545		
18:1 t.....g	0.174	0.023	9	A	1		0.084		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.181	0.001	9	A	1		0.087		
22:1 undifferentiated.....g	0.010	0.006	9	AS	1		0.005		
22:1 c.....g	0.010	0.006	9	A	1		0.005		
22:1 t.....g	0.000	0.000	9	A	1		0.000		
24:1 c.....g	0.001	0.001	9	A	1		0.000		
Fatty acids, total polyunsaturated.....g	5.882		0	NC	4		2.823		
18:2 undifferentiated.....g	5.266	0.197	9	AS	1		2.528		
18:2 n-6 c,c.....g	5.175	0.199	9	A	1		2.484		
18:2 CLAs.....g	0.043	0.003	9	A	1		0.021		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.049	0.003	9	A	1		0.023		
18:3 undifferentiated.....g	0.264	0.005	9	AS	1		0.127		
18:3 n-3 c,c,c (ALA).....g	0.255	0.005	9	A	1		0.123		
18:3 n-6 c,c,c.....g	0.008	0.001	9	A	1		0.004		
18:3i.....g	0.001	0.001	9	A	1		0.001		
18:4.....g	0.003	0.000	9	A	1		0.001		
20:2 n-6 c,c.....g	0.113	0.003	9	A	1		0.054		
20:3 undifferentiated.....g	0.050	0.002	9	AS	1		0.024		
20:3 n-3.....g	0.015	0.000	9	A	1		0.007		
20:3 n-6.....g	0.034	0.002	9	A	1		0.017		
20:4 undifferentiated.....g	0.120	0.004	9	A	1		0.057		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	9	A	1		0.002		
21:5.....g									
22:4.....g	0.035	0.000	9	A	1		0.017		
22:5 n-3 (DPA).....g	0.017	0.000	9	A	1		0.008		

NDB No. 07964

Frankfurter, meat and poultry, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.008	0.000	9	A	1		0.004			
Fatty acids, total trans.....g	0.237		0	NC	4		0.114			
Fatty acids, total trans-monoenoic.....g	0.187		0	NC	4		0.090			
Fatty acids, total trans-polyenoic.....g	0.050		0	NC	4		0.024			
Cholesterol.....mg	85	1.522	9	A	1		41			
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.116		0	A	1		0.056			
Threonine.....g	0.383		0	A	1		0.184			
Isoleucine.....g	0.438		0	A	1		0.210			
Leucine.....g	0.806		0	A	1		0.387			
Lysine.....g	0.786		0	A	1		0.377			
Methionine.....g	0.257		0	A	1		0.123			
Cystine.....g	0.141		0	A	1		0.068			
Phenylalanine.....g	0.393		0	A	1		0.189			
Tyrosine.....g	0.312		0	A	1		0.150			
Valine.....g	0.498		0	A	1		0.239			
Arginine.....g	0.691		0	A	1		0.332			
Histidine.....g	0.307		0	A	1		0.148			
Alanine.....g	0.671		0	A	1		0.322			
Aspartic acid.....g	0.943		0	A	1		0.453			
Glutamic acid.....g	1.563		0	A	1		0.750			
Glycine.....g	0.718		0	A	1		0.345			
Proline.....g	0.757		0	A	1		0.364			
Serine.....g	0.444		0	A	1		0.213			
Hydroxyproline.....g	0.249		0	BFPN	4		0.120			
<b>Others:</b>										
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 = 48g: 1 frankfurter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





NDB No. 42280

Frankfurter, meat and poultry, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.970		0		4		1.387		
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Others:</b>									
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 28 (2015)

NDB No. 07962

Frankfurter, meat and poultry, unheated

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
<b>Proximates:</b>									
Water.....g	57.58	0.370	18	A	1		29.37		
Energy.....kcal	277		0	NC	4		141		
Energy.....kJ	1157		0	NC	4		590		
Protein.....g	9.72	0.169	18	A	1		4.96		
Total lipid (fat).....g	24.18	0.339	18	A	1		12.33		
Ash.....g	3.50	0.052	18	A	1		1.78		
Carbohydrate, by difference.....g	5.02		0	NC	4		2.56		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	2.75		3	A	1		1.40		
Sucrose.....g	0.00		3	A	1		0.00		
Glucose (dextrose).....g	2.45		3	A	1		1.25		
Fructose.....g	0.00		3	A	1		0.00		
Lactose.....g	0.00		3	A	1		0.00		
Maltose.....g	0.30		3	A	1		0.15		
Galactose.....g	0.00		3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	106	6.002	18	A	1		54		
Iron, Fe.....mg	1.04	0.020	18	A	1		0.53		
Magnesium, Mg.....mg	11	0.163	18	A	1		6		
Phosphorus, P.....mg	175	6.684	18	A	1		89		
Potassium, K.....mg	359	27.484	18	A	1		183		
Sodium, Na.....mg	976	27.197	18	A	1		498		
Zinc, Zn.....mg	1.14	0.038	18	A	1		0.58		
Copper, Cu.....mg	0.042	0.002	18	A	1		0.021		
Manganese, Mn.....mg	0.017	0.001	18	A	1		0.009		
Selenium, Se.....µg	12.4	0.339	9	A	1		6.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	22.5		2	A	1		11.5		
Thiamin.....mg	0.047	0.004	9	A	1		0.024		
Riboflavin.....mg	0.145	0.003	9	A	1		0.074		
Niacin.....mg	2.813	0.054	9	A	1		1.435		
Pantothenic acid.....mg	0.554	0.016	6	A	1		0.282		
Vitamin B-6.....mg	0.063	0.004	9	A	1		0.032		
Folate, total.....µg	6		2	A	1		3		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	6		0	NR	4		3		
Folate, DFE.....µg	6		0	NC	4		3		
Choline, total.....mg	50.2		0	AS	1		25.6		
Betaine.....mg	3.9		2	A	1		2.0		
Vitamin B-12.....µg	0.71	0.028	9	A	1		0.36		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	31		0	AS	1		16		
Retinol.....µg	31		3	A	1		16		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	102		0	AS	1		52		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.44	0.044	6	A	1		0.23		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00		
Tocopherol, gamma.....mg	0.21	0.012	6	A	1		0.11		
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, alpha.....mg	0.02	0.000	6	A	1		0.01		
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.03	0.002	6	A	1		0.02		
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3).....µg	0.7		2	AS	1		0.3		
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0		
Vitamin D3 (cholecalciferol).....µg	0.7		2	A	1		0.3		
Vitamin D.....IU	27		2	A	1		14		
Vitamin K (phylloquinone).....µg	0.1		2	A	1		0.1		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	28.6		2	A	1		14.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.583		0	NC	4		3.867		
4:0.....g	0.000	0.000	9	A	1		0.000		
6:0.....g	0.000	0.000	9	A	1		0.000		
8:0.....g	0.001	0.001	9	A	1		0.001		
10:0.....g	0.020	0.000	9	A	1		0.010		
12:0.....g	0.023	0.001	9	A	1		0.012		
13:0.....g									
14:0.....g	0.262	0.014	9	A	1		0.133		
15:0.....g	0.025	0.003	9	A	1		0.013		
16:0.....g	5.062	0.053	9	A	1		2.582		
17:0.....g	0.074	0.005	9	A	1		0.038		
18:0.....g	2.069	0.050	9	A	1		1.055		
20:0.....g	0.033	0.002	9	A	1		0.017		
22:0.....g	0.011	0.001	9	A	1		0.006		
24:0.....g	0.002	0.000	9	A	1		0.001		
Fatty acids, total monounsaturated.....g	9.929		0	NC	4		5.064		
14:1.....g	0.033	0.005	9	A	1		0.017		
15:1.....g	0.000	0.000	9	A	1		0.000		
16:1 undifferentiated.....g	0.738	0.030	9	AS	1		0.376		
16:1 c.....g	0.726	0.030	9	A	1		0.370		
16:1 t.....g	0.012	0.001	9	A	1		0.006		
17:1.....g	0.055	0.004	9	A	1		0.028		
18:1 undifferentiated.....g	8.924	0.075	9	AS	1		4.551		
18:1 c.....g	8.768	0.084	9	A	1		4.472		
18:1 t.....g	0.156	0.023	9	A	1		0.079		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.169	0.001	9	A	1		0.086		
22:1 undifferentiated.....g	0.010	0.005	9	AS	1		0.005		
22:1 c.....g	0.009	0.006	9	A	1		0.005		
22:1 t.....g	0.000	0.000	9	A	1		0.000		
24:1 c.....g	0.001	0.001	9	A	1		0.001		
Fatty acids, total polyunsaturated.....g	5.386		0	NC	4		2.747		
18:2 undifferentiated.....g	4.820	0.197	9	AS	1		2.458		
18:2 n-6 c,c.....g	4.742	0.200	9	A	1		2.418		
18:2 CLAs.....g	0.038	0.002	9	A	1		0.019		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.041	0.004	9	A	1		0.021		
18:3 undifferentiated.....g	0.245	0.004	9	AS	1		0.125		
18:3 n-3 c,c,c (ALA).....g	0.237	0.004	9	A	1		0.121		
18:3 n-6 c,c,c.....g	0.007	0.001	9	A	1		0.004		
18:3i.....g	0.001	0.001	9	A	1		0.000		
18:4.....g	0.002	0.001	9	A	1		0.001		
20:2 n-6 c,c.....g	0.104	0.006	9	A	1		0.053		
20:3 undifferentiated.....g	0.046	0.002	9	AS	1		0.023		
20:3 n-3.....g	0.014	0.001	9	A	1		0.007		
20:3 n-6.....g	0.031	0.002	9	A	1		0.016		
20:4 undifferentiated.....g	0.108	0.004	9	A	1		0.055		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	9	A	1		0.002		
21:5.....g									
22:4.....g	0.031	0.001	9	A	1		0.016		
22:5 n-3 (DPA).....g	0.016	0.000	9	A	1		0.008		

NDB No. 07962

Frankfurter, meat and poultry, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.007	0.000	9	A	1		0.004			
Fatty acids, total trans.....g	0.210		0	NC	4		0.107			
Fatty acids, total trans-monoenoic.....g	0.168		0	NC	4		0.086			
Fatty acids, total trans-polyenoic.....g	0.042		0	NC	4		0.021			
Cholesterol.....mg	78	2.423	9	A	1		40			
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.106		0	A	1		0.054			
Threonine.....g	0.350		0	A	1		0.179			
Isoleucine.....g	0.400		0	A	1		0.204			
Leucine.....g	0.736		0	A	1		0.376			
Lysine.....g	0.718		0	A	1		0.366			
Methionine.....g	0.235		0	A	1		0.120			
Cystine.....g	0.129		0	A	1		0.066			
Phenylalanine.....g	0.359		0	A	1		0.183			
Tyrosine.....g	0.285		0	A	1		0.145			
Valine.....g	0.455		0	A	1		0.232			
Arginine.....g	0.631		0	A	1		0.322			
Histidine.....g	0.281		0	A	1		0.143			
Alanine.....g	0.612		0	A	1		0.312			
Aspartic acid.....g	0.861		0	A	1		0.439			
Glutamic acid.....g	1.427		0	A	1		0.728			
Glycine.....g	0.656		0	A	1		0.334			
Proline.....g	0.692		0	A	1		0.353			
Serine.....g	0.405		0	A	1		0.207			
Hydroxyproline.....g	0.228		2	A	1		0.116			
<b>Others:</b>										
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 = 51g: 1 frankfurter

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 07949**  
**Frankfurter, meat, heated**

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	12.5		0	BFNN	4		6.5		
<b>Vitamins:</b>									
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.....µg	6		0	BFNN	4		3		
Folic acid.....µg	0		0	BFNN	4		0		
Folate, food.....µg	6		0	BFNN	4		3		
Folate, DFE.....µg	6		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.57		0	BFNN	4		0.81		
Vitamin A, RAE.....µg	0		0	BFNN	4		0		
Retinol.....µg	0		0	BFNN	4		0		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0	BFNN	4		0		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg	0.18		0	NR	4		0.09		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

**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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Fatty acids, total saturated.....g	7.220		0	NC	4		3.755		
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	0.068		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	10.743		0	NC	4		5.586		
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	3.963		0	NC	4		2.061		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07949  
Frankfurter, meat, heated

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

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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 (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 28 (2015)

**NDB No. 07939**  
**Frankfurter, pork**

frank, hot dog, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	27.8		0	FLC	4		21.1		
<b>Vitamins:</b>									
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.....µg	3		0	FLC	4		2		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	3		0	FLC	4		2		
Folate, DFE.....µg	3		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.49		0	FLC	4		0.37		
Vitamin A, RAE.....µg	79		0	AS	1		60		
Retinol.....µg	79		0	NR	4		60		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	263		0	FLC	4		200		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



**NDB No. 07939**  
**Frankfurter, pork**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	8.719		0	FLC	4	6.626		
4:0.....g								
6:0.....g								
8:0.....g								
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		
21:5.....g								
22:4.....g								
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		
<b><u>Amino Acids:</u></b>								
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								
<b><u>Others:</u></b>								
Alcohol, ethyl.....g	0.0		0	FLC	4	0.0		
Caffeine.....mg	0		0	Z	7	0		
Theobromine.....mg	0		0	Z	7	0		

NDB No. 07939  
Frankfurter, pork

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

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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 = 76g: 1 link

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.6		0	BFFN	4		0.2	0.3	
Vitamin D.....IU	23		0	BFFN	4		6	10	
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg	31.2	5.262	3	A	1		8.8	14.0	
<b>Lipids:</b>									
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 t.....g	0.581	0.082	3	A	1		0.165	0.261	
18:1-11 t (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 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-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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Cholesterol.....mg	77	0.353	3	A	1	22	35	
Phytosterols.....mg	0		0		4	0	0	
<b>Amino Acids:</b>								
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	
<b>Others:</b>								
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 28 (2015)

NDB No. 07278

**HORMEL Pillow Pak Sliced Turkey Pepperoni**

Hormel Foods Corp.

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg									
<b>Vitamins:</b>									
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.....µg	4		0	BFZN	4		1		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	4		0	BFZN	4		1		
Folate, DFE.....µg	4		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	15		0	NC	4		4		
Retinol.....µg	15		0	NR	4		4		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	49	0.275	7	A	1		15		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 07278

HORMEL Pillow Pak Sliced Turkey Pepperoni

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
Fatty acids, total saturated.....g	3.520		0	NR	4		1.056		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		1	A	1		0.000		
13:0.....g									
14:0.....g	0.124		1	A	1		0.037		
15:0.....g									
16:0.....g	2.378		1	A	1		0.714		
17:0.....g									
18:0.....g	1.018		1	A	1		0.305		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.650		0	NR	4		1.395		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.432		1	A	1		0.130		
17:1.....g									
18:1 undifferentiated.....g	4.218		1	A	1		1.265		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.320		0	NR	4		0.996		
18:2 undifferentiated.....g	3.026		1	A	1		0.908		
18:3 undifferentiated.....g	0.294		1	A	1		0.088		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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	123	0.000	7	A	1		37		
Phytosterols.....mg									
<b>Others:</b>									
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**

**Carbohydrate4**

**Food Group: 07 Sausages and Luncheon Meats**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)





**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				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.966		0	NC	4		1.950	3.971	
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	
10:0.....g	0.074		0	A	1		0.021	0.042	
12:0.....g	0.074		0	A	1		0.021	0.042	
13:0.....g									
14:0.....g	0.390		0	A	1		0.109	0.222	
15:0.....g									
16:0.....g	4.239		0	A	1		1.187	2.416	
17:0.....g									
18:0.....g	2.189		0	A	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	A	1		0.187	0.381	
17:1.....g									
18:1 undifferentiated.....g	7.922		0	A	1		2.218	4.516	
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	A	1		0.496	1.010	
18:3 undifferentiated.....g	0.250		0	A	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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

**NDB No. 07032**  
**Ham and cheese loaf or roll**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

**NDB No. 07033**  
**Ham and cheese spread**

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	33.6		0	BFNN	4		5.0	9.5	
<b>Vitamins:</b>									
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.....µg	3		0		4		0	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	3		0		4		0	1	
Folate, DFE.....µg	3		0	NC	4		0	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.73	0.171	4		1		0.11	0.21	
Vitamin A, RAE.....µg	91		0		4		14	26	
Retinol.....µg	91		0		4		14	26	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	304		0		4		46	86	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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
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
21:5.....g							
22:4.....g							
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
<b>Amino Acids:</b>							
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.

**NDB No. 07033**

**Ham and cheese spread**

**Common Measures:**

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**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			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
<b>Lipids:</b>									
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	
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		0.002	0.003	
13:0.....g									
14:0.....g	0.159		0	A	1		0.024	0.045	
15:0.....g									
16:0.....g	3.187		0	A	1		0.478	0.904	
17:0.....g									
18:0.....g	1.673		0	A	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	A	1		0.070	0.133	
17:1.....g									
18:1 undifferentiated.....g	6.703		0	A	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	A	1		0.354	0.669	
18:3 undifferentiated.....g	0.329		0	A	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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 07031  
 Ham salad spread

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)





**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
<b>Lipids:</b>									
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	
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	A	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	NR	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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 07026  
 Ham, chopped, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)



**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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
<b>Lipids:</b>								
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	
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	A	1	0.005	0.004	
12:0.....g	0.012		0	A	1	0.003	0.003	
13:0.....g								
14:0.....g	0.137		0	A	1	0.038	0.029	
15:0.....g								
16:0.....g	2.174		0	A	1	0.609	0.457	
17:0.....g								
18:0.....g	1.081		0	NR	4	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	A	1	0.112	0.084	
17:1.....g								
18:1 undifferentiated.....g	4.497		0	A	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	A	1	0.303	0.227	
18:3 undifferentiated.....g	0.179		0	A	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	
21:5.....g								
22:4.....g								
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								
<b>Others:</b>								
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 28 (2015)

NDB No. 07938

Ham, honey, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	10.4		0	MC	9		5.7		
<b>Vitamins:</b>									
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.....µg	2		0	MC	9		1		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	2		0	MC	9		1		
Folate, DFE.....µg	2		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.38		0	MC	9		0.21		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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
Fatty acids, total saturated.....g	0.870		0	NR	4		0.479		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0	BFZN	4		0.000		
13:0.....g									
14:0.....g	0.040		0	BFZN	4		0.022		
15:0.....g									
16:0.....g	0.582		0	BFZN	4		0.320		
17:0.....g									
18:0.....g	0.248		0	BFZN	4		0.136		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.240		0	NR	4		0.682		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		0	BFZN	4		0.040		
17:1.....g									
18:1 undifferentiated.....g	1.166		0	BFZN	4		0.641		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230		0	NR	4		0.127		
18:2 undifferentiated.....g	0.223		0	BFZN	4		0.123		
18:3 undifferentiated.....g	0.007		0	BFZN	4		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									
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	22		0	MC	9		12		
Phytosterols.....mg									
<b>Others:</b>									
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**

**Carbohydrate4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 07030

Ham, minced

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

NDB No. 07028

Ham, sliced, packaged (96% fat free, 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
<b>Proximates:</b>									
Water.....g	75.14	1.112	5	A	1		17.28		
Energy.....kcal	100		0	NC	4		23		
Energy.....kJ	420		0	NC	4		97		
Protein.....g	16.90	0.434	5	A	1		3.89		
Total lipid (fat).....g	3.40	0.169	5	A	1		0.78		
Ash.....g	4.01	0.169	5	A	1		0.92		
Carbohydrate, by difference.....g	0.55		0	NC	4		0.13		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5	0.101	5	A	1		1		
Iron, Fe.....mg	0.58	0.010	5	A	1		0.13		
Magnesium, Mg.....mg	18	0.183	5	A	1		4		
Phosphorus, P.....mg	261	7.869	5	A	1		60		
Potassium, K.....mg	490	17.823	5	A	1		113		
Sodium, Na.....mg	1279	111.891	5	A	1		294		
Zinc, Zn.....mg	1.58	0.034	5	A	1		0.36		
Copper, Cu.....mg	0.197	0.138	5	A	1		0.045		
Manganese, Mn.....mg	0.011	0.000	5	A	1		0.003		
Selenium, Se.....µg	31.6	1.468	3	A	1		7.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.336	0.025	3	A	1		0.077		
Riboflavin.....mg	0.266	0.009	3	A	1		0.061		
Niacin.....mg	5.697	0.506	3	A	1		1.310		
Pantothenic acid.....mg	0.697	0.023	3	A	1		0.160		
Vitamin B-6.....mg	0.394	0.028	3	A	1		0.091		
Folate, total.....µg	0	0.153	3	A	1		0		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	0	0.153	3	A	1		0		
Folate, DFE.....µg	0		0	NC	4		0		
Choline, total.....mg	62.4		0	AS	1		14.3		
Betaine.....mg	2.8		1	A	1		0.6		
Vitamin B-12.....µg	0.36	0.024	3	A	1		0.08		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.29		0	NR	4		0.07		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.7		0	BFNN	4		0.2		
Vitamin D.....IU	28		0	BFNN	4		6		
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0		
Dihydrophylloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg	4.4	0.617	3	A	1		1.0		

NDB No. 07028

Ham, sliced, packaged (96% fat free, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.660		0	NC	4		0.152		
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		2	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g									
14:0.....g	0.027	0.002	3	A	1		0.006		
15:0.....g	0.000	0.000	3	A	1		0.000		
16:0.....g	0.428	0.025	3	A	1		0.098		
17:0.....g	0.004	0.000	3	A	1		0.001		
18:0.....g	0.198	0.013	3	A	1		0.046		
20:0.....g	0.003	0.000	3	A	1		0.001		
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	0.992		0	NC	4		0.228		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.062	0.003	3	A	1		0.014		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.915	0.052	3	AS	1		0.210		
18:1 c.....g	0.904	0.052	3	A	1		0.208		
18:1 t.....g	0.011	0.001	3	A	1		0.003		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.014	0.001	3	A	1		0.003		
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	0.214		0	NC	4		0.049		
18:2 undifferentiated.....g	0.189	0.033	3	AS	1		0.043		
18:2 n-6 c,c.....g	0.183	0.033	3	A	1		0.042		
18:2 CLAs.....g									
18:2 t.....g	0.005	0.000	3	A	1		0.001		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.010	0.002	3	AS	1		0.002		
18:3 n-3 c,c,c (ALA).....g	0.010	0.002	3	A	1		0.002		
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	0.008	0.001	3	A	1		0.002		
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	0.008	0.000	3	A	1		0.002		
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	0.016		0	NC	4		0.004		
Fatty acids, total trans-monoenoic.....g	0.011		0	NC	4		0.003		
Fatty acids, total trans-polyenoic.....g	0.005		0	NC	4		0.001		
Cholesterol.....mg	41		0	BFSN	4		9		
Phytosterols.....mg	0		0		4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.201		0	A	1		0.046		
Threonine.....g	0.743		0	A	1		0.171		
Isoleucine.....g	0.800		0	A	1		0.184		
Leucine.....g	1.391		0	A	1		0.320		

NDB No. 07028

Ham, sliced, packaged (96% fat free, 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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
Lysine.....g	1.503		0	A	1		0.346		
Methionine.....g	0.463		0	A	1		0.107		
Cystine.....g	0.191		0	A	1		0.044		
Phenylalanine.....g	0.702		0	A	1		0.161		
Tyrosine.....g	0.669		0	A	1		0.154		
Valine.....g	0.855		0	A	1		0.197		
Arginine.....g	1.089		0	A	1		0.250		
Histidine.....g	0.687		0	A	1		0.158		
Alanine.....g	0.968		0	A	1		0.223		
Aspartic acid.....g	1.581		0	A	1		0.364		
Glutamic acid.....g	2.581		0	A	1		0.594		
Glycine.....g	0.764		0	A	1		0.176		
Proline.....g	0.683		0	A	1		0.157		
Serine.....g	0.706		0	A	1		0.162		
Hydroxyproline.....g	0.057		0	BFPN	4		0.013		
<b>Others:</b>									
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 = 23g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 07029

Ham, sliced, regular (approximately 11% fat)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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: 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 28 (2015)



NDB No. 07977

Ham, smoked, extra lean, low sodium

Hillshire Farm

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
<b>Proximates:</b>									
Water.....g	64.59		0	FLC	4				
Energy.....kcal	141		0	FLC	4				
Energy.....kJ	591		0	FLC	4				
Protein (N x 6.25).....g	18.52		0	FLC	4				
Total lipid (fat).....g	2.71		0	FLC	4				
Ash.....g	3.48		0	FLC	4				
Carbohydrate, by difference.....g	10.70		0	FLC	4				
Fiber, total dietary.....g	0.0		0	FLC	4				
Sugars, total.....g	10.68		0	FLC	4				
Sucrose.....g	0.33		0	FLC	4				
Glucose (dextrose).....g	0.40		0	FLC	4				
Fructose.....g	0.00		0	FLC	4				
Lactose.....g	0.00		0	FLC	4				
Maltose.....g	0.00		0	FLC	4				
Galactose.....g	0.00		0	FLC	4				
Starch.....g	0.00		0	FLC	4				
<b>Minerals:</b>									
Calcium, Ca.....mg	5		0	FLC	4				
Iron, Fe.....mg	0.76		0	FLC	4				
Magnesium, Mg.....mg	20		0	FLC	4				
Phosphorus, P.....mg	286		0	FLC	4				
Potassium, K.....mg	330		0	FLC	4				
Sodium, Na.....mg	1062		0	FLC	4				
Zinc, Zn.....mg	1.78		0	FLC	4				
Copper, Cu.....mg	0.245		0	FLC	4				
Manganese, Mn.....mg	0.024		0	FLC	4				
Selenium, Se.....µg	29.5		0	FLC	4				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4				
Thiamin.....mg	0.558		0	FLC	4				
Riboflavin.....mg	0.194		0	FLC	4				
Niacin.....mg	6.147		0	FLC	4				
Pantothenic acid.....mg	0.802		0	FLC	4				
Vitamin B-6.....mg	0.415		0	FLC	4				
Folate, total.....µg	2		0	FLC	4				
Folic acid.....µg	0		0	FLC	4				
Folate, food.....µg	2		0	FLC	4				
Folate, DFE.....µg	2		0	NC	4				
Choline, total.....mg	71.8		0	FLC	4				
Betaine.....mg	7.0		0	FLC	4				
Vitamin B-12.....µg	0.37		0	FLC	4				
Vitamin B-12, added.....µg	0.00		0	FLC	4				
Vitamin A, RAE.....µg	12		0	FLC	4				
Retinol.....µg	12		0	FLC	4				
Carotene, beta.....µg	0		0	FLC	4				
Carotene, alpha.....µg	0		0	FLC	4				
Cryptoxanthin, beta.....µg	0		0	FLC	4				
Vitamin A, IU.....IU	39		0	FLC	4				
Lycopene.....µg	0		0	FLC	4				
Lutein + zeaxanthin.....µg	0		0	FLC	4				
Vitamin E (alpha-tocopherol).....mg	0.24		0	FLC	4				
Vitamin E, added.....mg	0.00		0	FLC	4				
Tocopherol, beta.....mg	0.01		0	FLC	4				
Tocopherol, gamma.....mg	0.02		0	FLC	4				
Tocopherol, delta.....mg	0.00		0	FLC	4				
Tocotrienol, alpha.....mg	0.03		0	FLC	4				
Tocotrienol, beta.....mg	0.00		0	FLC	4				

NDB No. 07977

Ham, smoked, extra lean, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Tocotrienol, gamma.....mg	0.00		0	FLC		4			
Tocotrienol, delta.....mg	0.00		0	FLC		4			
Vitamin D (D2 + D3).....µg	0.7		0	FLC		4			
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.7		0	FLC		4			
Vitamin D.....IU	27		0	FLC		4			
Vitamin K (phylloquinone).....µg	0.0		0	FLC		4			
Dihydrophyloquinone.....µg	0.0		0	FLC		4			
Menaquinone-4.....µg	2.2		0	FLC		4			
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.786		0	FLC		4			
4:0.....g	0.000		0	FLC		4			
6:0.....g	0.000		0	FLC		4			
8:0.....g	0.000		0	FLC		4			
10:0.....g	0.002		0	FLC		4			
12:0.....g	0.005		0	FLC		4			
13:0.....g									
14:0.....g	0.064		0	FLC		4			
15:0.....g	0.000		0	FLC		4			
16:0.....g	1.127		0	FLC		4			
17:0.....g	0.012		0	FLC		4			
18:0.....g	0.554		0	FLC		4			
20:0.....g	0.008		0	FLC		4			
22:0.....g	0.014		0	FLC		4			
24:0.....g									
Fatty acids, total monounsaturated.....g	0.609		0	FLC		4			
14:1.....g	0.000		0	FLC		4			
15:1.....g	0.000		0	FLC		4			
16:1 undifferentiated.....g	0.038		0	FLC		4			
17:1.....g	0.001		0	FLC		4			
18:1 undifferentiated.....g	0.562		0	FLC		4			
20:1.....g	0.008		0	FLC		4			
22:1 undifferentiated.....g	0.000		0	FLC		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.187		0	FLC		4			
18:2 undifferentiated.....g	0.152		0	FLC		4			
18:3 undifferentiated.....g	0.007		0	FLC		4			
18:4.....g	0.000		0	FLC		4			
20:2 n-6 c,c.....g	0.005		0	FLC		4			
20:3 undifferentiated.....g	0.000		0	FLC		4			
20:4 undifferentiated.....g	0.023		0	FLC		4			
20:5 n-3 (EPA).....g	0.000		0	FLC		4			
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		0	FLC		4			
22:6 n-3 (DHA).....g	0.000		0	FLC		4			
Fatty acids, total trans.....g	0.019		0	FLC		4			
Cholesterol.....mg	50		0	FLC		4			
Phytosterols.....mg	0		0	FLC		4			
<b>Amino Acids:</b>									
Tryptophan.....g	0.174		0	FLC		4			
Threonine.....g	0.828		0	FLC		4			
Isoleucine.....g	0.836		0	FLC		4			
Leucine.....g	1.483		0	FLC		4			
Lysine.....g	1.564		0	FLC		4			
Methionine.....g	0.443		0	FLC		4			
Cystine.....g	0.208		0	FLC		4			
Phenylalanine.....g	0.741		0	FLC		4			
Tyrosine.....g	0.601		0	FLC		4			
Valine.....g	0.937		0	FLC		4			
Arginine.....g	1.185		0	FLC		4			
Histidine.....g	0.806		0	FLC		4			
Alanine.....g	1.091		0	FLC		4			

NDB No. 07977

Ham, smoked, extra lean, low sodium

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
			Points	Code	Code	Code			
Alanine.....g	1.091			FLC		4			
Aspartic acid.....g	1.615		0	FLC		4			
Glutamic acid.....g	2.650		0	FLC		4			
Glycine.....g	0.967		0	FLC		4			
Proline.....g	0.795		0	FLC		4			
Serine.....g	0.725		0	FLC		4			
Hydroxyproline.....g	0.120		0	FLC		4			
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC		4			
Caffeine.....mg	0		0	FLC		4			
Theobromine.....mg	0		0	FLC		4			

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**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
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
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		0	A	1	0.006	0.009
12:0.....g	0.014		0	A	1	0.004	0.006
13:0.....g							
14:0.....g	0.187		0	A	1	0.052	0.084
15:0.....g							
16:0.....g	2.130		0	A	1	0.596	0.959
17:0.....g							
18:0.....g	1.051		0	A	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		0	A	1	0.161	0.258
17:1.....g							
18:1 undifferentiated.....g	5.027		0	A	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		0	A	1	0.281	0.451
18:3 undifferentiated.....g	0.131		0	A	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
21:5.....g							
22:4.....g							
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							
<b>Others:</b>							
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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	15.6		0	RF	4		3.6	4.4	
<b>Vitamins:</b>									
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.....µg	4		0		4		1	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	4		0		4		1	1	
Folate, DFE.....µg	4		0	NC	4		1	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.35	0.182	4		1		0.54	0.67	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	T	4		0.2	0.3	
Vitamin D.....IU	40		0	T	4		9	11	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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
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
21:5.....g							
22:4.....g							
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
<b>Amino Acids:</b>							
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							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg							
Theobromine.....mg							

NDB No. 07088  
Honey roll sausage, beef

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

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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

**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 28 (2015)





NDB No. 07934

Kielbasa, Polish, turkey and beef, smoked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Others:</b>									
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 2 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 07968**  
**Kielbasa, fully cooked, grilled**

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
<b>Proximates:</b>									
Water.....g	49.38	0.639	15	A	1		41.97	181.23	
Energy.....kcal	337		0	NC	4		286	1237	
Energy.....kJ	1410		0	NC	4		1199	5175	
Protein.....g	12.45	0.266	15	A	1		10.58	45.70	
Total lipid (fat).....g	29.68	1.034	15	A	1		25.23	108.92	
Ash.....g	3.46	0.112	15	A	1		2.94	12.69	
Carbohydrate, by difference.....g	5.03		0	NC	4		4.28	18.46	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	2.39	0.393	6	A	1		2.03	8.78	
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose).....g	1.72	0.182	6	A	1		1.46	6.30	
Fructose.....g	0.00	0.000	6	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.67	0.229	6	A	1		0.57	2.48	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42	5.643	15	A	1		36	155	
Iron, Fe.....mg	0.99	0.057	15	A	1		0.84	3.65	
Magnesium, Mg.....mg	16	0.371	15	A	1		13	58	
Phosphorus, P.....mg	204	10.092	15	A	1		173	748	
Potassium, K.....mg	306	36.138	15	A	1		260	1124	
Sodium, Na.....mg	1062	35.629	15	A	1		903	3899	
Zinc, Zn.....mg	1.53	0.053	15	A	1		1.30	5.63	
Copper, Cu.....mg	0.056	0.001	15	A	1		0.048	0.207	
Manganese, Mn.....mg	0.057	0.004	15	A	1		0.049	0.210	
Selenium, Se.....µg	19.8	0.956	9	A	1		16.9	72.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.7	2.388	5	A	1		12.5	54.0	
Thiamin.....mg	0.150	0.007	9	A	1		0.127	0.550	
Riboflavin.....mg	0.212	0.020	9	A	1		0.180	0.779	
Niacin.....mg	3.727	0.155	9	A	1		3.168	13.677	
Pantothenic acid.....mg	0.643	0.020	3	A	1		0.547	2.361	
Vitamin B-6.....mg	0.097	0.006	9	A	1		0.082	0.355	
Folate, total.....µg	0	0	0	BFPN	4		0	2	
Folic acid.....µg	0	0	0	BFPN	4		0	0	
Folate, food.....µg	0	0	0	BFPN	4		0	2	
Folate, DFE.....µg	0	0	0	NC	4		0	2	
Choline, total.....mg	41.8		0	BFPN	4		35.6	153.5	
Betaine.....mg	4.0		0	BFPN	4		3.4	14.6	
Vitamin B-12.....µg	0.72	0.029	9	A	1		0.61	2.63	
Vitamin B-12, added.....µg	0.00		0	BFPN	4		0.00	0.00	
Vitamin A, RAE.....µg	9		0	AS	1		8	35	
Retinol.....µg	9	1.239	5	A	1		8	35	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	32		0	AS	1		27	116	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.38	0.028	7	A	1		0.32	1.40	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	7	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.33	0.046	7	A	1		0.28	1.23	
Tocopherol, delta.....mg	0.01	0.007	7	A	1		0.01	0.03	
Tocotrienol, alpha.....mg	0.04	0.007	7	A	1		0.03	0.15	
Tocotrienol, beta.....mg	0.00	0.000	7	A	1		0.00	0.00	

**NDB No. 07968**  
**Kielbasa, fully cooked, grilled**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.04	0.016	7	A	1		0.03	0.14	
Tocotrienol, delta.....mg	0.01	0.010	7	A	1		0.01	0.04	
Vitamin D (D2 + D3).....µg	0.9		0	AS	1		0.7	3.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.9		0	BFPN	4		0.7	3.2	
Vitamin D.....IU	35		0	BFPN	4		30	129	
Vitamin K (phylloquinone).....µg	0.0		1	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4.....µg	20.1		1	A	1		17.1	73.9	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.894		0	NC	4		8.409	36.309	
4:0.....g	0.000	0.000	10	A	1		0.000	0.000	
6:0.....g	0.000	0.000	10	A	1		0.000	0.000	
8:0.....g	0.003	0.001	10	A	1		0.003	0.012	
10:0.....g	0.030	0.002	10	A	1		0.025	0.110	
12:0.....g	0.026	0.001	10	A	1		0.022	0.094	
13:0.....g									
14:0.....g	0.393	0.019	10	A	1		0.334	1.443	
15:0.....g	0.031	0.003	10	A	1		0.026	0.113	
16:0.....g	6.236	0.230	10	A	1		5.300	22.885	
17:0.....g	0.113	0.007	10	A	1		0.096	0.415	
18:0.....g	2.996	0.139	10	A	1		2.546	10.994	
20:0.....g	0.052	0.003	10	A	1		0.044	0.191	
22:0.....g	0.012	0.001	10	A	1		0.010	0.042	
24:0.....g	0.003	0.000	10	A	1		0.002	0.010	
Fatty acids, total monounsaturated.....g	12.564		0	NC	4		10.679	46.110	
14:1.....g	0.037	0.007	10	A	1		0.032	0.137	
15:1.....g	0.000	0.000	10	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.711	0.027	10	AS	1		0.605	2.611	
16:1 c.....g	0.695	0.027	10	A	1		0.591	2.552	
16:1 t.....g	0.016	0.002	10	A	1		0.014	0.059	
17:1.....g	0.091	0.004	10	A	1		0.078	0.335	
18:1 undifferentiated.....g	11.389	0.466	10	AS	1		9.681	41.799	
18:1 c.....g	11.177	0.474	10	A	1		9.501	41.020	
18:1 t.....g	0.212	0.026	10	A	1		0.180	0.779	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.248	0.016	10	A	1		0.210	0.909	
22:1 undifferentiated.....g	0.080	0.011	10	AS	1		0.068	0.295	
22:1 c.....g	0.080	0.011	10	A	1		0.068	0.295	
22:1 t.....g	0.000	0.000	10	A	1		0.000	0.000	
24:1 c.....g	0.006	0.001	10	A	1		0.006	0.024	
Fatty acids, total polyunsaturated.....g	5.383		0	NC	4		4.576	19.757	
18:2 undifferentiated.....g	4.728	0.221	10	AS	1		4.019	17.351	
18:2 n-6 c,c.....g	4.625	0.222	10	A	1		3.932	16.975	
18:2 CLAs.....g	0.056	0.003	10	A	1		0.047	0.205	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.046	0.003	10	A	1		0.039	0.170	
18:3 undifferentiated.....g	0.253	0.010	10	AS	1		0.215	0.927	
18:3 n-3 c,c,c (ALA).....g	0.246	0.010	10	A	1		0.209	0.901	
18:3 n-6 c,c,c.....g	0.007	0.001	10	A	1		0.006	0.024	
18:3i.....g	0.000	0.000	10	A	1		0.000	0.001	
18:4.....g	0.001	0.000	10	A	1		0.001	0.003	
20:2 n-6 c,c.....g	0.165	0.016	10	A	1		0.140	0.606	
20:3 undifferentiated.....g	0.058	0.003	10	AS	1		0.049	0.212	
20:3 n-3.....g	0.025	0.002	10	A	1		0.021	0.092	
20:3 n-6.....g	0.033	0.001	10	A	1		0.028	0.120	
20:4 undifferentiated.....g	0.109	0.002	10	A	1		0.093	0.402	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	10	A	1		0.003	0.015	
21:5.....g									
22:4.....g	0.036	0.002	10	A	1		0.031	0.132	
22:5 n-3 (DPA).....g	0.019	0.001	10	A	1		0.016	0.071	

**NDB No. 07968**  
**Kielbasa, fully cooked, grilled**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.007	0.001	10	A	1		0.006	0.027	
Fatty acids, total trans.....g	0.275		0	NC	4		0.234	1.010	
Fatty acids, total trans-monoenoic.....g	0.228		0	NC	4		0.194	0.839	
Fatty acids, total trans-polyenoic.....g	0.047		0	NC	4		0.040	0.172	
Cholesterol.....mg	73	2.297	11	A	1		62	269	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.124		0	A	1		0.106	0.457	
Threonine.....g	0.413		0	A	1		0.351	1.516	
Isoleucine.....g	0.496		0	A	1		0.421	1.819	
Leucine.....g	0.914		0	A	1		0.777	3.355	
Lysine.....g	0.832		0	A	1		0.707	3.054	
Methionine.....g	0.286		0	A	1		0.243	1.051	
Cystine.....g	0.159		0	A	1		0.135	0.584	
Phenylalanine.....g	0.445		0	A	1		0.378	1.633	
Tyrosine.....g	0.350		0	A	1		0.297	1.283	
Valine.....g	0.588		0	A	1		0.500	2.159	
Arginine.....g	0.773		0	A	1		0.657	2.839	
Histidine.....g	0.360		0	A	1		0.306	1.321	
Alanine.....g	0.771		0	A	1		0.655	2.828	
Aspartic acid.....g	1.058		0	A	1		0.899	3.882	
Glutamic acid.....g	1.895		0	A	1		1.611	6.956	
Glycine.....g	0.849		0	A	1		0.722	3.116	
Proline.....g	0.837		0	A	1		0.711	3.070	
Serine.....g	0.514		0	A	1		0.437	1.887	
Hydroxyproline.....g	0.117		0	BFPN	4		0.099	0.428	
<b><u>Others:</u></b>									
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 = 85g: 3 oz  
 Measure 2 = 367g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07969

Kielbasa, fully cooked, pan-fried

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
<b>Proximates:</b>									
Water.....g	49.98	0.557	15	A	1		184.92		
Energy.....kcal	333		0	NC	4		1234		
Energy.....kJ	1395		0	NC	4		5162		
Protein.....g	12.36	0.235	15	A	1		45.72		
Total lipid (fat).....g	29.43	0.973	15	A	1		108.88		
Ash.....g	3.45	0.114	15	A	1		12.78		
Carbohydrate, by difference.....g	4.78		0	NC	4		17.70		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	2.38	0.248	6	A	1		8.80		
Sucrose.....g	0.00	0.000	6	A	1		0.00		
Glucose (dextrose).....g	1.78	0.181	6	A	1		6.60		
Fructose.....g	0.00	0.000	6	A	1		0.00		
Lactose.....g	0.00	0.000	6	A	1		0.00		
Maltose.....g	0.60	0.116	6	A	1		2.20		
Galactose.....g	0.00	0.000	6	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	40	5.970	15	A	1		147		
Iron, Fe.....mg	0.93	0.050	15	A	1		3.44		
Magnesium, Mg.....mg	15	0.198	15	A	1		57		
Phosphorus, P.....mg	199	8.803	15	A	1		738		
Potassium, K.....mg	304	30.212	15	A	1		1124		
Sodium, Na.....mg	1046	37.132	15	A	1		3869		
Zinc, Zn.....mg	1.55	0.055	15	A	1		5.72		
Copper, Cu.....mg	0.059	0.002	15	A	1		0.219		
Manganese, Mn.....mg	0.054	0.003	15	A	1		0.198		
Selenium, Se.....µg	18.7	0.987	9	A	1		69.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.2	1.502	6	A	1		59.9		
Thiamin.....mg	0.146	0.011	9	A	1		0.538		
Riboflavin.....mg	0.209	0.016	9	A	1		0.773		
Niacin.....mg	3.694	0.142	9	A	1		13.669		
Pantothenic acid.....mg	0.633	0.015	3	A	1		2.343		
Vitamin B-6.....mg	0.095	0.006	9	A	1		0.353		
Folate, total.....µg	0		0	BFPN	4		2		
Folic acid.....µg	0		0	BFPN	4		0		
Folate, food.....µg	0		0	BFPN	4		2		
Folate, DFE.....µg	0		0	NC	4		2		
Choline, total.....mg	41.5		0	BFPN	4		153.6		
Betaine.....mg	3.9		0	BFPN	4		14.6		
Vitamin B-12.....µg	0.72	0.028	9	A	1		2.67		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	10		0	AS	1		35		
Retinol.....µg	10	2.067	5	A	1		35		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	32		0	AS	1		118		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.39	0.017	7	A	1		1.44		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.06	0.055	7	A	1		0.21		
Tocopherol, gamma.....mg	0.24	0.063	7	A	1		0.87		
Tocopherol, delta.....mg	0.00	0.000	7	A	1		0.00		
Tocotrienol, alpha.....mg	0.01	0.009	7	A	1		0.05		
Tocotrienol, beta.....mg	0.01	0.010	7	A	1		0.06		

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.02	0.013	7	A	1		0.08		
Tocotrienol, delta.....mg	0.01	0.014	7	A	1		0.05		
Vitamin D (D2 + D3).....µg	0.2		0	BFPN	4		0.9		
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0		
Vitamin D3 (cholecalciferol).....µg	0.9		2	A	1		3.2		
Vitamin D.....IU	9		0	BFPN	4		35		
Vitamin K (phylloquinone).....µg	0.0		0	BFPN	4		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.487		0	NC	4		35.102		
4:0.....g	0.000	0.000	11	A	1		0.000		
6:0.....g	0.000	0.000	11	A	1		0.000		
8:0.....g	0.003	0.000	11	A	1		0.013		
10:0.....g	0.028	0.001	11	A	1		0.104		
12:0.....g	0.024	0.001	11	A	1		0.089		
13:0.....g									
14:0.....g	0.385	0.023	11	A	1		1.426		
15:0.....g	0.033	0.004	11	A	1		0.120		
16:0.....g	5.937	0.236	11	A	1		21.965		
17:0.....g	0.114	0.008	11	A	1		0.420		
18:0.....g	2.900	0.133	11	A	1		10.731		
20:0.....g	0.049	0.003	11	A	1		0.180		
22:0.....g	0.012	0.001	11	A	1		0.043		
24:0.....g	0.003	0.000	11	A	1		0.009		
Fatty acids, total monounsaturated.....g	11.790		0	NC	4		43.623		
14:1.....g	0.041	0.008	11	A	1		0.153		
15:1.....g	0.000	0.000	11	A	1		0.000		
16:1 undifferentiated.....g	0.664	0.026	11	AS	1		2.458		
16:1 c.....g	0.647	0.025	11	A	1		2.392		
16:1 t.....g	0.018	0.003	11	A	1		0.066		
17:1.....g	0.089	0.006	11	A	1		0.330		
18:1 undifferentiated.....g	10.701	0.489	11	AS	1		39.595		
18:1 c.....g	10.472	0.490	11	A	1		38.748		
18:1 t.....g	0.229	0.031	11	A	1		0.848		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.223	0.016	11	A	1		0.826		
22:1 undifferentiated.....g	0.066	0.012	11	AS	1		0.244		
22:1 c.....g	0.066	0.012	11	A	1		0.244		
22:1 t.....g	0.000	0.000	11	A	1		0.000		
24:1 c.....g	0.004	0.001	11	A	1		0.016		
Fatty acids, total polyunsaturated.....g	5.458		0	NC	4		20.196		
18:2 undifferentiated.....g	4.787	0.205	11	AS	1		17.712		
18:2 n-6 c,c.....g	4.681	0.211	11	A	1		17.322		
18:2 CLAs.....g	0.056	0.005	11	A	1		0.205		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.050	0.004	11	A	1		0.185		
18:3 undifferentiated.....g	0.288	0.019	11	AS	1		1.064		
18:3 n-3 c,c,c (ALA).....g	0.281	0.020	11	A	1		1.039		
18:3 n-6 c,c,c.....g	0.006	0.001	11	A	1		0.024		
18:3i.....g	0.000	0.000	11	A	1		0.001		
18:4.....g	0.001	0.000	11	A	1		0.002		
20:2 n-6 c,c.....g	0.150	0.014	11	A	1		0.554		
20:3 undifferentiated.....g	0.054	0.004	11	AS	1		0.201		
20:3 n-3.....g	0.023	0.002	11	A	1		0.086		
20:3 n-6.....g	0.031	0.001	11	A	1		0.115		
20:4 undifferentiated.....g	0.110	0.004	11	A	1		0.409		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	11	A	1		0.015		
21:5.....g									
22:4.....g	0.034	0.002	11	A	1		0.125		
22:5 n-3 (DPA).....g	0.020	0.001	11	A	1		0.075		

NDB No. 07969

Kielbasa, fully cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
22:6 n-3 (DHA).....g	0.007	0.001	11	A		1		0.027		
Fatty acids, total trans.....g	0.297		0	NC		4		1.100		
Fatty acids, total trans-monoenoic.....g	0.247		0	NC		4		0.914		
Fatty acids, total trans-polyenoic.....g	0.050		0	NC		4		0.186		
Cholesterol.....mg	73	2.495	11	A		1		269		
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.123		0	A		1		0.457		
Threonine.....g	0.410		0	A		1		1.516		
Isoleucine.....g	0.492		0	A		1		1.820		
Leucine.....g	0.907		0	A		1		3.356		
Lysine.....g	0.826		0	A		1		3.056		
Methionine.....g	0.284		0	A		1		1.051		
Cystine.....g	0.158		0	A		1		0.584		
Phenylalanine.....g	0.442		0	A		1		1.634		
Tyrosine.....g	0.347		0	A		1		1.284		
Valine.....g	0.584		0	A		1		2.160		
Arginine.....g	0.767		0	A		1		2.840		
Histidine.....g	0.357		0	A		1		1.322		
Alanine.....g	0.765		0	A		1		2.830		
Aspartic acid.....g	1.050		0	A		1		3.883		
Glutamic acid.....g	1.881		0	A		1		6.959		
Glycine.....g	0.842		0	A		1		3.117		
Proline.....g	0.830		0	A		1		3.071		
Serine.....g	0.510		0	A		1		1.888		
Hydroxyproline.....g	0.116		0	A		1		0.428		
<b>Others:</b>										
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 = 370g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 07970  
Kielbasa, fully cooked, unheated

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
<b>Proximates:</b>									
Water.....g	52.82	0.275	15	A	1		44.90	209.18	
Energy.....kcal	325		0	NC	4		276	1286	
Energy.....kJ	1359		0	NC	4		1155	5382	
Protein.....g	10.84	0.069	15	A	1		9.21	42.92	
Total lipid (fat).....g	29.63	0.322	15	A	1		25.18	117.32	
Ash.....g	3.00	0.027	15	A	1		2.55	11.87	
Carbohydrate, by difference.....g	3.72		0	NC	4		3.16	14.72	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	2.05	0.002	6	A	1		1.74	8.11	
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose).....g	1.60	0.002	6	A	1		1.36	6.35	
Fructose.....g	0.00	0.000	6	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.45	0.000	6	A	1		0.38	1.77	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24	1.276	15	A	1		20	95	
Iron, Fe.....mg	0.75	0.016	15	A	1		0.64	2.99	
Magnesium, Mg.....mg	14	0.114	15	A	1		12	57	
Phosphorus, P.....mg	168	1.746	15	A	1		142	664	
Potassium, K.....mg	217	8.453	15	A	1		184	858	
Sodium, Na.....mg	928	18.146	15	A	1		789	3675	
Zinc, Zn.....mg	1.29	0.022	15	A	1		1.10	5.11	
Copper, Cu.....mg	0.066	0.006	15	A	1		0.056	0.262	
Manganese, Mn.....mg	0.054	0.002	15	A	1		0.046	0.214	
Selenium, Se.....µg	17.6	0.593	9	A	1		15.0	69.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	19.1		5	A	1		16.2	75.7	
Thiamin.....mg	0.150	0.002	9	A	1		0.128	0.594	
Riboflavin.....mg	0.156	0.004	9	A	1		0.133	0.619	
Niacin.....mg	3.148	0.179	9	A	1		2.676	12.467	
Pantothenic acid.....mg	0.590	0.000	3	A	1		0.501	2.335	
Vitamin B-6.....mg	0.100	0.009	9	A	1		0.085	0.398	
Folate, total.....µg	1	0	0	BFPN	4		1	5	
Folic acid.....µg	0	0	0	BFPN	4		0	0	
Folate, food.....µg	1	0	0	BFPN	4		1	5	
Folate, DFE.....µg	1	0	0	NC	4		1	5	
Choline, total.....mg	38.3		0	BFPN	4		32.5	151.6	
Betaine.....mg	3.4		0	BFPN	4		2.9	13.5	
Vitamin B-12.....µg	0.68	0.011	9	A	1		0.58	2.68	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	8		0	AS	1		7	31	
Retinol.....µg	8		5	A	1		7	31	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	27		0	AS	1		23	105	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.42	0.045	7	A	1		0.36	1.66	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.04	0.000	7	A	1		0.03	0.15	
Tocopherol, gamma.....mg	0.37	0.013	7	A	1		0.31	1.45	
Tocopherol, delta.....mg	0.00	0.000	7	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.01	0.000	7	A	1		0.01	0.05	
Tocotrienol, beta.....mg	0.05	0.004	7	A	1		0.04	0.20	

**NDB No. 07970**  
**Kielbasa, fully cooked, unheated**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.01	0.000	7	A	1		0.01	0.04	
Tocotrienol, delta.....mg	0.13	0.001	7	A	1		0.11	0.52	
Vitamin D (D2 + D3).....µg	0.7		2	AS	1		0.6	2.9	
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0	0.0	
Vitamin D3 (cholecalciferol).....µg	0.7		2	A	1		0.6	2.9	
Vitamin D.....IU	30		2	A	1		25	118	
Vitamin K (phylloquinone).....µg	0.3		2	A	1		0.2	1.0	
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg	15.7		2	A	1		13.3	62.2	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.684		0	NC	4		8.232	38.350	
4:0.....g	0.000	0.000	10	A	1		0.000	0.000	
6:0.....g	0.000	0.000	11	A	1		0.000	0.000	
8:0.....g	0.004	0.000	11	A	1		0.003	0.014	
10:0.....g	0.029	0.001	11	A	1		0.025	0.116	
12:0.....g	0.028	0.004	11	A	1		0.024	0.112	
13:0.....g									
14:0.....g	0.384	0.017	11	A	1		0.327	1.522	
15:0.....g	0.026	0.001	11	A	1		0.022	0.104	
16:0.....g	6.071	0.247	11	A	1		5.160	24.040	
17:0.....g	0.106	0.006	11	A	1		0.090	0.421	
18:0.....g	2.967	0.137	11	A	1		2.522	11.748	
20:0.....g	0.054	0.002	11	A	1		0.046	0.213	
22:0.....g	0.012	0.001	11	A	1		0.010	0.048	
24:0.....g	0.003	0.001	11	A	1		0.003	0.012	
Fatty acids, total monounsaturated.....g	12.186		0	NC	4		10.358	48.257	
14:1.....g	0.028	0.003	11	A	1		0.023	0.109	
15:1.....g	0.000	0.000	11	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.632	0.023	11	AS	1		0.538	2.505	
16:1 c.....g	0.620	0.022	11	A	1		0.527	2.453	
16:1 t.....g	0.013	0.002	11	A	1		0.011	0.051	
17:1.....g	0.085	0.004	11	A	1		0.072	0.338	
18:1 undifferentiated.....g	11.091	0.418	11	AS	1		9.428	43.921	
18:1 c.....g	10.913	0.410	11	A	1		9.276	43.214	
18:1 t.....g	0.179	0.015	11	A	1		0.152	0.707	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.250	0.007	11	A	1		0.212	0.989	
22:1 undifferentiated.....g	0.093	0.002	11	AS	1		0.079	0.369	
22:1 c.....g	0.093	0.002	11	A	1		0.079	0.369	
22:1 t.....g	0.000	0.000	11	A	1		0.000	0.000	
24:1 c.....g	0.007	0.000	11	A	1		0.006	0.027	
Fatty acids, total polyunsaturated.....g	5.300		0	NC	4		4.505	20.989	
18:2 undifferentiated.....g	4.646	0.156	11	AS	1		3.949	18.400	
18:2 n-6 c,c.....g	4.561	0.156	11	A	1		3.877	18.060	
18:2 CLAs.....g	0.050	0.002	11	A	1		0.042	0.198	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.036	0.002	11	A	1		0.030	0.141	
18:3 undifferentiated.....g	0.248	0.015	11	AS	1		0.211	0.983	
18:3 n-3 c,c,c (ALA).....g	0.242	0.015	11	A	1		0.205	0.957	
18:3 n-6 c,c,c.....g	0.006	0.001	11	A	1		0.005	0.023	
18:3i.....g	0.001	0.000	11	A	1		0.001	0.004	
18:4.....g	0.000	0.000	11	A	1		0.000	0.002	
20:2 n-6 c,c.....g	0.175	0.007	11	A	1		0.149	0.693	
20:3 undifferentiated.....g	0.059	0.002	11	AS	1		0.050	0.233	
20:3 n-3.....g	0.027	0.002	11	A	1		0.023	0.109	
20:3 n-6.....g	0.031	0.001	11	A	1		0.027	0.124	
20:4 undifferentiated.....g	0.101	0.002	11	A	1		0.086	0.399	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.001	11	A	1		0.003	0.015	
21:5.....g									
22:4.....g	0.036	0.001	11	A	1		0.030	0.141	
22:5 n-3 (DPA).....g	0.020	0.001	11	A	1		0.017	0.081	

**NDB No. 07970**  
**Kielbasa, fully cooked, unheated**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number			<u>measures of food</u>			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
22:6 n-3 (DHA).....g	0.007	0.001	11	A	1		0.006	0.027	
Fatty acids, total trans.....g	0.228		0	NC	4		0.194	0.903	
Fatty acids, total trans-monoenoic.....g	0.191		0	NC	4		0.163	0.758	
Fatty acids, total trans-polyenoic.....g	0.037		0	NC	4		0.031	0.145	
Cholesterol.....mg	61	0.978	11	A	1		52	242	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.109		0	A	1		0.093	0.432	
Threonine.....g	0.402		0	A	1		0.342	1.591	
Isoleucine.....g	0.436		0	A	1		0.371	1.727	
Leucine.....g	0.836		0	A	1		0.710	3.310	
Lysine.....g	0.784		0	A	1		0.666	3.103	
Methionine.....g	0.265		0	A	1		0.225	1.049	
Cystine.....g	0.145		0	A	1		0.124	0.576	
Phenylalanine.....g	0.403		0	A	1		0.342	1.594	
Tyrosine.....g	0.326		0	A	1		0.277	1.289	
Valine.....g	0.507		0	A	1		0.431	2.009	
Arginine.....g	0.705		0	A	1		0.600	2.794	
Histidine.....g	0.337		0	A	1		0.286	1.333	
Alanine.....g	0.685		0	A	1		0.582	2.713	
Aspartic acid.....g	0.973		0	A	1		0.827	3.853	
Glutamic acid.....g	1.677		0	A	1		1.426	6.643	
Glycine.....g	0.741		0	A	1		0.630	2.934	
Proline.....g	0.734		0	A	1		0.624	2.906	
Serine.....g	0.469		0	A	1		0.398	1.856	
Hydroxyproline.....g	0.261		4	A	1		0.222	1.033	
<b><u>Others:</u></b>									
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 = 85g: 3 oz  
 Measure 2 = 396g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 07038

Knackwurst, knackwurst, 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
<b>Lipids:</b>									
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 07038

Knackwurst, knockwurst, pork, beef

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7	0	0

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**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 28 (2015)



**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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
<b>Lipids:</b>									
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
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
21:5.....g									
22:4.....g									
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									
<b>Others:</b>									
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

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**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**

**Carbohydrate4**

**Food Group: 07 Sausages and Luncheon Meats**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 07040**  
**Liver cheese, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	36.5		0	RF	4		10.3	13.9	
<b>Vitamins:</b>									
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.....µg	104		1		1		29	40	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	104		1		1		29	40	
Folate, DFE.....µg	104		0	NC	4		29	40	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	24.55	1.117	6		1		6.96	9.33	
Vitamin A, RAE.....µg	5252	122.592	6		1		1489	1996	
Retinol.....µg	5252	122.592	6		1		1489	1996	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	17490	408.231	6		1		4958	6646	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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
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
21:5.....g							
22:4.....g							
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							
<b>Amino Acids:</b>							
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							

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**NDB No. 07040**

**Liver cheese, pork**

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 slice

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group:** 07 Sausages and Luncheon Meats

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**NDB No. 07041**  
**Liver sausage, liverwurst, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	58.0	6.667	9	A	1		10.4	16.4	
<b>Vitamins:</b>									
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.....µg	30	3.853	3		1		5	9	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	30	3.853	3		1		5	9	
Folate, DFE.....µg	30		0	NC	4		5	9	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	13.46		1		1		2.42	3.82	
Vitamin A, RAE.....µg	8308		0		1		1496	2355	
Retinol.....µg	8308		0	NR	4		1496	2355	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	27667		0		1		4980	7844	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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
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
21:5.....g							
22:4.....g							
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							
<b>Amino Acids:</b>							
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.

**NDB No. 07041**

**Liver sausage, liverwurst, pork**

**Common Measures:**

Measure 1 = 18g: 1 slice (2-1/2" dia x 1/4" 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 28 (2015)

**NDB No. 07911**  
**Liverwurst spread**

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	58.0		0	BFZN	4		31.9		
<b>Vitamins:</b>									
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.....µg	30		0	BFZN	4		17		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	30		0	BFZN	4		17		
Folate, DFE.....µg	30		0	NC	4		17		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	13.46		0	BFZN	4		7.40		
Vitamin A, RAE.....µg	4091		0	AS	1		2250		
Retinol.....µg	4091		0	NR	4		2250		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	13636		0	MC	9		7500		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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	
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	
21:5.....g							
22:4.....g							
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							
<b>Amino Acids:</b>							
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							
<b>Others:</b>							
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. 07911  
Liverwurst spread

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

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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: .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 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.514		0	NC	4		2.528		
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	0.024		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		
21:5.....g									
22:4.....g									
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									
<b>Others:</b>									
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 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.987		0	NC	4		5.593		
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	0.024		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		
21:5.....g									
22:4.....g									
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									
<b>Others:</b>									
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 28 (2015)



**NDB No. 07045**  
**Luncheon meat, pork, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food			
						Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.790		0		1		3.059	2.266	
4:0.....g	0.000		8		1		0.000	0.000	
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 07045  
 Luncheon meat, pork, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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 = 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 28 (2015)





NDB No. 07906

Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% 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
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.873		0	NC	4		4.969		
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		
21:5.....g									
22:4.....g									
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									
<b>Others:</b>									
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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	15.4		0	BFNN	4		3.5	4.4	
<b>Vitamins:</b>									
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.....µg	3		0		4		1	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	3		0		4		1	1	
Folate, DFE.....µg	3		0	NC	4		1	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.96	0.153	6		1		0.45	0.56	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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.

**NDB No. 07090**

**Luncheon sausage, pork and 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 28 (2015)

**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	21.5		0	BFNN	4		6.0	12.3	
<b>Vitamins:</b>									
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.....µg	2		1		1		1	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	2		1		1		1	1	
Folate, DFE.....µg	2		0	NC	4		1	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.37	0.245	4		1		0.38	0.78	
Vitamin A, RAE.....µg	0		1		1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		1		1		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.7		0	T	4		0.2	0.4	
Vitamin D.....IU	28		0	T	4		8	16	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 07060**  
**Luxury loaf, pork**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		<u>measures of food</u>				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
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	
21:5.....g									
22:4.....g									
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									
<b><u>Amino Acids:</u></b>									
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.

**NDB No. 07060**

**Luxury 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 28 (2015)



NDB No. 07940

Macaroni and cheese 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	23.0		0	FLA	4		8.8		
<b>Vitamins:</b>									
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.....µg	24		0	FLA	4		9		
Folic acid.....µg	13		0	FLA	4		5		
Folate, food.....µg	12		0	FLA	4		5		
Folate, DFE.....µg	33		0	NC	4		13		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.68		0	FLA	4		0.26		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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		
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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07940

Macaroni and cheese loaf, chicken, pork and beef

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

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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**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 07972**  
**Meatballs, frozen, Italian style**

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
<b>Proximates:</b>									
Water.....g	53.67	0.497	15	A	1		45.62	30.06	
Energy.....kcal	286		0	NC	4		243	160	
Energy.....kJ	1196		0	NC	4		1017	670	
Protein.....g	14.40	0.146	15	A	1		12.24	8.06	
Total lipid (fat).....g	22.21	0.515	15	A	1		18.88	12.44	
Ash.....g	2.64	0.040	15	A	1		2.24	1.48	
Carbohydrate, by difference.....g	8.06		0	NR	4		6.85	4.51	
Fiber, total dietary.....g	2.3		3	A	1		2.0	1.3	
Sugars, total.....g	3.47		3	A	1		2.95	1.95	
Sucrose.....g	0.48		3	A	1		0.41	0.27	
Glucose (dextrose).....g	1.61		3	A	1		1.37	0.90	
Fructose.....g	0.21		3	A	1		0.18	0.12	
Lactose.....g	0.87		3	A	1		0.74	0.49	
Maltose.....g	0.27		3	A	1		0.23	0.15	
Galactose.....g	0.04		3	A	1		0.03	0.02	
Starch.....g	2.25		3	A	1		1.91	1.26	
<b>Minerals:</b>									
Calcium, Ca.....mg	80	8.197	15	A	1		68	45	
Iron, Fe.....mg	1.77	0.045	15	A	1		1.50	0.99	
Magnesium, Mg.....mg	31	1.339	15	A	1		26	17	
Phosphorus, P.....mg	239	8.164	15	A	1		203	134	
Potassium, K.....mg	296	4.771	15	A	1		251	166	
Sodium, Na.....mg	666	18.324	15	A	1		566	373	
Zinc, Zn.....mg	1.66	0.038	15	A	1		1.41	0.93	
Copper, Cu.....mg	0.123	0.005	15	A	1		0.104	0.069	
Manganese, Mn.....mg	0.282	0.010	15	A	1		0.240	0.158	
Selenium, Se.....µg	15.3	0.126	6	A	1		13.0	8.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.136	0.019	6	A	1		0.116	0.076	
Riboflavin.....mg	0.230	0.015	6	A	1		0.195	0.129	
Niacin.....mg	3.108	0.155	6	A	1		2.642	1.740	
Pantothenic acid.....mg	0.924	0.009	4	A	1		0.786	0.518	
Vitamin B-6.....mg	0.202	0.011	6	A	1		0.172	0.113	
Folate, total.....µg	36		3	A	1		31	20	
Folic acid.....µg	0		0	BFPN	4		0	0	
Folate, food.....µg	36		3	A	1		31	20	
Folate, DFE.....µg	36		0	NC	4		31	20	
Choline, total.....mg	45.2		0	BFPN	4		38.4	25.3	
Betaine.....mg									
Vitamin B-12.....µg	1.00	0.115	6	A	1		0.85	0.56	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	22		0	AS	1		19	12	
Retinol.....µg	22		2	A	1		19	12	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	73		0	AS	1		62	41	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.42	0.038	6	A	1		0.35	0.23	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.15	0.011	6	A	1		0.13	0.09	
Tocopherol, gamma.....mg	0.25	0.019	6	A	1		0.21	0.14	
Tocopherol, delta.....mg	0.04	0.004	6	A	1		0.03	0.02	
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	

**NDB No. 07972**  
**Meatballs, frozen, Italian style**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.1		0	BFFN	4		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.1		0	BFFN	4		0.0	0.0	
Vitamin D.....IU	2		0	BFFN	4		2	1	
Vitamin K (phylloquinone).....µg	8.2	0.135	4	A	1		7.0	4.6	
Dihydrophyloquinone.....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4.....µg	28.1	14.217	4	A	1		23.8	15.7	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.627		0	NC	4		6.483	4.271	
4:0.....g	0.006	0.000	15	A	1		0.005	0.004	
6:0.....g	0.003	0.000	15	A	1		0.002	0.002	
8:0.....g	0.005	0.000	15	A	1		0.004	0.003	
10:0.....g	0.025	0.001	15	A	1		0.021	0.014	
12:0.....g	0.022	0.001	15	A	1		0.019	0.012	
13:0.....g									
14:0.....g	0.381	0.025	15	A	1		0.324	0.214	
15:0.....g	0.049	0.004	15	A	1		0.042	0.028	
16:0.....g	4.608	0.134	15	A	1		3.917	2.581	
17:0.....g	0.125	0.011	15	A	1		0.106	0.070	
18:0.....g	2.359	0.126	15	A	1		2.005	1.321	
20:0.....g	0.032	0.001	15	A	1		0.027	0.018	
22:0.....g	0.009	0.000	15	A	1		0.008	0.005	
24:0.....g	0.003	0.000	15	A	1		0.002	0.002	
Fatty acids, total monounsaturated.....g	9.188		0	NC	4		7.810	5.145	
14:1.....g	0.083	0.006	15	A	1		0.071	0.047	
15:1.....g	0.000	0.000	15	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.626	0.021	15	AS	1		0.532	0.351	
16:1 c.....g	0.594	0.021	15	A	1		0.505	0.332	
16:1 t.....g	0.033	0.003	15	A	1		0.028	0.018	
17:1.....g	0.085	0.007	15	A	1		0.072	0.048	
18:1 undifferentiated.....g	8.265	0.272	15	AS	1		7.025	4.628	
18:1 c.....g	7.802	0.238	15	A	1		6.632	4.369	
18:1 t.....g	0.463	0.046	15	A	1		0.393	0.259	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.126	0.004	15	A	1		0.107	0.070	
22:1 undifferentiated.....g	0.003	0.002	15	AS	1		0.003	0.002	
22:1 c.....g	0.003	0.002	15	A	1		0.003	0.002	
22:1 t.....g	0.000	0.000	15	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	15	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.346		0	NC	4		2.844	1.874	
18:2 undifferentiated.....g	2.965	0.162	15	AS	1		2.520	1.660	
18:2 n-6 c,c.....g	2.815	0.167	15	A	1		2.393	1.576	
18:2 CLAs.....g	0.069	0.005	15	A	1		0.059	0.039	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.081	0.003	15	A	1		0.069	0.045	
18:3 undifferentiated.....g	0.168	0.009	15	AS	1		0.143	0.094	
18:3 n-3 c,c,c (ALA).....g	0.163	0.008	15	A	1		0.139	0.091	
18:3 n-6 c,c,c.....g	0.005	0.000	15	A	1		0.004	0.003	
18:3i.....g	0.000	0.000	15	A	1		0.000	0.000	
18:4.....g	0.000	0.000	15	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.070	0.003	15	A	1		0.059	0.039	
20:3 undifferentiated.....g	0.034	0.001	15	AS	1		0.029	0.019	
20:3 n-3.....g	0.012	0.001	15	A	1		0.010	0.007	
20:3 n-6.....g	0.022	0.001	15	A	1		0.019	0.013	
20:4 undifferentiated.....g	0.066	0.002	15	A	1		0.056	0.037	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.005	0.000	15	A	1		0.004	0.003	
21:5.....g									
22:4.....g	0.020	0.000	15	A	1		0.017	0.011	
22:5 n-3 (DPA).....g	0.013	0.000	15	A	1		0.011	0.007	

NDB No. 07972

Meatballs, frozen, Italian style

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
22:6 n-3 (DHA).....g	0.004	0.000	15	A	1	0.003	0.002	
Fatty acids, total trans.....g	0.577		0	NC	4	0.490	0.323	
Fatty acids, total trans-monoenoic.....g	0.496		0	NC	4	0.421	0.278	
Fatty acids, total trans-polyenoic.....g	0.081		0	NC	4	0.069	0.045	
Cholesterol.....mg	66	4.362	6	A	1	56	37	
Phytosterols.....mg								
<b>Others:</b>								
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 = 85g: 3 oz

Measure 2 = 56g: 3 pieces

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.510		0		1		2.696	1.427	
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	



**NDB No. 07050**  
**Mortadella, beef, pork**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	35.1		0	BFNN	4		10.0	7.4	
<b>Vitamins:</b>									
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.....µg	8		0		4		2	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	8		0		4		2	2	
Folate, DFE.....µg	8		0	NC	4		2	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.05	0.141	3		1		0.30	0.22	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	T	4		0.3	0.2	
Vitamin D.....IU	40		0	T	4		11	8	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									

**Lipids:**

**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
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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.

**NDB No. 07061**

**Mother's loaf, pork**

**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 28 (2015)

NDB No. 07091

New england brand sausage, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	19.2		0	BFNN	4		4.4	5.4	
<b>Vitamins:</b>									
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.....µg	7	1.856	3		1		2	2	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	7	1.856	3		1		2	2	
Folate, DFE.....µg	7		0	NC	4		2	2	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.34	0.107	6		1		0.31	0.38	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	NR	4		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



NDB No. 07091

New england brand sausage, pork, beef

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

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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

**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 28 (2015)

NDB No. 07201  
 OSCAR MAYER, Bologna (beef)  
 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg									
<b>Vitamins:</b>									
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.....µg	13	5.268	5	MA	12		4		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	13	5.268	5	MA	12		4		
Folate, DFE.....µg	13		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.43	0.075	11	MA	12		0.40		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		1	JO	11		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.8	0.041	6	MA	12		0.2		
Vitamin D.....IU	32	1.633	6	MA	12		9		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	12.850		0	A	1	3.598		
4:0.....g								
6:0.....g								
8:0.....g								
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								
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	64	5.850	31	A	1	18		
Phytosterols.....mg								
<b>Others:</b>								
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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	50.50	0.100	31	A	1		42.93	14.14	
Energy.....kcal	331		0	MC	9		282	93	
Energy.....kJ	1387		0	MC	9		1179	388	
Protein (N x 6.25).....g	14.25	0.250	31	A	1		12.11	3.99	
Total lipid (fat).....g	29.35	0.850	31	A	1		24.95	8.22	
Ash.....g	3.35	0.050	21	A	1		2.85	0.94	
Carbohydrate, by difference.....g	2.60		0	MC	9		2.21	0.73	
Fiber, total dietary.....g	0.2		0	MC	9		0.2	0.1	
Sugars, total.....g	1.20		2	A	1		1.02	0.34	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.750	16	A	1		8	3	
Iron, Fe.....mg	10.51	0.695	17	A	1		8.93	2.94	
Magnesium, Mg.....mg	14	1.175	16	MA	12		12	4	
Phosphorus, P.....mg	199	7.250	16	MA	12		169	56	
Potassium, K.....mg	202	4.500	16	MA	12		172	57	
Sodium, Na.....mg	1159	1.500	17	A	1		985	324	
Zinc, Zn.....mg	3.40	0.138	16	MA	12		2.89	0.95	
Copper, Cu.....mg	0.500	0.078	16	MA	12		0.425	0.140	
Manganese, Mn.....mg	0.148	0.009	8	MA	12		0.126	0.041	
Selenium, Se.....µg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.0		1	A	1		7.7	2.5	
Thiamin.....mg	0.230	0.007	9	MA	12		0.196	0.064	
Riboflavin.....mg	1.600	0.063	9	MA	12		1.360	0.448	
Niacin.....mg	9.190	0.593	9	MA	12		7.812	2.573	
Pantothenic acid.....mg	3.450	0.481	8	MA	12		2.933	0.966	
Vitamin B-6.....mg	0.330	0.023	9	MA	12		0.281	0.092	
Folate, total.....µg	47	5.614	8	MA	12		40	13	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	47	5.614	8	MA	12		40	13	
Folate, DFE.....µg	47		0	NC	4		40	13	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	18.78	1.020	9	MA	12		15.96	5.26	
Vitamin A, RAE.....µg	4723		0	NC	4		4015	1322	
Retinol.....µg	4723		0	NR	4		4015	1322	
Carotene, beta.....µg	0	0.000	3	MA	12		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	15744		0	NC	4		13382	4408	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.1		0	NR	4		0.9	0.3	
Vitamin D.....IU	44	4.919	5	MA	12		37	12	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	10.940		0	A	1		9.299	3.063	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.040	0.010	16	A	1		0.034	0.011	
13:0.....g									
14:0.....g	0.420	0.020	16	A	1		0.357	0.118	
15:0.....g									
16:0.....g	6.990	0.115	16	A	1		5.941	1.957	
17:0.....g									
18:0.....g	3.490	0.113	16	A	1		2.966	0.977	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.480		0	A	1		13.158	4.334	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.210	0.060	16	A	1		1.028	0.339	
17:1.....g									
18:1 undifferentiated.....g	14.270	0.235	16	A	1		12.129	3.996	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.730		0	A	1		3.171	1.044	
18:2 undifferentiated.....g	3.370	0.085	16	A	1		2.864	0.944	
18:3 undifferentiated.....g	0.360	0.058	16	A	1		0.306	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									
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	178	2.500	15	A	1		151	50	
Phytosterols.....mg									
<b>Others:</b>									
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 = 85g: 3 oz

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

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group: 07 Sausages and Luncheon Meats**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07209

OSCAR MAYER, Chicken Breast (honey glazed)

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
<b>Proximates:</b>									
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	4.30		0	NR	4		2.24		
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									
<b>Minerals:</b>									
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.....µg									
<b>Vitamins:</b>									
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.....µg	4		0	BFZN	4		2		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	4		0	BFZN	4		2		
Folate, DFE.....µg	4		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		1	JO	11		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total saturated.....g	0.394		0	A	1	0.205		
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	0.006	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								
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	53	0.550	5	A	1	28		
Phytosterols.....mg								
<b>Others:</b>								
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

Carbohydrate4

Food Group: 07 Sausages and Luncheon Meats  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg									
<b>Vitamins:</b>									
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.....µg	3		0	BFZN	4		1		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	3		0	BFZN	4		1		
Folate, DFE.....µg	3		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg									
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		1	JO	11		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	4.056		0	A	1		1.136		
4:0.....g									
6:0.....g									
8:0.....g									
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									
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	59		1	A	1		16		
Phytosterols.....mg									
<b>Others:</b>									
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

Carbohydrate4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07230  
 OSCAR MAYER, Salami (hard)  
 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg									
<b>Vitamins:</b>									
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.....µg	3		2	MA	12		1	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	3		2	MA	12		1	0	
Folate, DFE.....µg	3		0	NC	4		1	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.88	0.131	6	MA	12		0.51	0.17	
Vitamin A, RAE.....µg	5		0	NC	4		1	0	
Retinol.....µg	3		0	NR	4		1	0	
Carotene, beta.....µg	20		1	MA	12		5	2	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	44		0	NC	4		12	4	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.6	0.213	4	MA	12		0.4	0.1	
Vitamin D.....IU	62	8.500	4	MA	12		17	6	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated.....g	11.085		0	NC	4		2.993	0.998	
4:0.....g									
6:0.....g									
8:0.....g									
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									
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	97	0.900	31	A	1		26	9	
Phytosterols.....mg									
<b>Others:</b>									
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**

**Carbohydrate4**

**Food Group: 07 Sausages and Luncheon Meats**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
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								
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								
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	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 28 (2015)

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
<b>Proximates:</b>									
Water.....g	53.22	0.985	121	A	1		23.95		
Energy.....kcal	329		0	NC	4		148		
Energy.....kJ	1376		0	NC	4		619		
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	2.78		0	NR	4		1.25		
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		
<b>Minerals:</b>									
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.....µg	11.5		1	A	1		5.2		
<b>Vitamins:</b>									
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.....µg	6		1	A	1		3		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	6		1	A	1		3		
Folate, DFE.....µg	6		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.63		1	A	1		0.73		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	NR	4		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.6	0.066	7	MA	12		0.3		
Vitamin D.....IU	24	2.646	7	MA	12		11		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	12.460		0	A	1		5.607		
4:0.....g									
6:0.....g									
8:0.....g									
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									
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	56	9.461	31	A	1		25		
Phytosterols.....mg									
<b>Others:</b>									
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 28 (2015)



**NDB No. 07051**  
**Olive loaf, pork**

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.850		0		1		1.638	3.335	
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	
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	
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 07051  
 Olive loaf, pork

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)



NDB No. 07935

Oven-roasted chicken breast roll

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	11.7			FLA	4		6.6		
<b>Vitamins:</b>									
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.....µg	3			FLA	4		1		
Folic acid.....µg	0			FLA	4		0		
Folate, food.....µg	3			FLA	4		1		
Folate, DFE.....µg	3		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.24			FLA	4		0.14		
Vitamin A, RAE.....µg	0		1	A	1		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		1	A	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	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									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.5		0	BFZN	4		0.3		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Code					
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		
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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07935

Oven-roasted chicken breast roll

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

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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

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

**NDB No. 07925**  
**Pastrami, beef, 98% 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	10.4		0	BFZN	4		5.9		
<b>Vitamins:</b>									
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.....µg	7		0	BFZN	4		4		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	7		0	BFZN	4		4		
Folate, DFE.....µg	7		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.76		0	BFZN	4		1.00		
Vitamin A, RAE.....µg	0		1	A	1		0		
Retinol.....µg	0		0	BFZN	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		1	A	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 07925**  
**Pastrami, beef, 98% fat-free**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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									
Cholesterol.....mg	47		1	A	1		27		
Phytosterols.....mg	0		0	BFZN	4		0		
<b><u>Amino Acids:</u></b>									
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									
<b><u>Others:</u></b>									
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**

**Carbohydrate4**

**Food Group: 07 Sausages and Luncheon Meats**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.395		2	A	1	0.795	3.167	
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	
10:0.....g	0.000		0		1	0.000	0.000	
12:0.....g	0.010		0		1	0.006	0.023	
13:0.....g								
14:0.....g	0.040		0		1	0.023	0.091	
15:0.....g								
16:0.....g	1.110		0		1	0.633	2.520	
17:0.....g								
18:0.....g	0.450		0		1	0.257	1.022	
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	1.930		1	A	1	1.100	4.381	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.340		0		1	0.194	0.772	
17:1.....g								
18:1 undifferentiated.....g	1.660		0		1	0.946	3.768	
20:1.....g	0.010		0		1	0.006	0.023	
22:1 undifferentiated.....g	0.010		0		1	0.006	0.023	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	1.420		1	A	1	0.809	3.223	
18:2 undifferentiated.....g	1.320		0		1	0.752	2.996	
18:3 undifferentiated.....g	0.070		0		1	0.040	0.159	
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	0.068	0.272	
20:5 n-3 (EPA).....g	0.000		0		1	0.000	0.000	
21:5.....g								
22:4.....g								
22:5 n-3 (DPA).....g	0.020		0		1	0.011	0.045	
22:6 n-3 (DHA).....g	0.020		0		1	0.011	0.045	
Fatty acids, total trans.....g								
Cholesterol.....mg	68		2	A	1	39	154	
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.203		0		1	0.116	0.461	
Threonine.....g	0.798		0		1	0.455	1.811	
Isoleucine.....g	0.918		0		1	0.523	2.084	
Leucine.....g	1.421		0		1	0.810	3.226	
Lysine.....g	1.662		0		1	0.947	3.773	
Methionine.....g	0.512		0		1	0.292	1.162	
Cystine.....g	0.206		0		1	0.117	0.468	
Phenylalanine.....g	0.715		0		1	0.408	1.623	
Tyrosine.....g	0.694		0		1	0.396	1.575	
Valine.....g	0.952		0		1	0.543	2.161	
Arginine.....g	1.290		0		1	0.735	2.928	
Histidine.....g	0.549		0		1	0.313	1.246	
Alanine.....g	1.166		0		1	0.665	2.647	
Aspartic acid.....g	1.761		0		1	1.004	3.997	
Glutamic acid.....g	2.920		0		1	1.664	6.628	
Glycine.....g	1.103		0		1	0.629	2.504	
Proline.....g	0.850		0		1	0.485	1.930	
Serine.....g	0.806		0		1	0.459	1.830	
Hydroxyproline.....g								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	

NDB No. 07052  
Pastrami, turkey

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 57g: 2 slices  
Measure 2 = 227g: 1 package (8 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 28 (2015)





**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	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	4.000		0		4		0.520	1.134
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
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
21:5.....g								
22:4.....g								
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
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 07053  
 Pate, chicken liver, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	44.0		0	BFNN	4		5.7	12.5	
<b>Vitamins:</b>									
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.....µg	60		0		4		8	17	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	60		0		4		8	17	
Folate, DFE.....µg	60		0	NC	4		8	17	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	9.40		2		1		1.22	2.66	
Vitamin A, RAE.....µg	1001		0		4		130	284	
Retinol.....µg	1001		0		4		130	284	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	3333		0		4		433	945	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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
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
21:5.....g							
22:4.....g							
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
<b>Amino Acids:</b>							
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.

**NDB No. 07054**

**Pate, goose liver, smoked, 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 28 (2015)

NDB No. 07055

Pate, liver, not specified, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	41.6		0	BFNN	4		5.4	11.8	
<b>Vitamins:</b>									
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.....µg	60		1		1		8	17	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	60		1		1		8	17	
Folate, DFE.....µg	60		0	NC	4		8	17	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.20		1		1		0.42	0.91	
Vitamin A, RAE.....µg	991	282.041	10		1		129	281	
Retinol.....µg	991		0	NR	4		129	281	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	3300	939.196	10		1		429	936	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	



NDB No. 07055

Pate, liver, not specified, canned

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

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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

**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 28 (2015)

NDB No. 07942  
Pate, truffle flavor

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	41.6		0	BFZN	4		23.3		
<b>Vitamins:</b>									
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.....µg	60		0	BFZN	4		34		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	60		0	BFZN	4		34		
Folate, DFE.....µg	60		0	NC	4		34		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	3.20		0	BFZN	4		1.79		
Vitamin A, RAE.....µg	4505		0	AS	1		2523		
Retinol.....µg	991		0	BFZN	4		555		
Carotene, beta.....µg	0		1	A	1		0		
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	15000		1	A	1		8400		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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.

**NDB No. 07942**  
**Pate, truffle flavor**

**Common Measures:**

Measure 1 = 56g: 1 serving 2 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.280		0	NC	4		2.280		
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	0.030		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		
21:5.....g									
22:4.....g									
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									
<b>Others:</b>									
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 28 (2015)

**NDB No. 07057**  
**Pepperoni, beef and pork, sliced**

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
<b>Proximates:</b>									
Water.....g	28.55	0.735	6	A	1		24.27	0.57	7.99
Energy.....kcal	504		0	NC	4		429	10	141
Energy.....kJ	2110		0	NC	4		1794	42	591
Protein (N x 6.25).....g	19.25	0.148	6	A	1		16.36	0.38	5.39
Total lipid (fat).....g	46.28	0.587	6	A	1		39.34	0.93	12.96
Ash.....g	4.74	0.103	6	A	1		4.03	0.09	1.33
Carbohydrate, by difference.....g	1.18		0	NC	4		1.01	0.02	0.33
Fiber, total dietary.....g	0.0	0.000	3	A	1		0.0	0.0	0.0
Sugars, total.....g	0.00		1	A	1		0.00	0.00	0.00
Sucrose.....g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.00		1	A	1		0.00	0.00	0.00
Fructose.....g	0.00		1	A	1		0.00	0.00	0.00
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g	0.00		1	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19	0.479	6	A	1		16	0	5
Iron, Fe.....mg	1.33	0.034	6	A	1		1.13	0.03	0.37
Magnesium, Mg.....mg	18	0.160	6	A	1		15	0	5
Phosphorus, P.....mg	158	1.673	6	A	1		134	3	44
Potassium, K.....mg	274	2.813	6	A	1		233	5	77
Sodium, Na.....mg	1582	32.189	6	A	1		1344	32	443
Zinc, Zn.....mg	2.44	0.048	6	A	1		2.08	0.05	0.68
Copper, Cu.....mg	0.091	0.003	6	A	1		0.078	0.002	0.026
Manganese, Mn.....mg	1.074	0.061	6	A	1		0.913	0.021	0.301
Selenium, Se.....µg	29.0		2	A	1		24.7	0.6	8.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.271	0.004	3	A	1		0.230	0.005	0.076
Riboflavin.....mg	0.257	0.009	3	A	1		0.218	0.005	0.072
Niacin.....mg	4.987	0.053	3	A	1		4.239	0.100	1.396
Pantothenic acid.....mg	0.930		2	A	1		0.790	0.019	0.260
Vitamin B-6.....mg	0.362		2	A	1		0.308	0.007	0.101
Folate, total.....µg	5		0	BFPN	4		4	0	1
Folic acid.....µg	0		0	BFPN	4		0	0	0
Folate, food.....µg	5		0	BFPN	4		4	0	1
Folate, DFE.....µg	5		0	NC	4		4	0	1
Choline, total.....mg	51.2		0	BFPN	4		43.5	1.0	14.3
Betaine.....mg	2.8		1	A	1		2.4	0.1	0.8
Vitamin B-12.....µg	1.30	0.115	3	A	1		1.10	0.03	0.36
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	0		0	AS	1		0	0	0
Retinol.....µg	0		1	A	1		0	0	0
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.03		2	A	1		0.87	0.02	0.29
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.11		2	A	1		0.09	0.00	0.03
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	0.00

**NDB No. 07057**  
**Pepperoni, beef and pork, 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
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.3		0	BFFN	4		1.1	0.0	0.4
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	52		0	BFFN	4		45	1	15
Vitamin K (phylloquinone).....µg	5.8	1.449	3	A	1		5.0	0.1	1.6
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	41.7	9.551	3	A	1		35.4	0.8	11.7
<b>Lipids:</b>									
Fatty acids, total saturated.....g	17.708		0	NC	4		15.052	0.354	4.958
4:0.....g	0.003	0.001	6	A	1		0.003	0.000	0.001
6:0.....g	0.001	0.000	6	A	1		0.001	0.000	0.000
8:0.....g	0.002	0.000	6	A	1		0.002	0.000	0.001
10:0.....g	0.028	0.002	6	A	1		0.024	0.001	0.008
12:0.....g	0.034	0.001	6	A	1		0.029	0.001	0.010
13:0.....g									
14:0.....g	1.029	0.030	6	A	1		0.875	0.021	0.288
15:0.....g	0.127	0.007	6	A	1		0.108	0.003	0.036
16:0.....g	10.316	0.188	6	A	1		8.769	0.206	2.889
17:0.....g	0.348	0.019	6	A	1		0.295	0.007	0.097
18:0.....g	5.749	0.135	6	A	1		4.886	0.115	1.610
20:0.....g	0.063	0.001	6	A	1		0.054	0.001	0.018
22:0.....g	0.003	0.001	6	A	1		0.003	0.000	0.001
24:0.....g	0.004	0.000	6	A	1		0.003	0.000	0.001
Fatty acids, total monounsaturated.....g	20.770		0	NC	4		17.655	0.415	5.816
14:1.....g	0.218	0.007	6	A	1		0.185	0.004	0.061
15:1.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	1.367	0.018	6	AS	1		1.162	0.027	0.383
16:1 c.....g	1.303	0.016	6	A	1		1.107	0.026	0.365
16:1 t.....g	0.065	0.002	6	A	1		0.055	0.001	0.018
17:1.....g	0.235	0.009	6	A	1		0.200	0.005	0.066
18:1 undifferentiated.....g	18.690	0.273	6	AS	1		15.887	0.374	5.233
18:1 c.....g	17.354	0.179	6	A	1		14.751	0.347	4.859
18:1 t.....g	1.336	0.128	6	A	1		1.135	0.027	0.374
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.255	0.002	6	A	1		0.216	0.005	0.071
22:1 undifferentiated.....g	0.004	0.000	6	AS	1		0.003	0.000	0.001
22:1 c.....g	0.004	0.000	6	A	1		0.003	0.000	0.001
22:1 t.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.000	6	A	1		0.001	0.000	0.000
Fatty acids, total polyunsaturated.....g	4.458		0	NC	4		3.789	0.089	1.248
18:2 undifferentiated.....g	3.910	0.081	6	AS	1		3.324	0.078	1.095
18:2 n-6 c,c.....g	3.605	0.080	6	A	1		3.065	0.072	1.010
18:2 CLAs.....g	0.180	0.008	6	A	1		0.153	0.004	0.051
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.124	0.004	6	A	1		0.106	0.002	0.035
18:3 undifferentiated.....g	0.168	0.003	6	AS	1		0.143	0.003	0.047
18:3 n-3 c,c,c (ALA).....g	0.164	0.002	6	A	1		0.139	0.003	0.046
18:3 n-6 c,c,c.....g	0.002	0.000	6	A	1		0.002	0.000	0.001
18:3i.....g	0.002	0.000	6	A	1		0.002	0.000	0.001
18:4.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.136	0.003	6	A	1		0.116	0.003	0.038
20:3 undifferentiated.....g	0.065	0.002	6	AS	1		0.055	0.001	0.018
20:3 n-3.....g	0.018	0.001	6	A	1		0.015	0.000	0.005
20:3 n-6.....g	0.040	0.001	6	A	1		0.034	0.001	0.011
20:4 undifferentiated.....g	0.113	0.001	6	A	1		0.096	0.002	0.032
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	6	A	1		0.003	0.000	0.001
21:5.....g									
22:4.....g	0.037	0.001	6	A	1		0.032	0.001	0.010
22:5 n-3 (DPA).....g	0.020	0.000	6	A	1		0.017	0.000	0.005



**NDB No. 07057**  
**Pepperoni, beef and pork, sliced**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food		
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
22:6 n-3 (DHA).....g	0.004	0.000	6	A	1	0.003	0.000	0.001
Fatty acids, total trans.....g	1.527		0	NC	4	1.298	0.031	0.427
Fatty acids, total trans-monoenoic.....g	1.400		0	NC	4	1.190	0.028	0.392
Fatty acids, total trans-polyenoic.....g	0.126		0	NC	4	0.107	0.003	0.035
Cholesterol.....mg	97	0.775	3	A	1	82	2	27
Phytosterols.....mg								
<b>Amino Acids:</b>								
Tryptophan.....g	0.230		0	FLA	4	0.195	0.005	0.064
Threonine.....g	0.869		0	FLA	4	0.739	0.017	0.243
Isoleucine.....g	0.901		0	FLA	4	0.765	0.018	0.252
Leucine.....g	1.575		0	FLA	4	1.339	0.032	0.441
Lysine.....g	1.652		0	FLA	4	1.404	0.033	0.463
Methionine.....g	0.511		0	FLA	4	0.434	0.010	0.143
Cystine.....g	0.228		0	FLA	4	0.194	0.005	0.064
Phenylalanine.....g	0.778		0	FLA	4	0.662	0.016	0.218
Tyrosine.....g	0.661		0	FLA	4	0.562	0.013	0.185
Valine.....g	0.987		0	FLA	4	0.839	0.020	0.276
Arginine.....g	1.298		0	FLA	4	1.103	0.026	0.363
Histidine.....g	0.688		0	FLA	4	0.585	0.014	0.193
Alanine.....g	1.178		0	FLA	4	1.001	0.024	0.330
Aspartic acid.....g	1.825		0	FLA	4	1.551	0.036	0.511
Glutamic acid.....g	3.009		0	FLA	4	2.558	0.060	0.843
Glycine.....g	1.073		0	FLA	4	0.912	0.021	0.301
Proline.....g	0.862		0	FLA	4	0.733	0.017	0.241
Serine.....g	0.771		0	FLA	4	0.655	0.015	0.216
Hydroxyproline.....g	0.382	0.054	3	A	1	0.324	0.008	0.107
<b>Others:</b>								
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 = 85g: 3 oz
- Measure 2 = 2.0g: 1 piece
- Measure 3 = 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 28 (2015)

NDB No. 07058

Pickle and pimiento 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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	1040		0	LC	8		395	593	
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.....µg	7.9		0	FLA	4		3.0	4.5	
<b>Vitamins:</b>									
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.....µg	37		0	FLA	4		14	21	
Folic acid.....µg	0		0	FLA	4		0	0	
Folate, food.....µg	37		0	FLA	4		14	21	
Folate, DFE.....µg	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.....µg	0.54		0	FLA	4		0.21	0.31	
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00	0.00	
Vitamin A, RAE.....µg	78		0	AS	1		30	44	
Retinol.....µg	78		1	NR	4		30	44	
Carotene, beta.....µg	147		0	FLA	4		56	84	
Carotene, alpha.....µg	4		0	FLA	4		1	2	
Cryptoxanthin, beta.....µg	46		0	FLA	4		18	26	
Vitamin A, IU.....IU	260		1	A	1		99	148	
Lycopene.....µg	0		0	FLA	4		0	0	
Lutein + zeaxanthin.....µg	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	
Tocotrienol, alpha.....mg	0.01		0	FLA	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	FLA	4		0.00	0.00	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number		measures of food				
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.00		0	FLA	4		0.00	0.00	
Tocotrienol, delta.....mg	0.00		0	FLA	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.8		0	NC	4		0.3	0.5	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	33		0	FLA	4		12	19	
Vitamin K (phylloquinone).....µg	5.1		0	FLA	4		2.0	2.9	
Dihydrophyloquinone.....µg	0.0		0	FLA	4		0.0	0.0	
Menaquinone-4.....µg									
<b>Lipids:</b>									
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	NC	4		0.006	0.009	
12:0.....g	0.016		0	NC	4		0.006	0.009	
13:0.....g									
14:0.....g	0.204		0	A	1		0.078	0.116	
15:0.....g									
16:0.....g	3.465		0	A	1		1.317	1.975	
17:0.....g	0.082		1	A	1		0.031	0.047	
18:0.....g	1.498		0	A	1		0.569	0.854	
20:0.....g	0.041		1	A	1		0.016	0.024	
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		0	A	1		0.239	0.358	
17:1.....g									
18:1 undifferentiated.....g	6.343		0	A	1		2.410	3.616	
20:1.....g	0.088		0	A	1		0.033	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		1.066	1.598	
18:2 undifferentiated.....g	2.686		0	A	1		1.021	1.531	
18:3 undifferentiated.....g	0.117		0	A	1		0.044	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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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	

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
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									
<b>Others:</b>									
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 28 (2015)

**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	35.7		0	BFNN	4		10.0	20.3	
<b>Vitamins:</b>									
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.....µg	2		0		4		1	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	2		0		4		1	1	
Folate, DFE.....µg	2		0	NC	4		1	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.50	0.059	5		1		0.42	0.86	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		0	T	4		0.3	0.7	
Vitamin D.....IU	48		0	T	4		13	27	
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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		Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code			
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	
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	
21:5.....g							
22:4.....g							
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	
<b>Amino Acids:</b>							
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.

**NDB No. 07062**

**Picnic loaf, pork, beef**

**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 28 (2015)

**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
<b>Proximates:</b>									
Water.....g	53.15	0.246	6		1		45.18	120.65	
Energy.....kcal	326		0	NC	4		277	740	
Energy.....kJ	1364		0		4		1159	3096	
Protein (N x 6.25).....g	14.10	0.251	6		1		11.99	32.01	
Total lipid (fat).....g	28.72	0.362	6		1		24.41	65.19	
Ash.....g	2.40	0.063	6		1		2.04	5.45	
Carbohydrate, by difference.....g	1.63		0	NC	4		1.39	3.70	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12	0.843	6		1		10	27	
Iron, Fe.....mg	1.44	0.051	6		1		1.22	3.27	
Magnesium, Mg.....mg	14	0.601	6		1		12	32	
Phosphorus, P.....mg	136	3.544	6		1		116	309	
Potassium, K.....mg	237	12.054	6		1		201	538	
Sodium, Na.....mg	876	63.285	6		1		745	1989	
Zinc, Zn.....mg	1.93	0.021	6		1		1.64	4.38	
Copper, Cu.....mg	0.090	0.006	6		1		0.077	0.204	
Manganese, Mn.....mg	0.049	0.002	5		1		0.042	0.111	
Selenium, Se.....µg	17.7	2.258	5	A	1		15.0	40.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0	0.000	6		1		0.9	2.3	
Thiamin.....mg	0.502	0.027	6		1		0.427	1.140	
Riboflavin.....mg	0.148	0.012	6		1		0.126	0.336	
Niacin.....mg	3.443	0.088	6		1		2.927	7.816	
Pantothenic acid.....mg	0.450	0.021	3		1		0.383	1.022	
Vitamin B-6.....mg	0.190	0.012	6		1		0.162	0.431	
Folate, total.....µg	2		0		4		2	5	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	2		0		4		2	5	
Folate, DFE.....µg	2		0	NC	4		2	5	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.98	0.030	6		1		0.83	2.22	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	NR	4		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



**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
Fatty acids, total saturated.....g	10.330		0		1		8.781	23.449	
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	
10:0.....g	0.070	0.034	6		1		0.060	0.159	
12:0.....g	0.070	0.050	6		1		0.060	0.159	
13:0.....g									
14:0.....g	0.400	0.053	6		1		0.340	0.908	
15:0.....g									
16:0.....g	6.400	0.113	6		1		5.440	14.528	
17:0.....g									
18:0.....g	3.380	0.085	6		1		2.873	7.673	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.520		0		1		11.492	30.690	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.950	0.021	6		1		0.808	2.157	
17:1.....g									
18:1 undifferentiated.....g	12.580	0.269	6		1		10.693	28.557	
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		2.618	6.992	
18:2 undifferentiated.....g	2.790	0.063	6		1		2.372	6.333	
18:3 undifferentiated.....g	0.290	0.015	6		1		0.247	0.658	
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	
21:5.....g									
22:4.....g									
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		60	159	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.138		0		1		0.117	0.313	
Threonine.....g	0.591		0		1		0.502	1.342	
Isoleucine.....g	0.611		0		1		0.519	1.387	
Leucine.....g	1.076		0		1		0.915	2.443	
Lysine.....g	1.110		0		1		0.944	2.520	
Methionine.....g	0.379		0		1		0.322	0.860	
Cystine.....g	0.157		0		1		0.133	0.356	
Phenylalanine.....g	0.539		0		1		0.458	1.224	
Tyrosine.....g	0.444		0		1		0.377	1.008	
Valine.....g	0.679		0		1		0.577	1.541	
Arginine.....g	0.925		0		1		0.786	2.100	
Histidine.....g	0.444		0		1		0.377	1.008	
Alanine.....g	0.902		0		1		0.767	2.048	
Aspartic acid.....g	1.293		0		1		1.099	2.935	
Glutamic acid.....g	2.117		0		1		1.799	4.806	
Glycine.....g	0.992		0		1		0.843	2.252	
Proline.....g	0.712		0		1		0.605	1.616	
Serine.....g	0.584		0		1		0.496	1.326	
Hydroxyproline.....g									

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**NDB No. 07059**

**Polish sausage, pork**

**Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 227g: 1 sausage (10" long x 1-1/4" 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 28 (2015)



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			
	Mean	Std. Error	Number		measures of food			
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	12.960		0		1		1.685	3.499
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
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
21:5.....g								
22:4.....g								
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
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

NDB No. 07065

Pork and beef sausage, fresh, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
Theobromine.....mg	0		0	Z	7		0		0

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**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 28 (2015)



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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.881		1	A	1		5.632		
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		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	0.356		1	A	1		0.203		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	6.364		1	A	1		3.627		
17:0.....g	0.091		1	A	1		0.052		
18:0.....g	3.019		1	A	1		1.721		
20:0.....g	0.051		1	A	1		0.029		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	13.054		1	A	1		7.441		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.836		1	A	1		0.477		
17:1.....g									
18:1 undifferentiated.....g	12.005		1	A	1		6.843		
20:1.....g	0.213		1	A	1		0.121		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.504		1	A	1		2.567		
18:2 undifferentiated.....g	4.057		1	A	1		2.312		
18:3 undifferentiated.....g	0.201		0	AS	1		0.115		
18:3 n-3 c,c,c (ALA).....g	0.201		1	A	1		0.115		
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	0.140		1	A	1		0.080		
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	0.106		1	A	1		0.060		
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	0.328		1	A	1		0.187		
Cholesterol.....mg	72		1	A	1		41		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.089		1	A	1		0.051		
Threonine.....g	0.475		1	A	1		0.271		
Isoleucine.....g	0.523		1	A	1		0.298		
Leucine.....g	0.912		1	A	1		0.520		
Lysine.....g	0.914		1	A	1		0.521		
Methionine.....g	0.226		1	A	1		0.129		
Cystine.....g	0.140		1	A	1		0.080		
Phenylalanine.....g	0.493		1	A	1		0.281		
Tyrosine.....g	0.371		1	A	1		0.211		
Valine.....g	0.593		1	A	1		0.338		
Arginine.....g	0.804		1	A	1		0.458		
Histidine.....g	0.362		1	A	1		0.206		
Alanine.....g	0.718		1	A	1		0.409		
Aspartic acid.....g	1.177		1	A	1		0.671		
Glutamic acid.....g	1.942		1	A	1		1.107		
Glycine.....g	0.786		1	A	1		0.448		

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
Proline.....g	0.613		1	A	1		0.349		
Serine.....g	0.545		1	A	1		0.311		
Hydroxyproline.....g	0.182		1	A	1		0.104		
<b>Others:</b>									
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

**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 28 (2015)





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			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	measures of food		
						Confidence Code	Measure 1	Measure 2
<b>Lipids:</b>								
Fatty acids, total saturated.....g	12.825		4	A	1		5.771	7.695
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
10:0.....g	0.073		0		4		0.033	0.044
12:0.....g	0.055		0		4		0.025	0.033
13:0.....g								
14:0.....g	0.273		0		4		0.123	0.164
15:0.....g								
16:0.....g	3.961		0		4		1.782	2.377
17:0.....g								
18:0.....g	2.196		0		4		0.988	1.318
20:0.....g								
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	18.100		4	A	1		8.145	10.860
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.661		0		4		0.297	0.397
17:1.....g								
18:1 undifferentiated.....g	7.770		0		4		3.497	4.662
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	4.073		4	A	1		1.833	2.444
18:2 undifferentiated.....g	1.989		0		4		0.895	1.193
18:3 undifferentiated.....g	0.328		0		4		0.148	0.197
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
21:5.....g								
22:4.....g								
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								
<b>Others:</b>								
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 28 (2015)

NDB No. 07064

Pork sausage, link/patty, cooked, pan-fried

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
<b>Proximates:</b>									
Water.....g	49.89	0.748	15	A	1		13.47	11.48	23.95
Energy.....kcal	325		0	NC	4		88	75	156
Energy.....kJ	1360		0	NC	4		367	313	653
Protein.....g	18.53	0.361	15	A	1		5.00	4.26	8.90
Total lipid (fat).....g	27.25	0.666	15	A	1		7.36	6.27	13.08
Ash.....g	2.90	0.067	15	A	1		0.78	0.67	1.39
Carbohydrate, by difference.....g	1.42		0	NC	4		0.38	0.33	0.68
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	1.09		3	A	1		0.30	0.25	0.52
Sucrose.....g	0.13		3	A	1		0.04	0.03	0.06
Glucose (dextrose).....g	0.64		3	A	1		0.17	0.15	0.31
Fructose.....g	0.00		3	A	1		0.00	0.00	0.00
Lactose.....g	0.00		3	A	1		0.00	0.00	0.00
Maltose.....g	0.33		3	A	1		0.09	0.08	0.16
Galactose.....g	0.00		3	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9	1.006	15	A	1		2	2	4
Iron, Fe.....mg	1.20	0.047	15	A	1		0.32	0.28	0.58
Magnesium, Mg.....mg	16	0.378	15	A	1		4	4	8
Phosphorus, P.....mg	149	3.423	15	A	1		40	34	71
Potassium, K.....mg	342	7.153	15	A	1		92	79	164
Sodium, Na.....mg	814	18.741	15	A	1		220	187	391
Zinc, Zn.....mg	2.45	0.071	15	A	1		0.66	0.56	1.17
Copper, Cu.....mg	0.071	0.004	15	A	1		0.019	0.016	0.034
Manganese, Mn.....mg	0.022	0.003	15	A	1		0.006	0.005	0.010
Selenium, Se.....µg	20.7	0.898	6	A	1		5.6	4.8	9.9
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.256	0.021	9	A	1		0.069	0.059	0.123
Riboflavin.....mg	0.176	0.016	9	A	1		0.047	0.040	0.084
Niacin.....mg	6.119	0.154	9	A	1		1.652	1.407	2.937
Pantothenic acid.....mg	0.805	0.023	6	A	1		0.217	0.185	0.387
Vitamin B-6.....mg	0.195	0.007	9	A	1		0.053	0.045	0.094
Folate, total.....µg	1		0	BFPN	4		0	0	0
Folic acid.....µg	0		0	BFPN	4		0	0	0
Folate, food.....µg	1		0	BFPN	4		0	0	0
Folate, DFE.....µg	1		0	NC	4		0	0	0
Choline, total.....mg	62.3		0	BFPN	4		16.8	14.3	29.9
Betaine.....mg									
Vitamin B-12.....µg	0.98	0.048	9	A	1		0.27	0.23	0.47
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	28		0	AS	1		8	6	13
Retinol.....µg	28		3	A	1		8	6	13
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	93		0	AS	1		25	21	45
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.90	0.159	6	A	1		0.24	0.21	0.43
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02	0.017	6	A	1		0.00	0.00	0.01
Tocopherol, gamma.....mg	0.05	0.020	6	A	1		0.01	0.01	0.02
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.03	0.006	6	A	1		0.01	0.01	0.02
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00

NDB No. 07064

Pork sausage, link/patty, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.06	0.004	6	A	1		0.02	0.01	0.03
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.4		4	AS	1		0.4	0.3	0.7
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol).....µg	1.4		2	A	1		0.4	0.3	0.7
Vitamin D.....µg	58		2	A	1		16	13	28
Vitamin K (phylloquinone).....µg	0.0		0	BFPN	4		0.0	0.0	0.0
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.826		0	NC	4		2.383	2.030	4.236
4:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
8:0.....g	0.001	0.000	9	A	1		0.000	0.000	0.000
10:0.....g	0.024	0.000	9	A	1		0.006	0.005	0.011
12:0.....g	0.020	0.000	9	A	1		0.005	0.005	0.010
13:0.....g									
14:0.....g	0.322	0.007	9	A	1		0.087	0.074	0.154
15:0.....g	0.015	0.001	9	A	1		0.004	0.003	0.007
16:0.....g	5.545	0.129	9	A	1		1.497	1.275	2.662
17:0.....g	0.072	0.004	9	A	1		0.020	0.017	0.035
18:0.....g	2.749	0.071	9	A	1		0.742	0.632	1.319
20:0.....g	0.067	0.003	9	A	1		0.018	0.015	0.032
22:0.....g	0.009	0.001	9	A	1		0.003	0.002	0.005
24:0.....g	0.002	0.000	9	A	1		0.000	0.000	0.001
Fatty acids, total monounsaturated.....g	11.541		0	NC	4		3.116	2.654	5.540
14:1.....g	0.006	0.001	9	A	1		0.002	0.001	0.003
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.557	0.017	9	AS	1		0.150	0.128	0.267
16:1 c.....g	0.549	0.017	9	A	1		0.148	0.126	0.263
16:1 t.....g	0.008	0.001	9	A	1		0.002	0.002	0.004
17:1.....g	0.058	0.003	9	A	1		0.016	0.013	0.028
18:1 undifferentiated.....g	10.578	0.277	9	AS	1		2.856	2.433	5.078
18:1 c.....g	10.494	0.274	9	A	1		2.833	2.414	5.037
18:1 t.....g	0.084	0.006	9	A	1		0.023	0.019	0.040
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.334	0.019	9	A	1		0.090	0.077	0.160
22:1 undifferentiated.....g	0.006	0.001	9	AS	1		0.002	0.001	0.003
22:1 c.....g	0.006	0.001	9	A	1		0.002	0.001	0.003
22:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.000	9	A	1		0.000	0.000	0.001
Fatty acids, total polyunsaturated.....g	5.115		0	NC	4		1.381	1.176	2.455
18:2 undifferentiated.....g	4.446	0.190	9	AS	1		1.200	1.023	2.134
18:2 n-6 c,c.....g	4.385	0.188	9	A	1		1.184	1.009	2.105
18:2 CLAs.....g	0.033	0.002	9	A	1		0.009	0.008	0.016
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.027	0.003	9	A	1		0.007	0.006	0.013
18:3 undifferentiated.....g	0.146	0.012	9	AS	1		0.039	0.034	0.070
18:3 n-3 c,c,c (ALA).....g	0.139	0.011	9	A	1		0.038	0.032	0.067
18:3 n-6 c,c,c.....g	0.006	0.001	9	A	1		0.002	0.001	0.003
18:3i.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.247	0.013	9	A	1		0.067	0.057	0.119
20:3 undifferentiated.....g	0.069	0.004	9	AS	1		0.019	0.016	0.033
20:3 n-3.....g	0.030	0.002	9	A	1		0.008	0.007	0.014
20:3 n-6.....g	0.039	0.002	9	A	1		0.011	0.009	0.019
20:4 undifferentiated.....g	0.123	0.004	9	A	1		0.033	0.028	0.059
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	9	A	1		0.000	0.000	0.001
21:5.....g									
22:4.....g	0.051	0.002	9	A	1		0.014	0.012	0.025
22:5 n-3 (DPA).....g	0.025	0.002	9	A	1		0.007	0.006	0.012

NDB No. 07064

Pork sausage, link/patty, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.003	0.000	9	A	1		0.001	0.001	0.001
Fatty acids, total trans.....g	0.120		0	NC	4		0.032	0.028	0.057
Fatty acids, total trans-monoenoic.....g	0.092		0	NC	4		0.025	0.021	0.044
Fatty acids, total trans-polyenoic.....g	0.027		0	NC	4		0.007	0.006	0.013
Cholesterol.....mg	86	2.206	9	A	1		23	20	41
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.185		0	A	1		0.050	0.043	0.089
Threonine.....g	0.615		0	A	1		0.166	0.141	0.295
Isoleucine.....g	0.738		0	A	1		0.199	0.170	0.354
Leucine.....g	1.361		0	A	1		0.367	0.313	0.653
Lysine.....g	1.239		0	A	1		0.334	0.285	0.595
Methionine.....g	0.426		0	A	1		0.115	0.098	0.205
Cystine.....g	0.237		0	A	1		0.064	0.054	0.114
Phenylalanine.....g	0.662		0	A	1		0.179	0.152	0.318
Tyrosine.....g	0.520		0	A	1		0.141	0.120	0.250
Valine.....g	0.876		0	A	1		0.236	0.201	0.420
Arginine.....g	1.151		0	A	1		0.311	0.265	0.553
Histidine.....g	0.536		0	A	1		0.145	0.123	0.257
Alanine.....g	1.147		0	A	1		0.310	0.264	0.551
Aspartic acid.....g	1.574		0	A	1		0.425	0.362	0.756
Glutamic acid.....g	2.821		0	A	1		0.762	0.649	1.354
Glycine.....g	1.264		0	A	1		0.341	0.291	0.607
Proline.....g	1.245		0	A	1		0.336	0.286	0.598
Serine.....g	0.765		0	A	1		0.207	0.176	0.367
Hydroxyproline.....g	0.427		0	A	1		0.115	0.098	0.205
<b>Others:</b>									
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 patty
- Measure 2 = 23g: 1 link
- Measure 3 = 48g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07953

Pork sausage, link/patty, fully cooked, microwaved

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
<b>Proximates:</b>									
Water.....g	39.64	0.345	14	A	1		11.89	8.32	19.03
Energy.....kcal	438		0	NC	4		131	92	210
Energy.....kJ	1832		0	NC	4		550	385	879
Protein.....g	15.12	0.173	14	A	1		4.54	3.17	7.26
Total lipid (fat).....g	41.66	0.455	14	A	1		12.50	8.75	20.00
Ash.....g	3.09	0.030	14	A	1		0.93	0.65	1.49
Carbohydrate, by difference.....g	0.62		0	NR	4		0.19	0.13	0.30
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.62		3	A	1		0.19	0.13	0.30
Sucrose.....g	0.36		3	A	1		0.11	0.08	0.17
Glucose (dextrose).....g	0.26		3	A	1		0.08	0.05	0.12
Fructose.....g	0.00		3	A	1		0.00	0.00	0.00
Lactose.....g	0.00		3	A	1		0.00	0.00	0.00
Maltose.....g	0.00		3	A	1		0.00	0.00	0.00
Galactose.....g	0.00		3	A	1		0.00	0.00	0.00
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17	0.363	14	A	1		5	4	8
Iron, Fe.....mg	0.95	0.034	14	A	1		0.29	0.20	0.46
Magnesium, Mg.....mg	15	0.176	14	A	1		4	3	7
Phosphorus, P.....mg	193	6.250	14	A	1		58	40	92
Potassium, K.....mg	225	4.887	14	A	1		68	47	108
Sodium, Na.....mg	990	16.006	14	A	1		297	208	475
Zinc, Zn.....mg	1.59	0.044	14	A	1		0.48	0.33	0.76
Copper, Cu.....mg	0.085	0.011	14	A	1		0.025	0.018	0.041
Manganese, Mn.....mg	0.065	0.003	14	A	1		0.019	0.014	0.031
Selenium, Se.....µg	22.5	1.691	6	A	1		6.7	4.7	10.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.243	0.009	9	A	1		0.073	0.051	0.117
Riboflavin.....mg	0.180	0.003	9	A	1		0.054	0.038	0.086
Niacin.....mg	4.328	0.118	9	A	1		1.299	0.909	2.078
Pantothenic acid.....mg	0.644	0.024	5	A	1		0.193	0.135	0.309
Vitamin B-6.....mg	0.137	0.008	9	A	1		0.041	0.029	0.066
Folate, total.....µg	1		0	BFPN	4		0	0	0
Folic acid.....µg	0		0	BFPN	4		0	0	0
Folate, food.....µg	1		0	BFPN	4		0	0	0
Folate, DFE.....µg	1		0	NC	4		0	0	0
Choline, total.....mg	52.0		0	BFNN	4		15.6	10.9	25.0
Betaine.....mg	2.8		0	BFNN	4		0.8	0.6	1.3
Vitamin B-12.....µg	0.76	0.017	9	A	1		0.23	0.16	0.36
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	22		0	AS	1		7	5	11
Retinol.....µg	22		3	A	1		7	5	11
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	75		0	AS	1		22	16	36
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.88	0.160	6	A	1		0.26	0.19	0.42
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.17	0.010	6	A	1		0.05	0.04	0.08
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.04	0.017	6	A	1		0.01	0.01	0.02
Tocotrienol, beta.....mg	0.02	0.022	6	A	1		0.01	0.00	0.01

Pork sausage, link/patty, fully cooked, microwaved

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.31	0.286	6	A	1		0.09	0.07	0.15
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3).....µg	1.0		0	AS	1		0.3	0.2	0.5
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	1.0		0	BFFN	4		0.3	0.2	0.5
Vitamin D.....µg	41		0	BFFN	4		12	9	20
Vitamin K (phylloquinone).....µg	2.9		1	A	1		0.9	0.6	1.4
Dihydrophyloquinone.....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4.....µg	22.5		1	A	1		6.8	4.7	10.8
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.557		0	NC	4		4.067	2.847	6.507
4:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
8:0.....g	0.004	0.000	9	A	1		0.001	0.001	0.002
10:0.....g	0.038	0.001	9	A	1		0.011	0.008	0.018
12:0.....g	0.034	0.000	9	A	1		0.010	0.007	0.016
13:0.....g									
14:0.....g	0.506	0.006	9	A	1		0.152	0.106	0.243
15:0.....g	0.025	0.000	9	A	1		0.007	0.005	0.012
16:0.....g	8.496	0.111	9	A	1		2.549	1.784	4.078
17:0.....g	0.136	0.002	9	A	1		0.041	0.029	0.065
18:0.....g	4.228	0.053	9	A	1		1.268	0.888	2.029
20:0.....g	0.077	0.001	9	A	1		0.023	0.016	0.037
22:0.....g	0.011	0.001	9	A	1		0.003	0.002	0.005
24:0.....g	0.002	0.000	9	A	1		0.001	0.000	0.001
Fatty acids, total monounsaturated.....g	16.448		0	NC	4		4.934	3.454	7.895
14:1.....g	0.012	0.001	9	A	1		0.004	0.003	0.006
15:1.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.787	0.011	9	AS	1		0.236	0.165	0.378
16:1 c.....g	0.776	0.011	9	A	1		0.233	0.163	0.372
16:1 t.....g	0.011	0.001	9	A	1		0.003	0.002	0.005
17:1.....g	0.106	0.002	9	A	1		0.032	0.022	0.051
18:1 undifferentiated.....g	15.199	0.188	9	AS	1		4.560	3.192	7.295
18:1 c.....g	15.053	0.191	9	A	1		4.516	3.161	7.226
18:1 t.....g	0.145	0.009	9	A	1		0.044	0.031	0.070
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.337	0.003	9	A	1		0.101	0.071	0.162
22:1 undifferentiated.....g	0.005	0.000	9	AS	1		0.002	0.001	0.003
22:1 c.....g	0.005	0.000	9	A	1		0.002	0.001	0.003
22:1 t.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.000	9	A	1		0.000	0.000	0.001
Fatty acids, total polyunsaturated.....g	8.041		0	NC	4		2.412	1.689	3.860
18:2 undifferentiated.....g	7.107	0.093	9	AS	1		2.132	1.493	3.412
18:2 n-6 c,c.....g	7.001	0.095	9	A	1		2.100	1.470	3.360
18:2 CLAs.....g	0.056	0.003	9	A	1		0.017	0.012	0.027
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.051	0.002	9	A	1		0.015	0.011	0.025
18:3 undifferentiated.....g	0.299	0.009	9	AS	1		0.090	0.063	0.144
18:3 n-3 c,c,c (ALA).....g	0.288	0.008	9	A	1		0.086	0.061	0.138
18:3 n-6 c,c,c.....g	0.009	0.001	9	A	1		0.003	0.002	0.005
18:3i.....g	0.001	0.000	9	A	1		0.000	0.000	0.001
18:4.....g	0.000	0.000	9	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.301	0.005	9	A	1		0.090	0.063	0.145
20:3 undifferentiated.....g	0.093	0.002	9	AS	1		0.028	0.020	0.045
20:3 n-3.....g	0.043	0.001	9	A	1		0.013	0.009	0.021
20:3 n-6.....g	0.050	0.001	9	A	1		0.015	0.010	0.024
20:4 undifferentiated.....g	0.142	0.001	9	A	1		0.043	0.030	0.068
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	9	A	1		0.001	0.001	0.002
21:5.....g									
22:4.....g	0.054	0.001	9	A	1		0.016	0.011	0.026
22:5 n-3 (DPA).....g	0.027	0.001	9	A	1		0.008	0.006	0.013

NDB No. 07953

Pork sausage, link/patty, fully cooked, microwaved

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA).....g	0.008	0.000	9	A	1		0.002	0.002	0.004
Fatty acids, total trans.....g	0.209		0	NC	4		0.063	0.044	0.100
Fatty acids, total trans-monoenoic.....g	0.156		0	NC	4		0.047	0.033	0.075
Fatty acids, total trans-polyenoic.....g	0.052		0	NC	4		0.016	0.011	0.025
Cholesterol.....mg	79	1.087	9	A	1		24	17	38
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.151		0	A	1		0.045	0.032	0.073
Threonine.....g	0.501		0	A	1		0.150	0.105	0.241
Isoleucine.....g	0.602		0	A	1		0.181	0.126	0.289
Leucine.....g	1.110		0	A	1		0.333	0.233	0.533
Lysine.....g	1.011		0	A	1		0.303	0.212	0.485
Methionine.....g	0.348		0	A	1		0.104	0.073	0.167
Cystine.....g	0.193		0	A	1		0.058	0.041	0.093
Phenylalanine.....g	0.540		0	A	1		0.162	0.113	0.259
Tyrosine.....g	0.424		0	A	1		0.127	0.089	0.204
Valine.....g	0.714		0	A	1		0.214	0.150	0.343
Arginine.....g	0.939		0	A	1		0.282	0.197	0.451
Histidine.....g	0.437		0	A	1		0.131	0.092	0.210
Alanine.....g	0.936		0	A	1		0.281	0.197	0.449
Aspartic acid.....g	1.284		0	A	1		0.385	0.270	0.616
Glutamic acid.....g	2.301		0	A	1		0.690	0.483	1.105
Glycine.....g	1.031		0	A	1		0.309	0.216	0.495
Proline.....g	1.016		0	A	1		0.305	0.213	0.488
Serine.....g	0.624		0	A	1		0.187	0.131	0.300
Hydroxyproline.....g	0.360		0	BFPN	4		0.108	0.076	0.173
<b>Others:</b>									
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 = 30g: 1 patty
- Measure 2 = 21g: 1 link
- Measure 3 = 48g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 07967

Pork sausage, link/patty, fully cooked, unheated

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
<b>Proximates:</b>									
Water.....g	45.96	0.435	14	A	1		10.57	17.01	
Energy.....kcal	392		0	NC	4		90	145	
Energy.....kJ	1640		0	NC	4		377	607	
Protein.....g	13.46	0.218	14	A	1		3.10	4.98	
Total lipid (fat).....g	37.25	0.705	14	A	1		8.57	13.78	
Ash.....g	2.63	0.053	14	A	1		0.60	0.97	
Carbohydrate, by difference.....g	0.69		0	NC	4		0.16	0.25	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.53		3	A	1		0.12	0.19	
Sucrose.....g	0.27		3	A	1		0.06	0.10	
Glucose (dextrose).....g	0.26		3	A	1		0.06	0.10	
Fructose.....g	0.00		3	A	1		0.00	0.00	
Lactose.....g	0.00		3	A	1		0.00	0.00	
Maltose.....g	0.00		3	A	1		0.00	0.00	
Galactose.....g	0.00		3	A	1		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16	0.603	14	A	1		4	6	
Iron, Fe.....mg	0.92	0.041	14	A	1		0.21	0.34	
Magnesium, Mg.....mg	13	0.179	14	A	1		3	5	
Phosphorus, P.....mg	164	10.388	14	A	1		38	61	
Potassium, K.....mg	211	3.919	14	A	1		49	78	
Sodium, Na.....mg	810	18.681	14	A	1		186	300	
Zinc, Zn.....mg	1.45	0.046	14	A	1		0.33	0.53	
Copper, Cu.....mg	0.069	0.003	14	A	1		0.016	0.025	
Manganese, Mn.....mg	0.053	0.002	14	A	1		0.012	0.020	
Selenium, Se.....µg	20.3	1.615	6	A	1		4.7	7.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.241	0.007	9	A	1		0.055	0.089	
Riboflavin.....mg	0.178	0.009	9	A	1		0.041	0.066	
Niacin.....mg	3.984	0.113	9	A	1		0.916	1.474	
Pantothenic acid.....mg	0.570	0.008	5	A	1		0.131	0.211	
Vitamin B-6.....mg	0.143	0.007	9	A	1		0.033	0.053	
Folate, total.....µg	0		0	BFPN	4		0	0	
Folic acid.....µg	0		0	BFPN	4		0	0	
Folate, food.....µg	0		0	BFPN	4		0	0	
Folate, DFE.....µg	0		0	NC	4		0	0	
Choline, total.....mg	45.2		0	BFPN	4		10.4	16.7	
Betaine.....mg	4.3		0	BFPN	4		1.0	1.6	
Vitamin B-12.....µg	0.76	0.021	9	A	1		0.17	0.28	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	21		0	AS	1		5	8	
Retinol.....µg	21		3	A	1		5	8	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	69		0	AS	1		16	25	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.68	0.030	6	A	1		0.16	0.25	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.16	0.009	6	A	1		0.04	0.06	
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.02	0.003	6	A	1		0.00	0.01	
Tocotrienol, beta.....mg	0.02	0.005	6	A	1		0.01	0.01	

NDB No. 07967

Pork sausage, link/patty, fully cooked, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.93	0.009	6	A	1	0.21	0.34		
Tocotrienol, delta.....mg	0.00	0.000	6	A	1	0.00	0.00		
Vitamin D (D2 + D3).....µg	1.2		2	AS	1	0.3	0.4		
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1	0.0	0.0		
Vitamin D3 (cholecalciferol).....µg	1.2		2	A	1	0.3	0.4		
Vitamin D.....IU	48		2	A	1	11	18		
Vitamin K (phylloquinone).....µg	3.7		2	A	1	0.8	1.4		
Dihydrophyloquinone.....µg	0.0		2	A	1	0.0	0.0		
Menaquinone-4.....µg	18.7		2	A	1	4.3	6.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.129		0	NC	4	2.790	4.488		
4:0.....g	0.000	0.000	8	A	1	0.000	0.000		
6:0.....g	0.000	0.000	9	A	1	0.000	0.000		
8:0.....g	0.004	0.000	9	A	1	0.001	0.002		
10:0.....g	0.035	0.001	9	A	1	0.008	0.013		
12:0.....g	0.030	0.001	9	A	1	0.007	0.011		
13:0.....g									
14:0.....g	0.451	0.011	9	A	1	0.104	0.167		
15:0.....g	0.022	0.001	9	A	1	0.005	0.008		
16:0.....g	7.594	0.193	9	A	1	1.747	2.810		
17:0.....g	0.119	0.003	9	A	1	0.027	0.044		
18:0.....g	3.793	0.100	9	A	1	0.872	1.403		
20:0.....g	0.068	0.002	9	A	1	0.016	0.025		
22:0.....g	0.010	0.001	9	A	1	0.002	0.004		
24:0.....g	0.002	0.000	9	A	1	0.000	0.001		
Fatty acids, total monounsaturated.....g	14.736		0	NC	4	3.389	5.452		
14:1.....g	0.009	0.000	9	A	1	0.002	0.003		
15:1.....g	0.000	0.000	9	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.712	0.022	9	AS	1	0.164	0.263		
16:1 c.....g	0.701	0.021	9	A	1	0.161	0.260		
16:1 t.....g	0.010	0.001	9	A	1	0.002	0.004		
17:1.....g	0.094	0.003	9	A	1	0.022	0.035		
18:1 undifferentiated.....g	13.613	0.340	9	AS	1	3.131	5.037		
18:1 c.....g	13.483	0.336	9	A	1	3.101	4.989		
18:1 t.....g	0.130	0.005	9	A	1	0.030	0.048		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.302	0.008	9	A	1	0.069	0.112		
22:1 undifferentiated.....g	0.005	0.000	9	AS	1	0.001	0.002		
22:1 c.....g	0.005	0.000	9	A	1	0.001	0.002		
22:1 t.....g	0.000	0.000	9	A	1	0.000	0.000		
24:1 c.....g	0.001	0.000	9	A	1	0.000	0.000		
Fatty acids, total polyunsaturated.....g	6.916		0	NC	4	1.591	2.559		
18:2 undifferentiated.....g	6.109	0.194	9	AS	1	1.405	2.260		
18:2 n-6 c,c.....g	6.015	0.191	9	A	1	1.383	2.226		
18:2 CLAs.....g	0.052	0.002	9	A	1	0.012	0.019		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.043	0.002	9	A	1	0.010	0.016		
18:3 undifferentiated.....g	0.255	0.010	9	AS	1	0.059	0.094		
18:3 n-3 c,c,c (ALA).....g	0.247	0.011	9	A	1	0.057	0.091		
18:3 n-6 c,c,c.....g	0.006	0.001	9	A	1	0.001	0.002		
18:3i.....g	0.001	0.000	9	A	1	0.000	0.000		
18:4.....g	0.000	0.000	9	A	1	0.000	0.000		
20:2 n-6 c,c.....g	0.259	0.007	9	A	1	0.060	0.096		
20:3 undifferentiated.....g	0.081	0.003	9	AS	1	0.019	0.030		
20:3 n-3.....g	0.038	0.001	9	A	1	0.009	0.014		
20:3 n-6.....g	0.043	0.001	9	A	1	0.010	0.016		
20:4 undifferentiated.....g	0.127	0.001	9	A	1	0.029	0.047		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	9	A	1	0.001	0.001		
21:5.....g									
22:4.....g	0.047	0.001	9	A	1	0.011	0.017		
22:5 n-3 (DPA).....g	0.024	0.001	9	A	1	0.006	0.009		

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Pork sausage, link/patty, fully cooked, unheated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code				
22:6 n-3 (DHA).....g	0.007	0.000	9	A	1		0.002	0.003	
Fatty acids, total trans.....g	0.184		0	NC	4		0.042	0.068	
Fatty acids, total trans-monoenoic.....g	0.141		0	NC	4		0.032	0.052	
Fatty acids, total trans-polyenoic.....g	0.044		0	NC	4		0.010	0.016	
Cholesterol.....mg	74	2.687	9	A	1	17		27	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.131		0	A	1		0.030	0.049	
Threonine.....g	0.483		0	A	1		0.111	0.179	
Isoleucine.....g	0.524		0	A	1		0.121	0.194	
Leucine.....g	1.005		0	A	1		0.231	0.372	
Lysine.....g	0.942		0	A	1		0.217	0.349	
Methionine.....g	0.319		0	A	1		0.073	0.118	
Cystine.....g	0.175		0	A	1		0.040	0.065	
Phenylalanine.....g	0.484		0	A	1		0.111	0.179	
Tyrosine.....g	0.391		0	A	1		0.090	0.145	
Valine.....g	0.610		0	A	1		0.140	0.226	
Arginine.....g	0.848		0	A	1		0.195	0.314	
Histidine.....g	0.405		0	A	1		0.093	0.150	
Alanine.....g	0.824		0	A	1		0.189	0.305	
Aspartic acid.....g	1.170		0	A	1		0.269	0.433	
Glutamic acid.....g	2.016		0	A	1		0.464	0.746	
Glycine.....g	0.891		0	A	1		0.205	0.330	
Proline.....g	0.882		0	A	1		0.203	0.326	
Serine.....g	0.563		0	A	1		0.130	0.208	
Hydroxyproline.....g	0.276		0	BFPN	4		0.063	0.102	
<b>Others:</b>									
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 = 23g: 1 link

Measure 2 = 37g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07966

Pork sausage, link/patty, reduced fat, cooked, pan-fried

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
<b>Proximates:</b>									
Water.....g	55.88	1.029	4	A	1		47.50	191.67	
Energy.....kcal	267		0	NC	4		227	916	
Energy.....kJ	1118		0	NC	4		950	3835	
Protein.....g	20.94	0.297	4	A	1		17.80	71.81	
Total lipid (fat).....g	20.32	0.855	4	A	1		17.27	69.69	
Ash.....g	2.72	0.031	4	A	1		2.31	9.33	
Carbohydrate, by difference.....g	0.15		0	NC	4		0.12	0.50	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	19	0.259	4	A	1		16	65	
Iron, Fe.....mg	1.91	0.090	4	A	1		1.62	6.54	
Magnesium, Mg.....mg	22	0.235	4	A	1		18	74	
Phosphorus, P.....mg	185	0.866	4	A	1		157	633	
Potassium, K.....mg	328	3.416	4	A	1		279	1125	
Sodium, Na.....mg	698	4.750	4	A	1		593	2393	
Zinc, Zn.....mg	3.14	0.057	4	A	1		2.67	10.78	
Copper, Cu.....mg	0.088	0.007	4	A	1		0.074	0.300	
Manganese, Mn.....mg	0.052	0.012	4	A	1		0.045	0.180	
Selenium, Se.....µg	30.0	0.984	3	A	1		25.5	102.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.377	0.032	4	A	1		0.321	1.295	
Riboflavin.....mg	0.210	0.004	4	A	1		0.178	0.720	
Niacin.....mg	7.737	0.158	4	A	1		6.577	26.539	
Pantothenic acid.....mg	0.960		1	A	1		0.816	3.292	
Vitamin B-6.....mg	0.282	0.025	4	A	1		0.240	0.969	
Folate, total.....µg	1		0	BFPN	4		1	2	
Folic acid.....µg	0		0	BFPN	4		0	0	
Folate, food.....µg	1		0	BFPN	4		1	2	
Folate, DFE.....µg	1		0	NC	4		1	2	
Choline, total.....mg	70.3		0	BFPN	4		59.8	241.2	
Betaine.....mg	6.7		0	BFPN	4		5.7	22.9	
Vitamin B-12.....µg	1.16	0.096	4	A	1		0.99	3.98	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	28		0	BFPN	4		24	96	
Retinol.....µg	28		0	BFPN	4		24	96	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	93		0	BFPN	4		79	319	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	1.22	0.023	3	A	1		1.04	4.19	
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	0.10	0.013	3	A	1		0.09	0.36	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.03	0.017	3	A	1		0.03	0.11	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.10	0.006	3	A	1		0.08	0.34	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	1.4		0	AS	1		1.2	4.9	
Vitamin D2 (ergocalciferol).....µg	0.0		0	BFPN	4		0.0	0.0	
Vitamin D3 (cholecalciferol).....µg	1.4		0	BFPN	4		1.2	4.9	
Vitamin D.....IU	58		0	BFPN	4		49	197	
Vitamin K (phylloquinone).....µg	0.0		0	BFPN	4		0.0	0.0	

NDB No. 07966

Pork sausage, link/patty, reduced fat, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.034		0	NC	4		5.129	20.696	
4:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
8:0.....g	0.002	0.001	4	A	1	0.002	0.002	0.007	
10:0.....g	0.016	0.001	4	A	1	0.013	0.013	0.054	
12:0.....g	0.015	0.001	4	A	1	0.012	0.012	0.050	
13:0.....g									
14:0.....g	0.213	0.008	4	A	1	0.181	0.181	0.731	
15:0.....g	0.011	0.001	4	A	1	0.010	0.010	0.039	
16:0.....g	3.794	0.138	4	A	1	3.225	3.225	13.012	
17:0.....g	0.053	0.003	4	A	1	0.045	0.045	0.181	
18:0.....g	1.873	0.086	4	A	1	1.592	1.592	6.426	
20:0.....g	0.047	0.004	4	A	1	0.040	0.040	0.160	
22:0.....g	0.008	0.001	4	A	1	0.007	0.007	0.028	
24:0.....g	0.002	0.000	4	A	1	0.002	0.002	0.008	
Fatty acids, total monounsaturated.....g	8.020		0	NC	4	6.817	6.817	27.507	
14:1.....g	0.004	0.000	4	A	1	0.003	0.003	0.012	
15:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.370	0.008	4	AS	1	0.315	0.315	1.271	
16:1 c.....g	0.364	0.007	4	A	1	0.309	0.309	1.248	
16:1 t.....g	0.007	0.001	4	A	1	0.006	0.006	0.022	
17:1.....g	0.041	0.001	4	A	1	0.035	0.035	0.141	
18:1 undifferentiated.....g	7.363	0.249	4	AS	1	6.258	6.258	25.255	
18:1 c.....g	7.302	0.245	4	A	1	6.206	6.206	25.045	
18:1 t.....g	0.061	0.005	4	A	1	0.052	0.052	0.210	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.236	0.011	4	A	1	0.200	0.200	0.809	
22:1 undifferentiated.....g	0.005	0.000	4	AS	1	0.004	0.004	0.018	
22:1 c.....g	0.005	0.000	4	A	1	0.004	0.004	0.018	
22:1 t.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
24:1 c.....g	0.001	0.000	4	A	1	0.001	0.001	0.003	
Fatty acids, total polyunsaturated.....g	4.192		0	NC	4	3.564	3.564	14.380	
18:2 undifferentiated.....g	3.628	0.122	4	AS	1	3.084	3.084	12.445	
18:2 n-6 c,c.....g	3.582	0.125	4	A	1	3.045	3.045	12.286	
18:2 CLAs.....g	0.024	0.001	4	A	1	0.020	0.020	0.082	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.022	0.003	4	A	1	0.019	0.019	0.077	
18:3 undifferentiated.....g	0.112	0.005	4	AS	1	0.095	0.095	0.384	
18:3 n-3 c,c,c (ALA).....g	0.107	0.004	4	A	1	0.091	0.091	0.368	
18:3 n-6 c,c,c.....g	0.004	0.000	4	A	1	0.004	0.004	0.014	
18:3i.....g	0.001	0.000	4	A	1	0.000	0.000	0.002	
18:4.....g	0.001	0.001	4	A	1	0.000	0.000	0.002	
20:2 n-6 c,c.....g	0.198	0.007	4	A	1	0.168	0.168	0.678	
20:3 undifferentiated.....g	0.057	0.002	4	AS	1	0.048	0.048	0.194	
20:3 n-3.....g	0.022	0.001	4	A	1	0.019	0.019	0.077	
20:3 n-6.....g	0.034	0.001	4	A	1	0.029	0.029	0.117	
20:4 undifferentiated.....g	0.122	0.004	4	A	1	0.104	0.104	0.418	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.003	0.000	4	A	1	0.002	0.002	0.009	
21:5.....g									
22:4.....g	0.046	0.003	4	A	1	0.039	0.039	0.158	
22:5 n-3 (DPA).....g	0.022	0.001	4	A	1	0.019	0.019	0.076	
22:6 n-3 (DHA).....g	0.002	0.001	4	A	1	0.001	0.001	0.005	
Fatty acids, total trans.....g	0.091		0	NC	4	0.077	0.077	0.311	
Fatty acids, total trans-monoenoic.....g	0.068		0	NC	4	0.058	0.058	0.232	
Fatty acids, total trans-polyenoic.....g	0.023		0	NC	4	0.019	0.019	0.079	
Cholesterol.....mg	82	2.083	4	A	1	69	69	280	
Phytosterols.....mg									

**Amino Acids:**

NDB No. 07966

Pork sausage, link/patty, reduced fat, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.209		0	A	1		0.178	0.718	
Threonine.....g	0.694		0	A	1		0.590	2.382	
Isoleucine.....g	0.833		0	A	1		0.708	2.859	
Leucine.....g	1.537		0	A	1		1.307	5.272	
Lysine.....g	1.399		0	A	1		1.190	4.800	
Methionine.....g	0.481		0	A	1		0.409	1.651	
Cystine.....g	0.267		0	A	1		0.227	0.917	
Phenylalanine.....g	0.748		0	A	1		0.636	2.566	
Tyrosine.....g	0.588		0	A	1		0.500	2.016	
Valine.....g	0.989		0	A	1		0.841	3.392	
Arginine.....g	1.301		0	A	1		1.105	4.461	
Histidine.....g	0.605		0	A	1		0.514	2.076	
Alanine.....g	1.296		0	A	1		1.101	4.445	
Aspartic acid.....g	1.778		0	A	1		1.512	6.100	
Glutamic acid.....g	3.187		0	A	1		2.709	10.932	
Glycine.....g	1.428		0	A	1		1.213	4.897	
Proline.....g	1.407		0	A	1		1.196	4.825	
Serine.....g	0.865		0	A	1		0.735	2.966	
Hydroxyproline.....g	0.483		0	A	1		0.410	1.656	
<b>Others:</b>									
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 = 85g: 3 oz

Measure 2 = 343g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07965

Pork sausage, link/patty, reduced fat, unprepared

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
<b>Proximates:</b>									
Water.....g	64.21	0.581	4	A	1		54.58	220.25	
Energy.....kcal	217		0	NC	4		184	744	
Energy.....kJ	907		0	NC	4		771	3111	
Protein.....g	16.75	0.167	4	A	1		14.24	57.45	
Total lipid (fat).....g	16.55	0.497	4	A	1		14.07	56.78	
Ash.....g	2.28	0.046	4	A	1		1.94	7.82	
Carbohydrate, by difference.....g	0.20		0	NC	4		0.17	0.70	
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									
<b>Minerals:</b>									
Calcium, Ca.....mg	15	2.069	4	A	1		13	52	
Iron, Fe.....mg	1.46	0.033	4	A	1		1.24	5.00	
Magnesium, Mg.....mg	18	0.071	4	A	1		15	62	
Phosphorus, P.....mg	153	1.436	4	A	1		130	526	
Potassium, K.....mg	275	0.750	4	A	1		234	944	
Sodium, Na.....mg	581	14.448	4	A	1		493	1991	
Zinc, Zn.....mg	2.42	0.038	4	A	1		2.06	8.31	
Copper, Cu.....mg	0.088	0.011	4	A	1		0.075	0.302	
Manganese, Mn.....mg	0.042	0.008	4	A	1		0.036	0.143	
Selenium, Se.....µg	22.7	1.020	3	A	1		19.3	78.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.310	0.017	4	A	1		0.263	1.063	
Riboflavin.....mg	0.170	0.004	4	A	1		0.144	0.583	
Niacin.....mg	6.187	0.110	4	A	1		5.259	21.223	
Pantothenic acid.....mg	0.830		1	A	1		0.705	2.847	
Vitamin B-6.....mg	0.270	0.011	4	A	1		0.229	0.926	
Folate, total.....µg	2		0	BFPN	4		1	6	
Folic acid.....µg	0		0	BFPN	4		0	0	
Folate, food.....µg	2		0	BFPN	4		1	6	
Folate, DFE.....µg	2		0	NC	4		1	6	
Choline, total.....mg	57.3		0	BFPN	4		48.7	196.4	
Betaine.....mg	5.1		0	BFPN	4		4.3	17.5	
Vitamin B-12.....µg	1.05	0.065	4	A	1		0.89	3.60	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	27		0	BFPN	4		23	94	
Retinol.....µg	27		0	BFPN	4		23	94	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	92		0	BFPN	4		78	314	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.99	0.037	3	A	1		0.84	3.41	
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	0.08	0.006	3	A	1		0.07	0.29	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.03	0.015	3	A	1		0.02	0.10	
Tocotrienol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.06	0.001	3	A	1		0.05	0.19	
Tocotrienol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.4		0	AS	1		0.3	1.3	
Vitamin D2 (ergocalciferol).....µg	0.0		0	BFPN	4		0.0	0.0	
Vitamin D3 (cholecalciferol).....µg	0.4		0	BFPN	4		0.3	1.3	
Vitamin D.....IU	16		0	BFPN	4		13	54	
Vitamin K (phylloquinone).....µg	0.0		0	BFPN	4		0.0	0.0	

NDB No. 07965

Pork sausage, link/patty, reduced fat, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.368		0	NC	4		3.713	14.983	
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.014	0.000	4	A	1		0.011	0.046	
12:0.....g	0.011	0.001	4	A	1		0.009	0.038	
13:0.....g									
14:0.....g	0.155	0.005	4	A	1		0.132	0.531	
15:0.....g	0.008	0.001	4	A	1		0.007	0.029	
16:0.....g	2.752	0.100	4	A	1		2.340	9.441	
17:0.....g	0.037	0.002	4	A	1		0.032	0.128	
18:0.....g	1.352	0.050	4	A	1		1.149	4.638	
20:0.....g	0.032	0.002	4	A	1		0.028	0.111	
22:0.....g	0.005	0.001	4	A	1		0.005	0.019	
24:0.....g	0.000	0.000	4	A	1		0.000	0.001	
Fatty acids, total monounsaturated.....g	5.890		0	NC	4		5.007	20.203	
14:1.....g	0.003	0.000	4	A	1		0.002	0.009	
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.268	0.013	4	AS	1		0.228	0.918	
16:1 c.....g	0.263	0.013	4	A	1		0.224	0.904	
16:1 t.....g	0.004	0.000	4	A	1		0.004	0.014	
17:1.....g	0.031	0.001	4	A	1		0.026	0.106	
18:1 undifferentiated.....g	5.413	0.233	4	AS	1		4.601	18.567	
18:1 c.....g	5.367	0.229	4	A	1		4.562	18.409	
18:1 t.....g	0.046	0.004	4	A	1		0.039	0.158	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.171	0.008	4	A	1		0.146	0.587	
22:1 undifferentiated.....g	0.004	0.000	4	AS	1		0.004	0.015	
22:1 c.....g	0.004	0.000	4	A	1		0.004	0.015	
22:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.025		0	NC	4		2.571	10.375	
18:2 undifferentiated.....g	2.617	0.096	4	AS	1		2.224	8.976	
18:2 n-6 c,c.....g	2.586	0.096	4	A	1		2.198	8.871	
18:2 CLAs.....g	0.018	0.001	4	A	1		0.015	0.061	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.013	0.000	4	A	1		0.011	0.045	
18:3 undifferentiated.....g	0.083	0.004	4	AS	1		0.071	0.286	
18:3 n-3 c,c,c (ALA).....g	0.078	0.005	4	A	1		0.066	0.268	
18:3 n-6 c,c,c.....g	0.004	0.001	4	A	1		0.004	0.015	
18:3i.....g	0.001	0.001	4	A	1		0.001	0.003	
18:4.....g	0.001	0.001	4	A	1		0.000	0.002	
20:2 n-6 c,c.....g	0.143	0.006	4	A	1		0.122	0.491	
20:3 undifferentiated.....g	0.041	0.002	4	AS	1		0.035	0.140	
20:3 n-3.....g	0.016	0.001	4	A	1		0.014	0.055	
20:3 n-6.....g	0.025	0.001	4	A	1		0.021	0.085	
20:4 undifferentiated.....g	0.087	0.004	4	A	1		0.074	0.298	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.001	0.001	4	A	1		0.001	0.004	
21:5.....g									
22:4.....g	0.033	0.001	4	A	1		0.028	0.113	
22:5 n-3 (DPA).....g	0.015	0.001	4	A	1		0.013	0.052	
22:6 n-3 (DHA).....g	0.001	0.001	4	A	1		0.001	0.003	
Fatty acids, total trans.....g	0.064		0	NC	4		0.055	0.221	
Fatty acids, total trans-monoenoic.....g	0.050		0	NC	4		0.043	0.173	
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4		0.012	0.048	
Cholesterol.....mg	67	0.921	4	A	1		57	229	
Phytosterols.....mg									

**Amino Acids:**



NDB No. 07965

Pork sausage, link/patty, reduced fat, unprepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tryptophan.....g	0.163		0	A	1		0.139	0.560	
Threonine.....g	0.601		0	A	1		0.511	2.061	
Isoleucine.....g	0.652		0	A	1		0.554	2.237	
Leucine.....g	1.250		0	A	1		1.062	4.286	
Lysine.....g	1.172		0	A	1		0.996	4.019	
Methionine.....g	0.396		0	A	1		0.337	1.359	
Cystine.....g	0.217		0	A	1		0.185	0.746	
Phenylalanine.....g	0.602		0	A	1		0.512	2.064	
Tyrosine.....g	0.487		0	A	1		0.414	1.670	
Valine.....g	0.758		0	A	1		0.645	2.602	
Arginine.....g	1.055		0	A	1		0.897	3.618	
Histidine.....g	0.503		0	A	1		0.428	1.727	
Alanine.....g	1.024		0	A	1		0.871	3.514	
Aspartic acid.....g	1.455		0	A	1		1.237	4.990	
Glutamic acid.....g	2.508		0	A	1		2.132	8.604	
Glycine.....g	1.108		0	A	1		0.942	3.800	
Proline.....g	1.097		0	A	1		0.933	3.763	
Serine.....g	0.701		0	A	1		0.596	2.404	
Hydroxyproline.....g	0.333		0	A	1		0.283	1.141	
<b>Others:</b>									
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 = 85g: 3 oz

Measure 2 = 343g: 1 package

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07063

Pork sausage, link/patty, unprepared

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
<b>Proximates:</b>									
Water.....g	56.59	0.609	14	A	1		14.15		
Energy.....kcal	288		0	NC	4		72		
Energy.....kJ	1207		0	NC	4		302		
Protein.....g	15.39	0.192	14	A	1		3.85		
Total lipid (fat).....g	24.80	0.856	14	A	1		6.20		
Ash.....g	2.54	0.047	14	A	1		0.63		
Carbohydrate, by difference.....g	0.93		0	NR	4		0.23		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.93		3	A	1		0.23		
Sucrose.....g	0.10		3	A	1		0.03		
Glucose (dextrose).....g	0.56		3	A	1		0.14		
Fructose.....g	0.00		3	A	1		0.00		
Lactose.....g	0.00		3	A	1		0.00		
Maltose.....g	0.27		3	A	1		0.07		
Galactose.....g	0.00		3	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8	0.670	14	A	1		2		
Iron, Fe.....mg	1.02	0.041	14	A	1		0.26		
Magnesium, Mg.....mg	15	0.156	14	A	1		4		
Phosphorus, P.....mg	133	1.312	14	A	1		33		
Potassium, K.....mg	307	5.163	14	A	1		77		
Sodium, Na.....mg	739	12.845	14	A	1		185		
Zinc, Zn.....mg	2.01	0.053	14	A	1		0.50		
Copper, Cu.....mg	0.057	0.002	14	A	1		0.014		
Manganese, Mn.....mg	0.017	0.002	14	A	1		0.004		
Selenium, Se.....µg	17.8	1.112	6	A	1		4.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.223	0.016	8	A	1		0.056		
Riboflavin.....mg	0.147	0.007	8	A	1		0.037		
Niacin.....mg	5.418	0.083	8	A	1		1.354		
Pantothenic acid.....mg	0.690	0.028	5	A	1		0.172		
Vitamin B-6.....mg	0.174	0.003	8	A	1		0.043		
Folate, total.....µg	2		0	BFPN	4		0		
Folic acid.....µg	0		0	BFPN	4		0		
Folate, food.....µg	2		0	BFPN	4		0		
Folate, DFE.....µg	2		0	NC	4		0		
Choline, total.....mg	52.5		0	BFPN	4		13.1		
Betaine.....mg	4.7		0	BFPN	4		1.2		
Vitamin B-12.....µg	0.92	0.065	8	A	1		0.23		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	27		0	AS	1		7		
Retinol.....µg	27		3	A	1		7		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	92		0	AS	1		23		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.99	0.136	5	A	1		0.25		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00	0.000	5	A	1		0.00		
Tocopherol, gamma.....mg	0.09	0.008	5	A	1		0.02		
Tocopherol, delta.....mg	0.00	0.000	5	A	1		0.00		
Tocotrienol, alpha.....mg	0.05	0.004	5	A	1		0.01		
Tocotrienol, beta.....mg	0.01	0.006	5	A	1		0.00		

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Pork sausage, link/patty, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.08	0.009	5	A	1		0.02		
Tocotrienol, delta.....mg	0.00	0.000	5	A	1		0.00		
Vitamin D (D2 + D3).....µg	1.4		2	AS	1		0.4		
Vitamin D2 (ergocalciferol).....µg	0.0		2	A	1		0.0		
Vitamin D3 (cholecalciferol).....µg	1.4		2	A	1		0.4		
Vitamin D.....IU	57		2	A	1		14		
Vitamin K (phylloquinone).....µg	0.3		2	A	1		0.1		
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0		
Menaquinone-4.....µg	18.3		2	A	1		4.6		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.570		0	NC	4		1.893		
4:0.....g	0.000	0.000	8	A	1		0.000		
6:0.....g	0.000	0.000	8	A	1		0.000		
8:0.....g	0.001	0.001	8	A	1		0.000		
10:0.....g	0.022	0.001	8	A	1		0.005		
12:0.....g	0.018	0.000	8	A	1		0.004		
13:0.....g									
14:0.....g	0.275	0.009	8	A	1		0.069		
15:0.....g	0.013	0.000	8	A	1		0.003		
16:0.....g	4.736	0.184	8	A	1		1.184		
17:0.....g	0.065	0.003	8	A	1		0.016		
18:0.....g	2.374	0.097	8	A	1		0.594		
20:0.....g	0.056	0.003	8	A	1		0.014		
22:0.....g	0.008	0.001	8	A	1		0.002		
24:0.....g	0.002	0.000	8	A	1		0.000		
Fatty acids, total monounsaturated.....g	9.844		0	NC	4		2.461		
14:1.....g	0.005	0.000	8	A	1		0.001		
15:1.....g	0.000	0.000	8	A	1		0.000		
16:1 undifferentiated.....g	0.468	0.023	8	AS	1		0.117		
16:1 c.....g	0.461	0.023	8	A	1		0.115		
16:1 t.....g	0.007	0.001	8	A	1		0.002		
17:1.....g	0.052	0.003	8	A	1		0.013		
18:1 undifferentiated.....g	9.039	0.408	8	AS	1		2.260		
18:1 c.....g	8.967	0.405	8	A	1		2.242		
18:1 t.....g	0.072	0.006	8	A	1		0.018		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.275	0.015	8	A	1		0.069		
22:1 undifferentiated.....g	0.006	0.001	8	AS	1		0.001		
22:1 c.....g	0.006	0.001	8	A	1		0.001		
22:1 t.....g	0.000	0.000	8	A	1		0.000		
24:1 c.....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total polyunsaturated.....g	4.432		0	NC	4		1.108		
18:2 undifferentiated.....g	3.859	0.110	8	AS	1		0.965		
18:2 n-6 c,c.....g	3.808	0.110	8	A	1		0.952		
18:2 CLAs.....g	0.029	0.002	8	A	1		0.007		
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.022	0.002	8	A	1		0.006		
18:3 undifferentiated.....g	0.129	0.008	8	AS	1		0.032		
18:3 n-3 c,c,c (ALA).....g	0.123	0.008	8	A	1		0.031		
18:3 n-6 c,c,c.....g	0.005	0.001	8	A	1		0.001		
18:3i.....g	0.000	0.000	8	A	1		0.000		
18:4.....g	0.000	0.000	8	A	1		0.000		
20:2 n-6 c,c.....g	0.206	0.005	8	A	1		0.051		
20:3 undifferentiated.....g	0.059	0.002	8	AS	1		0.015		
20:3 n-3.....g	0.025	0.001	8	A	1		0.006		
20:3 n-6.....g	0.034	0.001	8	A	1		0.009		
20:4 undifferentiated.....g	0.107	0.002	8	A	1		0.027		
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.002	0.000	8	A	1		0.000		
21:5.....g									
22:4.....g	0.044	0.001	8	A	1		0.011		
22:5 n-3 (DPA).....g	0.021	0.001	8	A	1		0.005		

NDB No. 07063

Pork sausage, link/patty, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.003	0.001	8	A	1		0.001			
Fatty acids, total trans.....g	0.101		0	NC	4		0.025			
Fatty acids, total trans-monoenoic.....g	0.079		0	NC	4		0.020			
Fatty acids, total trans-polyenoic.....g	0.022		0	NC	4		0.006			
Cholesterol.....mg	70	0.833	8	A	1		17			
Phytosterols.....mg										
<b>Amino Acids:</b>										
Tryptophan.....g	0.157		0	A	1		0.039			
Threonine.....g	0.577		0	A	1		0.144			
Isoleucine.....g	0.627		0	A	1		0.157			
Leucine.....g	1.201		0	A	1		0.300			
Lysine.....g	1.126		0	A	1		0.281			
Methionine.....g	0.381		0	A	1		0.095			
Cystine.....g	0.209		0	A	1		0.052			
Phenylalanine.....g	0.578		0	A	1		0.145			
Tyrosine.....g	0.468		0	A	1		0.117			
Valine.....g	0.729		0	A	1		0.182			
Arginine.....g	1.014		0	A	1		0.253			
Histidine.....g	0.484		0	A	1		0.121			
Alanine.....g	0.984		0	A	1		0.246			
Aspartic acid.....g	1.398		0	A	1		0.349			
Glutamic acid.....g	2.410		0	A	1		0.603			
Glycine.....g	1.064		0	A	1		0.266			
Proline.....g	1.054		0	A	1		0.264			
Serine.....g	0.673		0	A	1		0.168			
Hydroxyproline.....g	0.305		0	BFPN	4		0.076			
<b>Others:</b>										
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 = 25g: 1 link

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



NDB No. 07978

Pork sausage, reduced sodium, 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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.235		0	LC	8		7.000		
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	0.017		0	FLC	4		0.014		
12:0.....g	0.016		0	FLC	4		0.014		
13:0.....g									
14:0.....g	0.319		0	FLC	4		0.271		
15:0.....g	0.010		0	FLC	4		0.009		
16:0.....g	5.104		0	FLC	4		4.338		
17:0.....g	0.061		0	FLC	4		0.052		
18:0.....g	2.624		0	FLC	4		2.230		
20:0.....g	0.032		0	FLC	4		0.027		
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	9.722		0	NC	4		8.263		
14:1.....g	0.003		0	FLC	4		0.003		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.515		0	FLC	4		0.438		
17:1.....g	0.000		0	FLC	4		0.000		
18:1 undifferentiated.....g	9.037		0	FLC	4		7.682		
20:1.....g	0.166		0	FLC	4		0.141		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.401		0	NC	4		2.891		
18:2 undifferentiated.....g	3.070		0	FLC	4		2.609		
18:3 undifferentiated.....g	0.130		0	FLC	4		0.110		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.107		0	FLC	4		0.091		
20:3 undifferentiated.....g	0.015		0	FLC	4		0.013		
20:4 undifferentiated.....g	0.066		0	FLC	4		0.056		
20:5 n-3 (EPA).....g	0.000		0	FLC	4		0.000		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.010		0	FLC	4		0.009		
22:6 n-3 (DHA).....g	0.004		0	FLC	4		0.003		
Fatty acids, total trans.....g	0.000		0	LC	8		0.000		
Cholesterol.....mg	59		0	LC	8		50		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.135		0	FLC	4		0.115		
Threonine.....g	0.488		0	FLC	4		0.415		
Isoleucine.....g	0.506		0	FLC	4		0.430		
Leucine.....g	0.869		0	FLC	4		0.739		
Lysine.....g	0.967		0	FLC	4		0.822		
Methionine.....g	0.287		0	FLC	4		0.244		
Cystine.....g	0.134		0	FLC	4		0.114		
Phenylalanine.....g	0.434		0	FLC	4		0.369		
Tyrosine.....g	0.387		0	FLC	4		0.329		
Valine.....g	0.576		0	FLC	4		0.490		
Arginine.....g	0.675		0	FLC	4		0.574		
Histidine.....g	0.432		0	FLC	4		0.367		
Alanine.....g	0.626		0	FLC	4		0.532		
Aspartic acid.....g	1.001		0	FLC	4		0.851		
Glutamic acid.....g	1.678		0	FLC	4		1.427		
Glycine.....g	0.506		0	FLC	4		0.430		
Proline.....g	0.434		0	FLC	4		0.368		
Serine.....g	0.446		0	FLC	4		0.379		
Hydroxyproline.....g	0.008		0	FLC	4		0.007		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		

NDB No. 07978

Pork sausage, reduced sodium, cooked

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		

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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 = 85g: 3 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)





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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
<b>Lipids:</b>								
Fatty acids, total saturated.....g	3.450		2		1		0.449	0.978
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
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
21:5.....g								
22:4.....g								
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
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0

**NDB No. 07067**  
**Poultry salad sandwich spread**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

**NDB No. 07912**  
**Roast beef spread**

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	22.6		0	BFZN	4		12.9		
<b>Vitamins:</b>									
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.....µg	8		0	BFZN	4		5		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	8		0	BFZN	4		5		
Folate, DFE.....µg	8		0	NC	4		5		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.38		0	BFZN	4		1.36		
Vitamin A, RAE.....µg	0		0	NR	4		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	1		0	MC	9		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**NDB No. 07912**  
**Roast beef spread**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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								
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		
21:5.....g								
22:4.....g								
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								
<b>Others:</b>								
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**

**Carbohydrate4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07043

Roast beef, deli style, prepackaged, sliced

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
<b>Proximates:</b>									
Water.....g	73.72	0.159	15	A	1		6.86	10.17	
Energy.....kcal	115		0	NC	4		11	16	
Energy.....kJ	482		0	NC	4		45	67	
Protein (N x 6.25).....g	18.62	0.147	15	A	1		1.73	2.57	
Total lipid (fat).....g	3.69	0.125	15	A	1		0.34	0.51	
Ash.....g	3.33	0.055	15	A	1		0.31	0.46	
Carbohydrate, by difference.....g	0.64		0	NC	4		0.06	0.09	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.29		2	A	1		0.03	0.04	
Sucrose.....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose).....g	0.29		2	A	1		0.03	0.04	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.00		2	A	1		0.00	0.00	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	5	0.133	15	A	1		0	1	
Iron, Fe.....mg	2.05	0.034	15	A	1		0.19	0.28	
Magnesium, Mg.....mg	20	0.222	15	A	1		2	3	
Phosphorus, P.....mg	242	2.981	15	A	1		23	33	
Potassium, K.....mg	647	22.913	15	A	1		60	89	
Sodium, Na.....mg	853	15.099	15	A	1		79	118	
Zinc, Zn.....mg	3.20	0.049	15	A	1		0.30	0.44	
Copper, Cu.....mg	0.086	0.004	15	A	1		0.008	0.012	
Manganese, Mn.....mg	0.015	0.000	15	A	1		0.001	0.002	
Selenium, Se.....µg	14.7	0.609	9	A	1		1.4	2.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.043	0.001	9	A	1		0.004	0.006	
Riboflavin.....mg	0.213	0.003	9	A	1		0.020	0.029	
Niacin.....mg	5.581	0.095	9	A	1		0.519	0.770	
Pantothenic acid.....mg	0.566	0.009	6	A	1		0.053	0.078	
Vitamin B-6.....mg	0.460	0.010	9	A	1		0.043	0.063	
Folate, total.....µg	5		0	BFPN	4		0	1	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	5		0	BFPN	4		0	1	
Folate, DFE.....µg	5		0	NC	4		0	1	
Choline, total.....mg	43.9		0	BFPN	4		4.1	6.1	
Betaine.....mg									
Vitamin B-12.....µg	2.04	0.121	9	A	1		0.19	0.28	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	3		0	AS	1		0	0	
Retinol.....µg	3		3	A	1		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	11		0	AS	1		1	2	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.49		3	A	1		0.05	0.07	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		3	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		3	A	1		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		3	A	1		0.00	0.00	
Tocotrienol, beta.....mg	0.00		3	A	1		0.00	0.00	

NDB No. 07043

Roast beef, deli style, prepackaged, 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
Tocotrienol, gamma.....mg	0.00		3	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		3	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.0		0	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.0		0	BFFN	4		0.0	0.0	
Vitamin D.....µg	1		0	BFFN	4		0	0	
Vitamin K (phylloquinone).....µg	1.6		0	CASN	4		0.1	0.2	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.318		0	NC	4		0.123	0.182	
4:0.....g	0.000	0.000	15	A	1		0.000	0.000	
6:0.....g	0.000	0.000	15	A	1		0.000	0.000	
8:0.....g	0.000	0.000	15	A	1		0.000	0.000	
10:0.....g	0.000	0.000	15	A	1		0.000	0.000	
12:0.....g	0.000	0.000	15	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.085	0.004	15	A	1		0.008	0.012	
15:0.....g	0.014	0.001	15	A	1		0.001	0.002	
16:0.....g	0.748	0.031	15	A	1		0.070	0.103	
17:0.....g	0.036	0.001	15	A	1		0.003	0.005	
18:0.....g	0.429	0.017	15	A	1		0.040	0.059	
20:0.....g	0.004	0.000	15	A	1		0.000	0.000	
22:0.....g	0.002	0.000	15	A	1		0.000	0.000	
24:0.....g	0.000	0.000	15	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	1.521		0	NC	4		0.141	0.210	
14:1.....g	0.026	0.001	15	A	1		0.002	0.004	
15:1.....g	0.000	0.000	15	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.124	0.005	15	AS	1		0.012	0.017	
16:1 c.....g	0.111	0.005	15	A	1		0.010	0.015	
16:1 t.....g	0.013	0.000	15	A	1		0.001	0.002	
17:1.....g	0.028	0.001	15	A	1		0.003	0.004	
18:1 undifferentiated.....g	1.333	0.052	15	AS	1		0.124	0.184	
18:1 c.....g	1.217	0.050	15	A	1		0.113	0.168	
18:1 t.....g	0.116	0.006	15	A	1		0.011	0.016	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.011	0.000	15	A	1		0.001	0.001	
22:1 undifferentiated.....g	0.000	0.000	15	AS	1		0.000	0.000	
22:1 c.....g	0.000	0.000	15	A	1		0.000	0.000	
22:1 t.....g	0.000	0.000	15	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	15	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.270		0	NC	4		0.025	0.037	
18:2 undifferentiated.....g	0.178	0.006	15	AS	1		0.017	0.025	
18:2 n-6 c,c.....g	0.140	0.004	15	A	1		0.013	0.019	
18:2 CLAs.....g	0.020	0.001	15	A	1		0.002	0.003	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.019	0.001	15	A	1		0.002	0.003	
18:3 undifferentiated.....g	0.018	0.001	15	AS	1		0.002	0.003	
18:3 n-3 c,c,c (ALA).....g	0.017	0.001	15	A	1		0.002	0.002	
18:3 n-6 c,c,c.....g	0.001	0.000	15	A	1		0.000	0.000	
18:3i.....g	0.000	0.000	15	A	1		0.000	0.000	
18:4.....g	0.000	0.000	15	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.002	0.000	15	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.011	0.000	15	AS	1		0.001	0.001	
20:3 n-3.....g	0.000	0.000	15	A	1		0.000	0.000	
20:3 n-6.....g	0.011	0.000	15	A	1		0.001	0.001	
20:4 undifferentiated.....g	0.037	0.000	15	A	1		0.003	0.005	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.007	0.000	15	A	1		0.001	0.001	
21:5.....g									
22:4.....g	0.003	0.000	15	A	1		0.000	0.000	
22:5 n-3 (DPA).....g	0.012	0.000	15	A	1		0.001	0.002	

NDB No. 07043

Roast beef, deli style, prepackaged, 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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
22:6 n-3 (DHA).....g	0.001	0.000	15	A	1		0.000	0.000		
Fatty acids, total trans.....g	0.148		0	NC	4		0.014	0.020		
Fatty acids, total trans-monoenoic.....g	0.129		0	NC	4		0.012	0.018		
Fatty acids, total trans-polyenoic.....g	0.019		0	NC	4		0.002	0.003		
Cholesterol.....mg	51	0.819	9	A	1		5	7		
Phytosterols.....mg										
<b>Amino Acids:</b>										
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	0.127		0	BFPN	4		0.012	0.018		
<b>Others:</b>										
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 28 (2015)

**NDB No. 07926**  
**Salami, Italian, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	25.4		0	BFZN	4		7.1		
<b>Vitamins:</b>									
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.....µg	2		0	BFZN	4		1		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	2		0	BFZN	4		1		
Folate, DFE.....µg	2		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.80		0	BFZN	4		0.78		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	BFZN	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



**NDB No. 07926**  
**Salami, Italian, pork**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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		
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		
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
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**

**Carbohydrate4**

**Food Group: 07 Sausages and Luncheon Meats**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	26.1		0	BFZN	4		7.3		
<b>Vitamins:</b>									
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.....µg	2		0	BFZN	4		1		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	2		0	BFZN	4		1		
Folate, DFE.....µg	2		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.90		0	BFZN	4		0.53		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	NR	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		1	A	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	1.3		0	BFZN	4		0.4		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
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								
Cholesterol.....mg	89		1	A	1	25		
Phytosterols.....mg	0		0	BFZN	4	0		
<b>Amino Acids:</b>								
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								
<b>Others:</b>								
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**

**Carbohydrate4**

**Food Group: 07 Sausages and Luncheon Meats**

USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**NDB No. 07068**  
**Salami, cooked, beef**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
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
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
21:5.....g							
22:4.....g							
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
<b>Amino Acids:</b>							
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							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0

NDB No. 07068  
 Salami, cooked, beef

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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  
 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 28 (2015)



Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.0		0	BFFN	4		0.1		
Vitamin D.....IU	41		0	BFFN	4		5		
Vitamin K (phylloquinone).....µg	3.2	1.848	3	A	1		0.4		
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg	28.0	8.001	3	A	1		3.4		
<b>Lipids:</b>									
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 t.....g	0.434	0.086	3	A	1		0.053		
18:1-11 t (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 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-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	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food			
			of Data	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			Points	Code	Code	Code			
Cholesterol.....mg	89		4.511	3	A	1		11	
Phytosterols.....mg	0			0		4		0	
<b><u>Amino Acids:</u></b>									
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	
<b><u>Others:</u></b>									
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 28 (2015)

NDB No. 07070  
Salami, cooked, 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
<b>Proximates:</b>									
Water.....g	68.80		0	NR	4		19.26		
Energy.....kcal	172		0	NC	4		48		
Energy.....kJ	718		0	NC	4		201		
Protein (N x 6.25).....g	19.20		0	NR	4		5.38		
Total lipid (fat).....g	9.21		0	FLA	4		2.58		
Ash.....g	1.68		0	NR	4		0.47		
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									
<b>Minerals:</b>									
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	1107		0	LC	8		310		
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.....µg	26.4		0	FLA	4		7.4		
<b>Vitamins:</b>									
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.....µg	10		0	MC	9		3		
Folic acid.....µg	0		0	FLA	4		0		
Folate, food.....µg	10		0	MC	9		3		
Folate, DFE.....µg	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.....µg	0.99		0	MC	9		0.28		
Vitamin B-12, added.....µg	0.00		0	FLA	4		0.00		
Vitamin A, RAE.....µg	2		0	NC	4		1		
Retinol.....µg	2		0	NR	4		1		
Carotene, beta.....µg	0		0	FLA	4		0		
Carotene, alpha.....µg	0		0	FLA	4		0		
Cryptoxanthin, beta.....µg	0		0	FLA	4		0		
Vitamin A, IU.....IU	6		0	NR	4		2		
Lycopene.....µg	0		0	FLA	4		0		
Lutein + zeaxanthin.....µg	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		
Tocotrienol, alpha.....mg	0.00		0	FLA	4		0.00		
Tocotrienol, beta.....mg	0.00		0	FLA	4		0.00		
Tocotrienol, gamma.....mg	0.00		0	FLA	4		0.00		
Tocotrienol, delta.....mg	0.00		0	FLA	4		0.00		
Vitamin D (D2 + D3).....µg	0.6		0	NR	4		0.2		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	24		0	MC	9		7		
Vitamin K (phylloquinone).....µg	1.3		0	BFZN	4		0.4		

**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
Dihydrophyloquinone.....µg	0.0		0	FLA	4		0.0		
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.783		0	NC	4		0.779		
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	0.000		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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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		

NDB No. 07070  
 Salami, cooked, turkey

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Others:</b>									
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 = 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 28 (2015)

**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
<b>Proximates:</b>									
Water.....g	36.18	0.802	9		1		40.88	3.62	
Energy.....kcal	407		0	NC	4		460	41	
Energy.....kJ	1703		0		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									
<b>Minerals:</b>									
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.....µg	25.4		0	RF	4		28.7	2.5	
<b>Vitamins:</b>									
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.....µg	2		0		4		2	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	2		0		4		2	0	
Folate, DFE.....µg	2		0	NC	4		2	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.80		1		1		3.16	0.28	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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	
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		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	
21:5.....g							
22:4.....g							
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	
<b>Amino Acids:</b>							
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							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	7	0.0	0.0	
Caffeine.....mg							
Theobromine.....mg							

NDB No. 07071  
Salami, dry or hard, pork

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

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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 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 28 (2015)

**NDB No. 07072**  
**Salami, dry or hard, 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
<b>Proximates:</b>									
Water.....g	41.19	1.522	12	A	1		4.04	11.53	11.12
Energy.....kcal	378		0	NC	4		37	106	102
Energy.....kJ	1583		0	NC	4		155	443	427
Protein (N x 6.25).....g	21.07	0.614	12	A	1		2.06	5.90	5.69
Total lipid (fat).....g	31.65	1.547	12	A	1		3.10	8.86	8.55
Ash.....g	5.37	0.121	12	A	1		0.53	1.50	1.45
Carbohydrate, by difference.....g	0.72		0	NC	4		0.07	0.20	0.20
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	0.26	0.164	3	A	1		0.03	0.07	0.07
Sucrose.....g	0.25	0.164	3	A	1		0.02	0.07	0.07
Glucose (dextrose).....g	0.02	0.000	3	A	1		0.00	0.01	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									
<b>Minerals:</b>									
Calcium, Ca.....mg	24	3.246	12	A	1		2	7	6
Iron, Fe.....mg	1.36	0.022	12	A	1		0.13	0.38	0.37
Magnesium, Mg.....mg	20	0.460	12	A	1		2	6	5
Phosphorus, P.....mg	192	3.714	12	A	1		19	54	52
Potassium, K.....mg	363	6.840	12	A	1		36	102	98
Sodium, Na.....mg	1756	36.466	12	A	1		172	492	474
Zinc, Zn.....mg	2.67	0.086	12	A	1		0.26	0.75	0.72
Copper, Cu.....mg	0.096	0.004	12	A	1		0.009	0.027	0.026
Manganese, Mn.....mg	0.948	0.031	12	A	1		0.093	0.265	0.256
Selenium, Se.....µg	33.6	0.927	6	A	1		3.3	9.4	9.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.386	0.008	6	A	1		0.038	0.108	0.104
Riboflavin.....mg	0.196	0.001	6	A	1		0.019	0.055	0.053
Niacin.....mg	6.105	0.047	6	A	1		0.598	1.709	1.648
Pantothenic acid.....mg	1.011	0.013	4	A	1		0.099	0.283	0.273
Vitamin B-6.....mg	0.441	0.007	6	A	1		0.043	0.124	0.119
Folate, total.....µg	0		0	BFPN	4		0	0	0
Folic acid.....µg	0		0	Z	7		0	0	0
Folate, food.....µg	0		0	BFPN	4		0	0	0
Folate, DFE.....µg	0		0	NC	4		0	0	0
Choline, total.....mg	72.6		0	AS	1		7.1	20.3	19.6
Betaine.....mg	5.9		2	A	1		0.6	1.7	1.6
Vitamin B-12.....µg	1.15	0.014	6	A	1		0.11	0.32	0.31
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE.....µg	11		0	AS	1		1	3	3
Retinol.....µg	11		1	A	1		1	3	3
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	36		0	AS	1		4	10	10
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.64	0.006	6	A	1		0.06	0.18	0.17
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	2.01	0.247	6	A	1		0.20	0.56	0.54
Tocopherol, gamma.....mg	0.19	0.007	6	A	1		0.02	0.05	0.05
Tocopherol, delta.....mg	0.01	0.004	6	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.08	0.007	6	A	1		0.01	0.02	0.02
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00



**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		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	3.04	0.000	6	A	1	0.30	0.85	0.82	
Tocotrienol, delta.....mg	0.00	0.000	6	A	1	0.00	0.00	0.00	
Vitamin D (D2 + D3).....µg	0.9		0	AS	1	0.1	0.3	0.2	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.9		3	A	1	0.1	0.3	0.2	
Vitamin D.....µg	36		3	A	1	4	10	10	
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4	0.0	0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.418		0	NC	4	1.119	3.197	3.083	
4:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
6:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
8:0.....g	0.002	0.001	6	A	1	0.000	0.001	0.001	
10:0.....g	0.048	0.002	6	A	1	0.005	0.014	0.013	
12:0.....g	0.026	0.000	6	A	1	0.003	0.007	0.007	
13:0.....g									
14:0.....g	0.517	0.007	6	A	1	0.051	0.145	0.139	
15:0.....g	0.043	0.001	6	A	1	0.004	0.012	0.012	
16:0.....g	7.046	0.116	6	A	1	0.690	1.973	1.902	
17:0.....g	0.147	0.002	6	A	1	0.014	0.041	0.040	
18:0.....g	3.531	0.056	6	A	1	0.346	0.989	0.953	
20:0.....g	0.052	0.001	6	A	1	0.005	0.014	0.014	
22:0.....g	0.004	0.000	6	A	1	0.000	0.001	0.001	
24:0.....g	0.003	0.000	6	A	1	0.000	0.001	0.001	
Fatty acids, total monounsaturated.....g	14.717		0	NC	4	1.442	4.121	3.974	
14:1.....g	0.053	0.000	6	A	1	0.005	0.015	0.014	
15:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
16:1 undifferentiated.....g	0.843	0.011	6	AS	1	0.083	0.236	0.228	
16:1 c.....g	0.821	0.011	6	A	1	0.080	0.230	0.222	
16:1 t.....g	0.023	0.001	6	A	1	0.002	0.006	0.006	
17:1.....g	0.121	0.002	6	A	1	0.012	0.034	0.033	
18:1 undifferentiated.....g	13.433	0.197	6	AS	1	1.316	3.761	3.627	
18:1 c.....g	13.039	0.198	6	A	1	1.278	3.651	3.521	
18:1 t.....g	0.393	0.004	6	A	1	0.039	0.110	0.106	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.243	0.005	6	A	1	0.024	0.068	0.065	
22:1 undifferentiated.....g	0.023	0.000	6	AS	1	0.002	0.006	0.006	
22:1 c.....g	0.023	0.000	6	A	1	0.002	0.006	0.006	
22:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
24:1 c.....g	0.002	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.895		0	NC	4	0.480	1.371	1.322	
18:2 undifferentiated.....g	4.264	0.126	6	AS	1	0.418	1.194	1.151	
18:2 n-6 c,c.....g	4.113	0.124	6	A	1	0.403	1.152	1.111	
18:2 CLAs.....g	0.086	0.002	6	A	1	0.008	0.024	0.023	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.064	0.001	6	A	1	0.006	0.018	0.017	
18:3 undifferentiated.....g	0.181	0.006	6	AS	1	0.018	0.051	0.049	
18:3 n-3 c,c,c (ALA).....g	0.178	0.006	6	A	1	0.017	0.050	0.048	
18:3 n-6 c,c,c.....g	0.003	0.000	6	A	1	0.000	0.001	0.001	
18:3i.....g									
18:4.....g	0.001	0.000	6	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.174	0.005	6	A	1	0.017	0.049	0.047	
20:3 undifferentiated.....g	0.062	0.001	6	AS	1	0.006	0.017	0.017	
20:3 n-3.....g	0.023	0.001	6	A	1	0.002	0.007	0.006	
20:3 n-6.....g	0.038	0.001	6	A	1	0.004	0.011	0.010	
20:4 undifferentiated.....g	0.136	0.002	6	A	1	0.013	0.038	0.037	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.004	0.000	6	A	1	0.000	0.001	0.001	
21:5.....g									
22:4.....g	0.043	0.001	6	A	1	0.004	0.012	0.012	
22:5 n-3 (DPA).....g	0.021	0.001	6	A	1	0.002	0.006	0.006	

**NDB No. 07072**  
**Salami, dry or hard, pork, beef**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common</u>		
	Mean	Std. Error	Number			measures of food		
			of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2
22:6 n-3 (DHA).....g	0.007	0.001	6	A	1	0.001	0.002	0.002
Fatty acids, total trans.....g	0.480		0	NC	4	0.047	0.135	0.130
Fatty acids, total trans-monoenoic.....g	0.416		0	NC	4	0.041	0.117	0.112
Fatty acids, total trans-polyenoic.....g	0.064		0	NC	4	0.006	0.018	0.017
Cholesterol.....mg	108	5.068	9	A	1	11	30	29
Phytosterols.....mg	0		0		4	0	0	0
<b><u>Amino Acids:</u></b>								
Tryptophan.....g	0.251		0	A	1	0.025	0.070	0.068
Threonine.....g	0.926		0	A	1	0.091	0.259	0.250
Isoleucine.....g	0.998		0	A	1	0.098	0.279	0.269
Leucine.....g	1.734		0	A	1	0.170	0.485	0.468
Lysine.....g	1.874		0	A	1	0.184	0.525	0.506
Methionine.....g	0.577		0	A	1	0.057	0.162	0.156
Cystine.....g	0.238		0	A	1	0.023	0.067	0.064
Phenylalanine.....g	0.875		0	A	1	0.086	0.245	0.236
Tyrosine.....g	0.835		0	A	1	0.082	0.234	0.225
Valine.....g	1.066		0	A	1	0.104	0.298	0.288
Arginine.....g	1.357		0	A	1	0.133	0.380	0.367
Histidine.....g	0.857		0	A	1	0.084	0.240	0.231
Alanine.....g	1.207		0	A	1	0.118	0.338	0.326
Aspartic acid.....g	1.971		0	A	1	0.193	0.552	0.532
Glutamic acid.....g	3.218		0	A	1	0.315	0.901	0.869
Glycine.....g	0.952		0	A	1	0.093	0.267	0.257
Proline.....g	0.852		0	A	1	0.083	0.238	0.230
Serine.....g	0.880		0	A	1	0.086	0.246	0.238
Hydroxyproline.....g	0.074		0	A	1	0.007	0.021	0.020
<b><u>Others:</u></b>								
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 = 9.8g: 1 slice
- Measure 2 = 28g: 1 oz
- Measure 3 = 27g: 3 slices 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 28 (2015)

**NDB No. 07913**  
**Salami, pork, beef, less sodium**

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	14.6		0	BFZN	4		14.6		
<b>Vitamins:</b>									
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.....µg	8		0	MC	9		8		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	8		0	MC	9		8		
Folate, DFE.....µg	8		0	NC	4		8		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.76		0	MC	9		1.76		
Vitamin A, RAE.....µg	4		0	NC	4		4		
Retinol.....µg	4		0	NR	4		4		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	12		0	MC	9		12		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.8		0	MC	9		0.8		
Vitamin D.....IU	32		0	MC	9		32		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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
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		
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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07913  
Salami, pork, beef, less sodium

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

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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: 3.527 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**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			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
<b>Lipids:</b>									
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

**NDB No. 07073**  
**Sandwich spread, pork, beef**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)



**NDB No. 07004**  
**Sausage, Berliner, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	14.1		0	BFNN	4		3.2	4.0	
<b>Vitamins:</b>									
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.....µg	5		0		4		1	1	
Folic acid.....µg	0		0	NR	4		0	0	
Folate, food.....µg	5		0		4		1	1	
Folate, DFE.....µg	5		0	NC	4		1	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	2.67	0.352	3		1		0.61	0.76	
Vitamin A, RAE.....µg	0		0	NC	4		0	0	
Retinol.....µg	0		0	NR	4		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.3		0	MC	9		0.1	0.1	
Vitamin D.....IU	13		0	MC	9		3	4	
Vitamin K (phylloquinone).....µg	1.6		0	BFZN	4		0.4	0.5	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points						
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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	

NDB No. 07004  
Sausage, Berliner, pork, beef

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

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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  
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 28 (2015)



**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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.195		2	A	1		8.462	6.831	
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	
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	17.108		1	A	1		14.200	11.462	
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	3.518		0		1		2.920	2.357	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

**NDB No. 07089**  
**Sausage, Italian, pork, cooked**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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 = 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 28 (2015)

**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	24.8		0	RF	4		28.0	22.6	
<b>Vitamins:</b>									
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.....µg	8		0		4		9	7	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	8		0		4		9	7	
Folate, DFE.....µg	8		0	NC	4		9	7	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.91	0.046	4		1		1.03	0.83	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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
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	
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	
21:5.....g									
22:4.....g									
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	
<b>Amino Acids:</b>									
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.



**NDB No. 07036**

**Sausage, Italian, pork, raw**

**Common Measures:**

Measure 1 = 113g: 1 link, 4/lb

Measure 2 = 91g: 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 28 (2015)

**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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	10.8		0	FLA	4		9.1		
<b>Vitamins:</b>									
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.....µg	4		0	FLA	4		3		
Folic acid.....µg	0		0	FLA	4		0		
Folate, food.....µg	4		0	FLA	4		3		
Folate, DFE.....µg	4		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.04		0	FLA	4		0.88		
Vitamin A, RAE.....µg	0		0	FLA	4		0		
Retinol.....µg	0		0	FLA	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	2		0	FLA	4		1		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

**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
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		
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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07914  
Sausage, Italian, sweet, links

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

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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 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 28 (2015)

**NDB No. 07927**  
**Sausage, Italian, turkey, 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	22.2		0	FLA	4		12.4		
<b>Vitamins:</b>									
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.....µg	8		0	FLA	4		5		
Folic acid.....µg	0		0	FLA	4		0		
Folate, food.....µg	8		0	FLA	4		5		
Folate, DFE.....µg	8		0	NC	4		5		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.43		0	FLA	4		0.24		
Vitamin A, RAE.....µg	43		0	AS	1		24		
Retinol.....µg	43		0	NR	4		24		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	144		1	A	1		81		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	3.401		0	NC	4		1.904		
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		
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	2.380		0	NC	4		1.333		
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	1.572		0	NC	4		0.880		
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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07927

Sausage, Italian, turkey, smoked

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

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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

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07915

Sausage, Polish, beef with chicken, hot

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	17.7		0	BFZN	4		9.7	9.7	
<b>Vitamins:</b>									
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.....µg	2		0	BFZN	4		1	1	
Folic acid.....µg	0		0	BFZN	4		0	0	
Folate, food.....µg	2		0	BFZN	4		1	1	
Folate, DFE.....µg	2		0	NC	4		1	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.98		0	BFZN	4		0.54	0.54	
Vitamin A, RAE.....µg	0		1	A	1		0	0	
Retinol.....µg	0		0	NR	4		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		1	A	1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									



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
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									
Cholesterol.....mg	66		1	A	1		36	36	
Phytosterols.....mg	0		0	BFZN	4		0	0	
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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

Carbohydrate4

Food Group: 07 Sausages and Luncheon Meats  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07916

Sausage, Polish, pork 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	13.1		0	BFZN	4		10.0		
<b>Vitamins:</b>									
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.....µg	4		0	MC	9		3		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	4		0	NR	4		3		
Folate, DFE.....µg	4		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.51		0	BFZN	4		1.15		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	BFZN	4		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	MC	9		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.1		0	BFZN	4		0.8		
Vitamin D.....IU	44		0	BFZN	4		33		
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 07916

Sausage, Polish, pork 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
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07916

Sausage, Polish, pork and beef, smoked

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

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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 = 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 28 (2015)



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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
<b>Lipids:</b>							
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
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	A	1	0.004	0.026
12:0.....g	0.015		0	A	1	0.002	0.017
13:0.....g							
14:0.....g	0.453		0	A	1	0.072	0.512
15:0.....g							
16:0.....g	4.177		0	A	1	0.668	4.720
17:0.....g							
18:0.....g	2.457		0	A	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	10.880
14:1.....g							
15:1.....g							
16:1 undifferentiated.....g	1.167		0	A	1	0.187	1.319
17:1.....g							
18:1 undifferentiated.....g	8.461		0	A	1	1.354	9.561
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	1.458
18:2 undifferentiated.....g	0.990		0	A	1	0.158	1.119
18:3 undifferentiated.....g	0.299		0	A	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
21:5.....g							
22:4.....g							
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
<b>Amino Acids:</b>							
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							
<b>Others:</b>							
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0
Caffeine.....mg	0		0	Z	7	0	0

NDB No. 07083

Sausage, Vienna, canned, chicken, beef, pork

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Theobromine.....mg	0		0	Z	7	0	0

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**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 28 (2015)

NDB No. 07976

Sausage, chicken or turkey, Italian style, lower sodium

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
<b>Proximates:</b>									
Water.....g	56.01		0	FLC	4				
Energy.....kcal	183		0	NC	4				
Energy.....kJ	765		0	NC	4				
Protein (N x 6.25).....g	21.43		0	LC	8				
Total lipid (fat).....g	4.46		0	LC	8				
Ash.....g	3.85		0	FLC	4				
Carbohydrate, by difference.....g	14.25		0	NC	4				
Fiber, total dietary.....g	0.0		0	LC	8				
Sugars, total.....g	0.81		0	NR	4				
Sucrose.....g	0.81		0	FLC	4				
Glucose (dextrose).....g	0.00		0	FLC	4				
Fructose.....g	0.00		0	FLC	4				
Lactose.....g	0.00		0	FLC	4				
Maltose.....g	0.00		0	FLC	4				
Galactose.....g	0.00		0	FLC	4				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	0		0	LC	8				
Iron, Fe.....mg	1.29		0	LC	8				
Magnesium, Mg.....mg	43		0	LC	8				
Phosphorus, P.....mg	286		0	LC	8				
Potassium, K.....mg	1062		0	FLC	4				
Sodium, Na.....mg	446		0	LC	8				
Zinc, Zn.....mg	2.41		0	LC	8				
Copper, Cu.....mg	0.449		0	FLC	4				
Manganese, Mn.....mg	0.576		0	FLC	4				
Selenium, Se.....µg	31.3		0	LC	8				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	LC	8				
Thiamin.....mg	0.396		0	FLC	4				
Riboflavin.....mg	0.469		0	FLC	4				
Niacin.....mg	12.857		0	LC	8				
Pantothenic acid.....mg	0.708		0	FLC	4				
Vitamin B-6.....mg	0.536		0	LC	8				
Folate, total.....µg	71		0	FLC	4				
Folic acid.....µg	0		0	FLC	4				
Folate, food.....µg	71		0	FLC	4				
Folate, DFE.....µg	71		0	NC	4				
Choline, total.....mg	39.8		0	FLC	4				
Betaine.....mg	5.9		0	FLC	4				
Vitamin B-12.....µg	0.15		0	FLC	4				
Vitamin B-12, added.....µg	0.00		0	FLC	4				
Vitamin A, RAE.....µg	0		0	NR	4				
Retinol.....µg	0		0	NR	4				
Carotene, beta.....µg	0		0	NR	4				
Carotene, alpha.....µg	0		0	NR	4				
Cryptoxanthin, beta.....µg	0		0	FLC	4				
Vitamin A, IU.....IU	0		0	NR	4				
Lycopene.....µg	0		0	FLC	4				
Lutein + zeaxanthin.....µg	0		0	NR	4				
Vitamin E (alpha-tocopherol).....mg	1.35		0	FLC	4				
Vitamin E, added.....mg	0.00		0	FLC	4				
Tocopherol, beta.....mg	0.00		0	FLC	4				
Tocopherol, gamma.....mg	0.06		0	FLC	4				
Tocopherol, delta.....mg	0.00		0	FLC	4				
Tocotrienol, alpha.....mg	0.00		0	FLC	4				
Tocotrienol, beta.....mg	0.00		0	FLC	4				



NDB No. 07976

Sausage, chicken or turkey, Italian style, lower 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
Tocotrienol, gamma.....mg	0.02		0	FLC	4				
Tocotrienol, delta.....mg	0.00		0	FLC	4				
Vitamin D (D2 + D3).....µg	0.1		0	FLC	4				
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.1		0	FLC	4				
Vitamin D.....IU	5		0	FLC	4				
Vitamin K (phylloquinone).....µg	34.8		0	FLC	4				
Dihydrophyloquinone.....µg	0.0		0	FLC	4				
Menaquinone-4.....µg	4.6		0	FLC	4				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.893		0	LC	8				
4:0.....g	0.000		0	FLC	4				
6:0.....g	0.000		0	FLC	4				
8:0.....g	0.000		0	FLC	4				
10:0.....g	0.001		0	FLC	4				
12:0.....g	0.002		0	FLC	4				
13:0.....g									
14:0.....g	0.017		0	FLC	4				
15:0.....g	0.002		0	FLC	4				
16:0.....g	0.672		0	FLC	4				
17:0.....g	0.003		0	FLC	4				
18:0.....g	0.188		0	FLC	4				
20:0.....g	0.002		0	FLC	4				
22:0.....g	0.002		0	FLC	4				
24:0.....g	0.001		0	FLC	4				
Fatty acids, total monounsaturated.....g	1.797		0	FLC	4				
14:1.....g	0.008		0	FLC	4				
15:1.....g	0.000		0	FLC	4				
16:1 undifferentiated.....g	0.251		0	FLC	4				
17:1.....g	0.003		0	FLC	4				
18:1 undifferentiated.....g	1.510		0	FLC	4				
20:1.....g	0.022		0	FLC	4				
22:1 undifferentiated.....g	0.001		0	FLC	4				
24:1 c.....g	0.001		0	FLC	4				
Fatty acids, total polyunsaturated.....g	1.526		0	FLC	4				
18:2 undifferentiated.....g	1.339		0	FLC	4				
18:3 undifferentiated.....g	0.092		0	FLC	4				
18:4.....g	0.001		0	FLC	4				
20:2 n-6 c,c.....g	0.007		0	FLC	4				
20:3 undifferentiated.....g	0.014		0	FLC	4				
20:4 undifferentiated.....g	0.050		0	FLC	4				
20:5 n-3 (EPA).....g	0.002		0	FLC	4				
21:5.....g									
22:4.....g	0.013		0	FLC	4				
22:5 n-3 (DPA).....g	0.005		0	FLC	4				
22:6 n-3 (DHA).....g	0.003		0	FLC	4				
Fatty acids, total trans.....g	0.018		0	FLC	4				
Cholesterol.....mg	36		0	LC	8				
Phytosterols.....mg	0		0	FLC	4				
<b>Amino Acids:</b>									
Tryptophan.....g	0.176		0	FLC	4				
Threonine.....g	0.648		0	FLC	4				
Isoleucine.....g	0.628		0	FLC	4				
Leucine.....g	1.092		0	FLC	4				
Lysine.....g	1.136		0	FLC	4				
Methionine.....g	0.337		0	FLC	4				
Cystine.....g	0.214		0	FLC	4				
Phenylalanine.....g	0.546		0	FLC	4				
Tyrosine.....g	0.469		0	FLC	4				
Valine.....g	0.689		0	FLC	4				
Arginine.....g	0.922		0	FLC	4				
Histidine.....g	0.393		0	FLC	4				

NDB No. 07976

Sausage, chicken or turkey, Italian style, lower sodium

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alanine.....g	0.790		0	FLC		4			
Aspartic acid.....g	1.703		0	FLC		4			
Glutamic acid.....g	2.268		0	FLC		4			
Glycine.....g	0.635		0	FLC		4			
Proline.....g	0.618		0	FLC		4			
Serine.....g	0.614		0	FLC		4			
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC		4			
Caffeine.....mg	0		0	FLC		4			
Theobromine.....mg	0		0	FLC		4			

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**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	20.2		0	FLM	4		17.0		
<b>Vitamins:</b>									
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.....µg	6		0	FLM	4		5		
Folic acid.....µg	0		0	FLM	4		0		
Folate, food.....µg	6		0	FLM	4		5		
Folate, DFE.....µg	6		0	NC	4		5		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.60		0	FLM	4		1.34		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg									
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
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		
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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07928

Sausage, chicken, beef, pork, skinless, smoked

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

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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 link

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	7.5		0	BFZN	4		5.8		
<b>Vitamins:</b>									
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.....µg	3		0	MC	9		2		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	3		0	MC	9		2		
Folate, DFE.....µg	3		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.73		0	BFZN	4		1.33		
Vitamin A, RAE.....µg	0		0	NC	4		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.3		0	BFZN	4		0.2		
Vitamin D.....IU	12		0	BFZN	4		9		
Vitamin K (phyloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07917

Sausage, pork and beef, with cheddar cheese, smoked

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

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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 = 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 28 (2015)



NDB No. 07979

Sausage, pork, turkey, and beef, reduced sodium

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
<b>Proximates:</b>									
Water.....g	60.08		0	FLC	4		51.07	33.65	
Energy.....kcal	284		0	NC	4		242	159	
Energy.....kJ	1190		0	NC	4		1012	666	
Protein.....g	10.71		0	LC	8		9.11	6.00	
Total lipid (fat).....g	26.79		0	LC	8		22.77	15.00	
Ash.....g	2.47		0	FLC	4		2.10	1.38	
Carbohydrate, by difference.....g	0.11		0	NR	4		0.09	0.06	
Fiber, total dietary.....g	0.1		0	FLC	4		0.1	0.1	
Sugars, total.....g	0.02		0	NC	4		0.02	0.01	
Sucrose.....g	0.00		0	FLC	4		0.00	0.00	
Glucose (dextrose).....g	0.00		0	FLC	4		0.00	0.00	
Fructose.....g	0.00		0	FLC	4		0.00	0.00	
Lactose.....g	0.00		0	FLC	4		0.00	0.00	
Maltose.....g	0.02		0	FLC	4		0.02	0.01	
Galactose.....g	0.00		0	FLC	4		0.00	0.00	
Starch.....g	0.00		0	FLC	4		0.00	0.00	
<b>Minerals:</b>									
Calcium, Ca.....mg	24		0	FLC	4		21	14	
Iron, Fe.....mg	1.60		0	FLC	4		1.36	0.90	
Magnesium, Mg.....mg	17		0	FLC	4		15	10	
Phosphorus, P.....mg	147		0	FLC	4		125	82	
Potassium, K.....mg	240		0	FLC	4		204	135	
Sodium, Na.....mg	679		0	FLC	4		577	380	
Zinc, Zn.....mg	3.95		0	FLC	4		3.36	2.21	
Copper, Cu.....mg	0.069		0	FLC	4		0.058	0.038	
Manganese, Mn.....mg	0.013		0	FLC	4		0.011	0.007	
Selenium, Se.....µg	18.4		0	FLC	4		15.7	10.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		0	FLC	4		0.7	0.4	
Thiamin.....mg	0.417		0	FLC	4		0.354	0.233	
Riboflavin.....mg	0.403		0	FLC	4		0.342	0.226	
Niacin.....mg	5.674		0	FLC	4		4.823	3.178	
Pantothenic acid.....mg	0.552		0	FLC	4		0.469	0.309	
Vitamin B-6.....mg	0.288		0	FLC	4		0.245	0.161	
Folate, total.....µg	16		0	NR	4		14	9	
Folic acid.....µg	0		0	NR	4		0	0	
Folate, food.....µg	16		0	FLC	4		14	9	
Folate, DFE.....µg	16		0	NC	4		14	9	
Choline, total.....mg	60.0		0	FLC	4		51.0	33.6	
Betaine.....mg	7.1		0	FLC	4		6.0	4.0	
Vitamin B-12.....µg	1.67		0	FLC	4		1.42	0.94	
Vitamin B-12, added.....µg	0.02		0	FLC	4		0.01	0.01	
Vitamin A, RAE.....µg	6		0	NC	4		5	3	
Retinol.....µg	6		0	FLC	4		5	3	
Carotene, beta.....µg	0		0	FLC	4		0	0	
Carotene, alpha.....µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta.....µg	0		0	FLC	4		0	0	
Vitamin A, IU.....IU	18		0	NC	4		16	10	
Lycopene.....µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin.....µg	5		0	FLC	4		4	3	
Vitamin E (alpha-tocopherol).....mg	0.22		0	FLC	4		0.19	0.12	
Vitamin E, added.....mg	0.12		0	FLC	4		0.10	0.07	
Tocopherol, beta.....mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, gamma.....mg	0.01		0	FLC	4		0.01	0.01	
Tocopherol, delta.....mg	0.00		0	FLC	4		0.00	0.00	
Tocotrienol, alpha.....mg	0.00		0	FLC	4		0.00	0.00	
Tocotrienol, beta.....mg	0.00		0	FLC	4		0.00	0.00	

Sausage, pork, turkey, and beef, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg	0.01		0	FLC	4		0.01	0.00	
Tocotrienol, delta.....mg	0.00		0	FLC	4		0.00	0.00	
Vitamin D (D2 + D3).....µg	0.1		0	AS	1		0.1	0.0	
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg	0.1		0	FLC	4		0.1	0.0	
Vitamin D.....IU	3		0	FLC	4		3	2	
Vitamin K (phylloquinone).....µg	1.7		0	FLC	4		1.5	1.0	
Dihydrophyloquinone.....µg	0.0		0	FLC	4		0.0	0.0	
Menaquinone-4.....µg	0.8		0	FLC	4		0.7	0.5	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.714		0	FLC	4		9.107	6.000	
4:0.....g	0.000		0	FLC	4		0.000	0.000	
6:0.....g	0.000		0	FLC	4		0.000	0.000	
8:0.....g	0.000		0	FLC	4		0.000	0.000	
10:0.....g	0.002		0	FLC	4		0.002	0.001	
12:0.....g	0.016		0	FLC	4		0.013	0.009	
13:0.....g									
14:0.....g	0.559		0	FLC	4		0.475	0.313	
15:0.....g	0.084		0	FLC	4		0.071	0.047	
16:0.....g	6.513		0	FLC	4		5.536	3.647	
17:0.....g	0.199		0	FLC	4		0.170	0.112	
18:0.....g	3.319		0	FLC	4		2.821	1.858	
20:0.....g	0.019		0	FLC	4		0.016	0.011	
22:0.....g	0.002		0	FLC	4		0.002	0.001	
24:0.....g	0.001		0	FLC	4		0.001	0.000	
Fatty acids, total monounsaturated.....g	4.378		0	FLC	4		3.721	2.452	
14:1.....g	0.178		0	FLC	4		0.152	0.100	
15:1.....g	0.000		0	FLC	4		0.000	0.000	
16:1 undifferentiated.....g	0.881		0	FLC	4		0.748	0.493	
17:1.....g	0.178		0	FLC	4		0.151	0.100	
18:1 undifferentiated.....g	3.033		0	FLC	4		2.578	1.698	
20:1.....g	0.108		0	FLC	4		0.092	0.060	
22:1 undifferentiated.....g	0.001		0	FLC	4		0.000	0.000	
24:1 c.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.484		0	FLC	4		1.262	0.831	
18:2 undifferentiated.....g	1.316		0	FLC	4		1.118	0.737	
18:3 undifferentiated.....g	0.053		0	FLC	4		0.045	0.030	
18:4.....g	0.001		0	FLC	4		0.001	0.000	
20:2 n-6 c,c.....g	0.007		0	FLC	4		0.006	0.004	
20:3 undifferentiated.....g	0.007		0	FLC	4		0.006	0.004	
20:4 undifferentiated.....g	0.087		0	FLC	4		0.074	0.049	
20:5 n-3 (EPA).....g	0.002		0	FLC	4		0.002	0.001	
21:5.....g									
22:4.....g	0.006		0	FLC	4		0.005	0.004	
22:5 n-3 (DPA).....g	0.003		0	FLC	4		0.002	0.002	
22:6 n-3 (DHA).....g	0.002		0	FLC	4		0.001	0.001	
Fatty acids, total trans.....g	0.718		0	FLC	4		0.610	0.402	
Cholesterol.....mg	70		0	FLC	4		59	39	
Phytosterols.....mg	0		0	FLC	4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.116		0	FLC	4		0.099	0.065	
Threonine.....g	0.727		0	FLC	4		0.618	0.407	
Isoleucine.....g	0.800		0	FLC	4		0.680	0.448	
Leucine.....g	1.439		0	FLC	4		1.224	0.806	
Lysine.....g	1.550		0	FLC	4		1.317	0.868	
Methionine.....g	0.480		0	FLC	4		0.408	0.269	
Cystine.....g	0.192		0	FLC	4		0.163	0.107	
Phenylalanine.....g	0.713		0	FLC	4		0.606	0.399	
Tyrosine.....g	0.582		0	FLC	4		0.494	0.326	
Valine.....g	0.882		0	FLC	4		0.749	0.494	
Arginine.....g	1.196		0	FLC	4		1.016	0.670	
Histidine.....g	0.600		0	FLC	4		0.510	0.336	

NDB No. 07979

Sausage, pork, turkey, and beef, 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
Alanine.....g	1.136		0	FLC	4		0.965	0.636	
Aspartic acid.....g	1.662		0	FLC	4		1.413	0.931	
Glutamic acid.....g	2.767		0	FLC	4		2.352	1.550	
Glycine.....g	1.169		0	FLC	4		0.994	0.655	
Proline.....g	0.925		0	FLC	4		0.786	0.518	
Serine.....g	0.743		0	FLC	4		0.632	0.416	
Hydroxyproline.....g	0.003		0	FLC	4		0.003	0.002	
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	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 = 85g: 3 oz

Measure 2 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07075

Sausage, smoked link 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
<b>Proximates:</b>									
Water.....g	53.97		1	A	1		45.87		
Energy.....kcal	320		0	NC	4		272		
Energy.....kJ	1338		0	NC	4		1137		
Protein (N x 6.25).....g	12.00		1	A	1		10.20		
Total lipid (fat).....g	28.73		1	A	1		24.42		
Ash.....g	2.89		1	A	1		2.45		
Carbohydrate, by difference.....g	2.42		0	NC	4		2.06		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		1	A	1		11		
Iron, Fe.....mg	0.75		1	A	1		0.64		
Magnesium, Mg.....mg	13		1	A	1		11		
Phosphorus, P.....mg	121		1	A	1		103		
Potassium, K.....mg	179		1	A	1		152		
Sodium, Na.....mg	911		1	A	1		774		
Zinc, Zn.....mg	1.26		1	A	1		1.07		
Copper, Cu.....mg	0.077		1	A	1		0.065		
Manganese, Mn.....mg	0.048		1	A	1		0.041		
Selenium, Se.....µg	0.0		1	A	1		0.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.192		1	A	1		0.163		
Riboflavin.....mg	0.106		1	A	1		0.090		
Niacin.....mg	2.940		1	A	1		2.499		
Pantothenic acid.....mg	0.525		1	A	1		0.446		
Vitamin B-6.....mg	0.163		1	A	1		0.139		
Folate, total.....µg	2		1	A	1		2		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	2		1	A	1		2		
Folate, DFE.....µg	2		0	NC	4		2		
Choline, total.....mg	50.7		0	AS	1		43.1		
Betaine.....mg	2.1		1	A	1		1.8		
Vitamin B-12.....µg	0.58		1	A	1		0.49		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	13		0	AS	1		11		
Retinol.....µg	11		1	A	1		10		
Carotene, beta.....µg	11		1	A	1		10		
Carotene, alpha.....µg	11		1	A	1		9		
Cryptoxanthin, beta.....µg	11		1	A	1		10		
Vitamin A, IU.....IU	74		0	AS	1		63		
Lycopene.....µg	11		1	A	1		10		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.13		2	A	1		0.11		
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		0.07		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Tocotrienol, alpha.....mg	0.00		2	A	1		0.00		
Tocotrienol, beta.....mg	0.00		2	A	1		0.00		
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00		
Tocotrienol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3).....µg	1.1		0	T	4		0.9		
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU	44		0	T	4		37		
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0		

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		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
Dihydrophyloquinone.....µg							
Menaquinone-4.....µg							
<b>Lipids:</b>							
Fatty acids, total saturated.....g	9.769		1	A	1		8.304
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		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		0.339
15:0.....g	0.000		1	A	1		0.000
16:0.....g	6.119		1	A	1		5.201
17:0.....g	0.117		1	A	1		0.099
18:0.....g	3.088		1	A	1		2.625
20:0.....g	0.046		1	A	1		0.039
22:0.....g	0.000		1	A	1		0.000
24:0.....g							
Fatty acids, total monounsaturated.....g	12.238		1	A	1		10.402
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		0.632
17:1.....g							
18:1 undifferentiated.....g	11.262		1	A	1		9.573
20:1.....g	0.232		1	A	1		0.197
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		3.338
18:2 undifferentiated.....g	3.481		1	A	1		2.959
18:3 undifferentiated.....g	0.207		0	AS	1		0.176
18:3 n-3 c,c,c (ALA).....g	0.207		1	A	1		0.176
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		0.128
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		0.075
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		50
Phytosterols.....mg							
<b>Others:</b>							
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 = 85g: 3 oz

**NDB No. 07075**

**Sausage, smoked link 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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	7.5		0	BFZN	4		2.1		
<b>Vitamins:</b>									
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.....µg	7		0	MC	9		2		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	7		0	MC	9		2		
Folate, DFE.....µg	7		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.73		0	BFZN	4		0.49		
Vitamin A, RAE.....µg	225		0	NC	4		64		
Retinol.....µg	225		0	NR	4		64		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	749		0	MC	9		212		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.3		0	BFZN	4		0.1		
Vitamin D.....IU	12		0	BFZN	4		3		
Vitamin K (phyloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07918

Sausage, summer, pork and beef, sticks, with cheddar cheese

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

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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

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.839		0	NC	4		2.150		
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	0.000		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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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	BFFN	4		0.082		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 07919

Sausage, turkey, breakfast links, mild

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code			
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, 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 28 (2015)



**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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.401		0	NC	4		1.904		
4:0.....g	0.001		0	BFFN	4		0.001		
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	0.017		0	BFFN	4		0.010		
13:0.....g									
14:0.....g	0.102		0	BFFN	4		0.057		
15:0.....g									
16:0.....g	2.418		0	BFFN	4		1.354		
17:0.....g									
18:0.....g	0.861		0	BFFN	4		0.482		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

**NDB No. 07929**  
**Sausage, turkey, hot, smoked**

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

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)





**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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Code					
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.3		0	AS	1		0.1	0.1	0.2
Vitamin D.....IU	13		0	BFFN	4		2	3	7
Vitamin K (phylloquinone).....µg	3.4		0	BFZN	4		0.6	0.9	1.9
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
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
21:5.....g									
22:4.....g									
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									
<b>Others:</b>									
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

NDB No. 07951  
Scrapple, pork

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

**Food Group:** 07 Sausages and Luncheon Meats  
USDA National Nutrient Database for Standard Reference, Release 28 (2015)



**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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.1		0	BFFN	4		0.7	0.2	
Vitamin D.....µg	43		0	BFFN	4	29		7	
Vitamin K (phylloquinone).....µg	0.0	0.000	3	A	1		0.0	0.0	
Dihydrophyloquinone.....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4.....µg	13.7	0.874	3	A	1		9.3	2.2	
<b>Lipids:</b>									
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 t.....g	0.158	0.020	3	A	1		0.107	0.025	
18:1-11 t (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 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-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			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Cholesterol.....mg	61	1.185	3	A	1		41	10		
Phytosterols.....mg										
<b>Amino Acids:</b>										
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		
<b>Others:</b>										
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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	13.9		0	BFNN	4		9.5	2.2	
<b>Vitamins:</b>									
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.....µg	2		0		4		1	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	2		0		4		1	0	
Folate, DFE.....µg	2		0	NC	4		1	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.57	0.043	52		1		1.07	0.25	
Vitamin A, RAE.....µg	0		0		4		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	0		0		4		0	0	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
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	
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	
21:5.....g								
22:4.....g								
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	
<b>Amino Acids:</b>								
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.

**NDB No. 07077**

**Smoked link sausage, pork and beef, nonfat dry milk added**

**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 28 (2015)



NDB No. 07920

Swisswurst, pork and beef, with swiss 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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	7.5		0	BFZN	4		5.8		
<b>Vitamins:</b>									
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.....µg	3		0	MC	9		2		
Folic acid.....µg	0		0	NR	4		0		
Folate, food.....µg	3		0	MC	9		2		
Folate, DFE.....µg	3		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.73		0	BFZN	4		1.33		
Vitamin A, RAE.....µg	100		0	AS	1		77		
Retinol.....µg	100		0	NR	4		77		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	334		0	MC	9		257		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07920

Swisswurst, pork and beef, with swiss cheese, smoked

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

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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 = 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 28 (2015)



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			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
<b>Lipids:</b>								
Fatty acids, total saturated.....g	11.510		0	NC	4	6.446		
4:0.....g	0.000		0		1	0.000		
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		
21:5.....g								
22:4.....g								
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								
<b>Others:</b>								
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 28 (2015)



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		Measure 1	Measure 2	Measure 3	
			Deriv Code	Source Code				Confidence Code
<b>Lipids:</b>								
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
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
21:5.....g								
22:4.....g								
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								
<b>Others:</b>								
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 28 (2015)





**NDB No. 07973**  
**Turkey bacon, microwaved**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	1.2		0	BFFN	4		0.1	0.2	
Vitamin D.....IU	50		0	BFFN	4		4	7	
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.933		0	NC	4		0.562	1.040	
4:0.....g	0.001	0.000	18	A	1		0.000	0.000	
6:0.....g	0.005	0.001	18	A	1		0.000	0.001	
8:0.....g	0.001	0.000	18	A	1		0.000	0.000	
10:0.....g	0.006	0.000	18	A	1		0.001	0.001	
12:0.....g	0.041	0.002	18	A	1		0.003	0.006	
13:0.....g									
14:0.....g	0.222	0.003	18	A	1		0.018	0.033	
15:0.....g	0.035	0.001	18	A	1		0.003	0.005	
16:0.....g	4.715	0.068	18	A	1		0.382	0.707	
17:0.....g	0.064	0.001	18	A	1		0.005	0.010	
18:0.....g	1.797	0.026	18	A	1		0.146	0.270	
20:0.....g	0.029	0.001	18	A	1		0.002	0.004	
22:0.....g	0.012	0.000	18	A	1		0.001	0.002	
24:0.....g	0.005	0.000	18	A	1		0.000	0.001	
Fatty acids, total monounsaturated.....g	9.382		0	NC	4		0.760	1.407	
14:1.....g	0.034	0.001	18	A	1		0.003	0.005	
15:1.....g	0.000	0.000	18	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.751	0.011	18	AS	1		0.061	0.113	
16:1 c.....g	0.735	0.011	18	A	1		0.060	0.110	
16:1 t.....g	0.016	0.001	18	A	1		0.001	0.002	
17:1.....g	0.037	0.001	18	A	1		0.003	0.005	
18:1 undifferentiated.....g	8.425	0.146	18	AS	1		0.682	1.264	
18:1 c.....g	8.210	0.143	18	A	1		0.665	1.232	
18:1 t.....g	0.214	0.004	18	A	1		0.017	0.032	
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.128	0.002	18	A	1		0.010	0.019	
22:1 undifferentiated.....g	0.005	0.000	18	AS	1		0.000	0.001	
22:1 c.....g	0.005	0.000	18	A	1		0.000	0.001	
22:1 t.....g	0.000	0.000	18	A	1		0.000	0.000	
24:1 c.....g	0.002	0.000	18	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	6.871		0	NC	4		0.557	1.031	
18:2 undifferentiated.....g	6.189	0.131	18	AS	1		0.501	0.928	
18:2 n-6 c,c.....g	6.100	0.130	18	A	1		0.494	0.915	
18:2 CLAs.....g	0.034	0.001	18	A	1		0.003	0.005	
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.056	0.001	18	A	1		0.005	0.008	
18:3 undifferentiated.....g	0.354	0.008	18	AS	1		0.029	0.053	
18:3 n-3 c,c,c (ALA).....g	0.339	0.008	18	A	1		0.027	0.051	
18:3 n-6 c,c,c.....g	0.015	0.000	18	A	1		0.001	0.002	
18:3i.....g	0.000	0.000	18	A	1		0.000	0.000	
18:4.....g	0.001	0.000	18	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.042	0.001	18	A	1		0.003	0.006	
20:3 undifferentiated.....g	0.025	0.001	18	AS	1		0.002	0.004	
20:3 n-3.....g	0.005	0.000	18	A	1		0.000	0.001	
20:3 n-6.....g	0.020	0.001	18	A	1		0.002	0.003	
20:4 undifferentiated.....g	0.175	0.006	18	A	1		0.014	0.026	
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.024	0.009	18	A	1		0.002	0.004	
21:5.....g									
22:4.....g	0.032	0.001	18	A	1		0.003	0.005	
22:5 n-3 (DPA).....g	0.017	0.001	18	A	1		0.001	0.003	
22:6 n-3 (DHA).....g	0.012	0.001	18	A	1		0.001	0.002	
Fatty acids, total trans.....g	0.287		0	NC	4		0.023	0.043	

**NDB No. 07973**  
**Turkey bacon, microwaved**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Fatty acids, total trans-monoenoic.....g	0.231		0	NC	4	0.019	0.035	
Fatty acids, total trans-polyenoic.....g	0.056		0	NC	4	0.005	0.008	
Cholesterol.....mg	153	4.474	9	A	1	12	23	
Phytosterols.....mg								
<b>Others:</b>								
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 = 8.1g: 1 slice

Measure 2 = 15g: 1 raw pr g

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 07254  
 Turkey bacon, unprepared  
 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
<b>Proximates:</b>									
Water.....g	61.83	0.163	18	A	1		8.66	9.89	6.06
Energy.....kcal	226		0	NC	4		32	36	22
Energy.....kJ	944		0	NC	4		132	151	93
Protein.....g	15.94	0.148	18	A	1		2.23	2.55	1.56
Total lipid (fat).....g	16.93	0.202	18	A	1		2.37	2.71	1.66
Ash.....g	3.41	0.131	18	A	1		0.48	0.54	0.33
Carbohydrate, by difference.....g	1.89		0	NR	4		0.26	0.30	0.19
Fiber, total dietary.....g									
Sugars, total.....g									
Sucrose.....g	2.35		3	A	1		0.33	0.38	0.23
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	80	3.311	18	A	1		11	13	8
Iron, Fe.....mg	1.40	0.015	18	A	1		0.20	0.22	0.14
Magnesium, Mg.....mg	16	0.173	18	A	1		2	3	2
Phosphorus, P.....mg	222	3.227	18	A	1		31	36	22
Potassium, K.....mg	349	13.135	18	A	1		49	56	34
Sodium, Na.....mg	1069	23.662	18	A	1		150	171	105
Zinc, Zn.....mg	2.54	0.025	18	A	1		0.36	0.41	0.25
Copper, Cu.....mg	0.068	0.003	18	A	1		0.009	0.011	0.007
Manganese, Mn.....mg	0.019	0.001	18	A	1		0.003	0.003	0.002
Selenium, Se.....µg	15.8	0.196	9	A	1		2.2	2.5	1.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.030	0.001	9	A	1		0.004	0.005	0.003
Riboflavin.....mg	0.237	0.007	9	A	1		0.033	0.038	0.023
Niacin.....mg	4.032	0.059	9	A	1		0.564	0.645	0.395
Pantothenic acid.....mg	0.675	0.010	7	A	1		0.095	0.108	0.066
Vitamin B-6.....mg	0.244	0.005	9	A	1		0.034	0.039	0.024
Folate, total.....µg	10		3	A	1		1	2	1
Folic acid.....µg									
Folate, food.....µg	10		3	A	1		1	2	1
Folate, DFE.....µg									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	1.19	0.066	9	A	1		0.17	0.19	0.12
Vitamin A, RAE.....µg	10		0	AS	1		1	2	1
Retinol.....µg	10		3	A	1		1	2	1
Carotene, beta.....µg	0		0	Z	7		0	0	0
Carotene, alpha.....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	0
Vitamin A, IU.....IU	34		0	AS	1		5	5	3
Lycopene.....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin.....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.11	0.011	6	A	1		0.02	0.02	0.01
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, alpha.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, gamma.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00

NDB No. 07254  
Turkey bacon, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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 D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.520		0	NC	4		0.633	0.723	0.443
4:0.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
6:0.....g	0.001	0.001	18	A	1		0.000	0.000	0.000
8:0.....g	0.001	0.000	18	A	1		0.000	0.000	0.000
10:0.....g	0.004	0.000	18	A	1		0.001	0.001	0.000
12:0.....g	0.026	0.001	18	A	1		0.004	0.004	0.003
13:0.....g									
14:0.....g	0.145	0.003	18	A	1		0.020	0.023	0.014
15:0.....g	0.023	0.001	18	A	1		0.003	0.004	0.002
16:0.....g	3.093	0.046	18	A	1		0.433	0.495	0.303
17:0.....g	0.040	0.001	18	A	1		0.006	0.006	0.004
18:0.....g	1.157	0.017	18	A	1		0.162	0.185	0.113
20:0.....g	0.018	0.000	18	A	1		0.003	0.003	0.002
22:0.....g	0.007	0.000	18	A	1		0.001	0.001	0.001
24:0.....g	0.003	0.000	18	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	6.223		0	NC	4		0.871	0.996	0.610
14:1.....g	0.021	0.001	18	A	1		0.003	0.003	0.002
15:1.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.496	0.014	18	AS	1		0.069	0.079	0.049
16:1 c.....g	0.485	0.014	18	A	1		0.068	0.078	0.048
16:1 t.....g	0.011	0.000	18	A	1		0.002	0.002	0.001
17:1.....g	0.023	0.001	18	A	1		0.003	0.004	0.002
18:1 undifferentiated.....g	5.594	0.092	18	AS	1		0.783	0.895	0.548
18:1 c.....g	5.456	0.091	18	A	1		0.764	0.873	0.535
18:1 t.....g	0.138	0.004	18	A	1		0.019	0.022	0.014
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.086	0.001	18	A	1		0.012	0.014	0.008
22:1 undifferentiated.....g	0.003	0.000	18	AS	1		0.000	0.000	0.000
22:1 c.....g	0.003	0.000	18	A	1		0.000	0.000	0.000
22:1 t.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
24:1 c.....g	0.001	0.000	18	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	4.699		0	NC	4		0.658	0.752	0.460
18:2 undifferentiated.....g	4.254	0.132	18	AS	1		0.596	0.681	0.417
18:2 n-6 c,c,c.....g	4.197	0.131	18	A	1		0.588	0.671	0.411
18:2 CLAs.....g	0.022	0.001	18	A	1		0.003	0.003	0.002
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.036	0.001	18	A	1		0.005	0.006	0.003
18:3 undifferentiated.....g	0.251	0.010	18	AS	1		0.035	0.040	0.025
18:3 n-3 c,c,c (ALA).....g	0.241	0.009	18	A	1		0.034	0.039	0.024
18:3 n-6 c,c,c.....g	0.010	0.000	18	A	1		0.001	0.002	0.001
18:3i.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	18	A	1		0.000	0.000	0.000
20:2 n-6 c,c,c.....g	0.027	0.000	18	A	1		0.004	0.004	0.003
20:3 undifferentiated.....g	0.016	0.000	18	AS	1		0.002	0.003	0.002
20:3 n-3.....g	0.003	0.000	18	A	1		0.000	0.001	0.000
20:3 n-6.....g	0.013	0.000	18	A	1		0.002	0.002	0.001
20:4 undifferentiated.....g	0.107	0.004	18	A	1		0.015	0.017	0.010
20:4 n-6.....g									
20:5 n-3 (EPA).....g	0.006	0.003	18	A	1		0.001	0.001	0.001
21:5.....g									
22:4.....g	0.020	0.001	18	A	1		0.003	0.003	0.002
22:5 n-3 (DPA).....g	0.010	0.000	18	A	1		0.001	0.002	0.001
22:6 n-3 (DHA).....g	0.007	0.000	18	A	1		0.001	0.001	0.001
Fatty acids, total trans.....g	0.184		0	NC	4		0.026	0.030	0.018

NDB No. 07254  
 Turkey bacon, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code						
Fatty acids, total trans-monoenoic.....g	0.149		0	NC	4		0.021	0.024	0.015	
Fatty acids, total trans-polyenoic.....g	0.036		0	NC	4		0.005	0.006	0.003	
Cholesterol.....mg	86	1.071	9	A	1		12	14	8	
Phytosterols.....mg										
<b>Amino Acids:</b>										
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	0.326		3	A	1		0.046	0.052	0.032	
<b>Others:</b>										
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 = 14.0g: 1 serving  
 Measure 2 = 16g: 1 slice 12 oz pkg  
 Measure 3 = 9.8g: 1 slice 6 oz pkg

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA National Nutrient Database for Standard Reference, Release 28 (2015)



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				
	Mean	Std. Error	Number of Data Points	Deriv Code	measures of food				
					Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.197		0	NR	4		0.055	0.055	0.159
4:0.....g	0.000		0	RPI	6		0.000	0.000	0.000
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	0.144		0	RPI	6		0.040	0.040	0.117
17:0.....g									
18:0.....g	0.047		0	RPI	6		0.013	0.013	0.038
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.261		0	NR	4		0.073	0.073	0.211
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0	RPI	6		0.012	0.012	0.036
17:1.....g									
18:1 undifferentiated.....g	0.216		0	RPI	6		0.060	0.060	0.175
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	0.184		0	NR	4		0.052	0.052	0.149
18:2 undifferentiated.....g	0.159		0	RPI	6		0.045	0.045	0.129
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
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.002		0	RPI	6		0.001	0.001	0.002
22:6 n-3 (DHA).....g	0.002		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
<b>Amino Acids:</b>									
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
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	0.0
Caffeine.....mg	0		0	RPI	6		0	0	0

NDB No. 07046

Turkey breast, low salt, prepackaged or deli, luncheon meat

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	<u>measures of food</u>		
						Confidence Code	Measure 1	Measure 2
Theobromine.....mg	0		0	RPI	6	0	0	0

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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 = 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 28 (2015)



NDB No. 07081

Turkey breast, sliced, prepackaged

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
<b>Proximates:</b>									
Water.....g	75.83	0.130	7	A	1		11.37		
Energy.....kcal	100		0	NC	4		15		
Energy.....kJ	419		0	NC	4		63		
Protein (N x 6.25).....g	16.33	0.188	7	A	1		2.45		
Total lipid (fat).....g	2.37	0.078	7	A	1		0.36		
Ash.....g	3.13	0.054	7	A	1		0.47		
Carbohydrate, by difference.....g	2.34		0	NC	4		0.35		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	3.28		0	BFSN	4		0.49		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7	0.545	7	A	1		1		
Iron, Fe.....mg	0.34	0.017	7	A	1		0.05		
Magnesium, Mg.....mg	20	0.530	7	A	1		3		
Phosphorus, P.....mg	234	4.259	7	A	1		35		
Potassium, K.....mg	401	13.950	7	A	1		60		
Sodium, Na.....mg	922	19.435	7	A	1		138		
Zinc, Zn.....mg	0.80	0.030	7	A	1		0.12		
Copper, Cu.....mg	0.024	0.003	7	A	1		0.004		
Manganese, Mn.....mg	0.012	0.001	7	A	1		0.002		
Selenium, Se.....µg	13.0	5.568	3	A	1		2.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.038		0	BFPN	4		0.006		
Riboflavin.....mg	0.145	0.011	3	A	1		0.022		
Niacin.....mg	7.150	0.556	3	A	1		1.072		
Pantothenic acid.....mg	0.320		1	A	1		0.048		
Vitamin B-6.....mg	0.410	0.013	3	A	1		0.061		
Folate, total.....µg	4	0.577	3	A	1		1		
Folic acid.....µg	0		0	BFPN	4		0		
Folate, food.....µg	4		0	BFPN	4		1		
Folate, DFE.....µg	4		0	NC	4		1		
Choline, total.....mg	33.1		0	BFPN	4		5.0		
Betaine.....mg	3.7		0	BFPN	4		0.6		
Vitamin B-12.....µg	0.37	0.020	3	A	1		0.06		
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00		
Vitamin A, RAE.....µg	0		0	AS	1		0		
Retinol.....µg	0		0	Z	7		0		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	0		0	AS	1		0		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.13		0	NR	4		0.02		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.1		0	BFPN	4		0.0		
Vitamin D.....IU	2		0	BFPN	4		0		
Vitamin K (phylloquinone).....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone.....µg	0.0	0.000	3	A	1		0.0		
Menaquinone-4.....µg	9.1	1.170	3	A	1		1.4		

Turkey breast, sliced, prepackaged

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.318		0	NC	4		0.048		
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	0.011	0.003	3	A	1		0.002		
15:0.....g	0.002	0.001	3	A	1		0.000		
16:0.....g	0.215	0.063	3	A	1		0.032		
17:0.....g	0.004	0.001	3	A	1		0.001		
18:0.....g	0.086	0.026	3	A	1		0.013		
20:0.....g	0.001	0.001	3	A	1		0.000		
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	0.813		0	NC	4		0.122		
14:1.....g	0.001	0.001	3	A	1		0.000		
15:1.....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated.....g	0.026	0.008	3	A	1		0.004		
17:1.....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated.....g	0.392	0.124	3	AS	1		0.059		
18:1 c.....g	0.351	0.108	3	A	1		0.053		
18:1 t.....g	0.041	0.017	3	A	1		0.006		
18:1-11 t (18:1t n-7).....g									
20:1.....g	0.003	0.001	3	A	1		0.000		
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	0.503		0	NC	4		0.075		
18:2 undifferentiated.....g	0.237	0.048	3	AS	1		0.036		
18:2 n-6 c,c.....g	0.225	0.044	3	A	1		0.034		
18:2 CLAs.....g									
18:2 t.....g	0.012	0.004	3	A	1		0.002		
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.011	0.002	3	AS	1		0.002		
18:3 n-3 c,c,c (ALA).....g	0.011	0.002	3	A	1		0.002		
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	0.002	0.001	3	A	1		0.000		
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	0.004	0.000	3	A	1		0.001		
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	0.053		0	NC	4		0.008		
Fatty acids, total trans-monoenoic.....g	0.041		0	NC	4		0.006		
Fatty acids, total trans-polyenoic.....g	0.012		0	NC	4		0.002		
Cholesterol.....mg	50		0	BFSN	4		7		
Phytosterols.....mg	0		0		4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.186		0	A	1		0.028		
Threonine.....g	0.749		0	A	1		0.112		
Isoleucine.....g	0.731		0	A	1		0.110		
Leucine.....g	1.347		0	A	1		0.202		

NDB No. 07081

Turkey breast, sliced, prepackaged

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points			Measure 1	Measure 2	Measure 3
			Deriv Code	Source Code	Confidence Code			
Lysine.....g	1.460		0	A	1	0.219		
Methionine.....g	0.480		0	A	1	0.072		
Cystine.....g	0.172		0	A	1	0.026		
Phenylalanine.....g	0.636		0	A	1	0.095		
Tyrosine.....g	0.578		0	A	1	0.087		
Valine.....g	0.756		0	A	1	0.113		
Arginine.....g	1.185		0	A	1	0.178		
Histidine.....g	0.483		0	A	1	0.072		
Alanine.....g	1.016		0	A	1	0.152		
Aspartic acid.....g	1.576		0	A	1	0.236		
Glutamic acid.....g	2.612		0	A	1	0.392		
Glycine.....g	0.893		0	A	1	0.134		
Proline.....g	0.722		0	A	1	0.108		
Serine.....g	0.693		0	A	1	0.104		
Hydroxyproline.....g	0.136		0	BFPN	4	0.020		
<b>Others:</b>								
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 = 15g: 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 28 (2015)



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
<b>Lipids:</b>									
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	
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	
21:5.....g									
22:4.....g									
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									
<b>Others:</b>									
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 28 (2015)



**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
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	2.266		1	A	1		1.292		
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		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.009		1	A	1		0.005		
13:0.....g									
14:0.....g	0.081		1	A	1		0.046		
15:0.....g	0.013		1	A	1		0.007		
16:0.....g	1.491		1	A	1		0.850		
17:0.....g	0.027		1	A	1		0.015		
18:0.....g	0.635		1	A	1		0.362		
20:0.....g	0.010		1	A	1		0.006		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.990		1	A	1		1.704		
14:1.....g	0.013		1	A	1		0.007		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.250		1	A	1		0.143		
17:1.....g									
18:1 undifferentiated.....g	2.697		1	A	1		1.537		
20:1.....g	0.030		1	A	1		0.017		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.706		1	A	1		1.542		
18:2 undifferentiated.....g	2.384		1	A	1		1.359		
18:3 undifferentiated.....g	0.173		0	AS	1		0.099		
18:3 n-3 c,c,c (ALA).....g	0.160		1	A	1		0.091		
18:3 n-6 c,c,c.....g	0.013		1	A	1		0.007		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.018		1	A	1		0.010		
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	0.131		1	A	1		0.075		
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	0.430		1	A	1		0.245		
Cholesterol.....mg	92		1	A	1		53		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.185		1	A	1		0.105		
Threonine.....g	0.892		1	A	1		0.508		
Isoleucine.....g	0.993		1	A	1		0.566		
Leucine.....g	1.676		1	A	1		0.955		
Lysine.....g	1.884		1	A	1		1.074		
Methionine.....g	0.533		1	A	1		0.304		
Cystine.....g	0.230		1	A	1		0.131		
Phenylalanine.....g	0.866		1	A	1		0.494		
Tyrosine.....g	0.744		1	A	1		0.424		
Valine.....g	1.037		1	A	1		0.591		
Arginine.....g	1.444		1	A	1		0.823		
Histidine.....g	0.577		1	A	1		0.329		
Alanine.....g	1.346		1	A	1		0.767		
Aspartic acid.....g	2.009		1	A	1		1.145		
Glutamic acid.....g	3.558		1	A	1		2.028		
Glycine.....g	1.299		1	A	1		0.740		

**NDB No. 07958**  
**Turkey sausage, fresh, cooked**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number		Measure 1	Measure 2	Measure 3	
			of Data Points	Deriv Code				Source Code
Proline.....g	0.992		1	A	1	0.565		
Serine.....g	0.922		1	A	1	0.526		
Hydroxyproline.....g	0.226		1	A	1	0.129		
<b>Others:</b>								
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

**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 28 (2015)





**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
<b><u>Lipids:</u></b>									
Fatty acids, total saturated.....g	1.963		1	A	1		1.119		
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		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	0.070		1	A	1		0.040		
15:0.....g	0.011		1	A	1		0.006		
16:0.....g	1.304		1	A	1		0.743		
17:0.....g	0.023		1	A	1		0.013		
18:0.....g	0.555		1	A	1		0.316		
20:0.....g	0.000		1	A	1		0.000		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated.....g	2.624		1	A	1		1.496		
14:1.....g	0.011		1	A	1		0.006		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.212		1	A	1		0.121		
17:1.....g									
18:1 undifferentiated.....g	2.375		1	A	1		1.354		
20:1.....g	0.026		1	A	1		0.015		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.386		1	A	1		1.360		
18:2 undifferentiated.....g	2.119		1	A	1		1.208		
18:3 undifferentiated.....g	0.143		0	AS	1		0.082		
18:3 n-3 c,c,c (ALA).....g	0.133		1	A	1		0.076		
18:3 n-6 c,c,c.....g	0.010		1	A	1		0.006		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.016		1	A	1		0.009		
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	0.108		1	A	1		0.062		
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	0.350		1	A	1		0.200		
Cholesterol.....mg	75		1	A	1		43		
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.130		1	A	1		0.074		
Threonine.....g	0.711		1	A	1		0.405		
Isoleucine.....g	0.777		1	A	1		0.443		
Leucine.....g	1.316		1	A	1		0.750		
Lysine.....g	1.472		1	A	1		0.839		
Methionine.....g	0.415		1	A	1		0.237		
Cystine.....g	0.204		1	A	1		0.116		
Phenylalanine.....g	0.670		1	A	1		0.382		
Tyrosine.....g	0.575		1	A	1		0.328		
Valine.....g	0.802		1	A	1		0.457		
Arginine.....g									
Histidine.....g	0.468		1	A	1		0.267		
Alanine.....g	1.025		1	A	1		0.584		
Aspartic acid.....g	1.572		1	A	1		0.896		
Glutamic acid.....g	2.762		1	A	1		1.574		
Glycine.....g	0.935		1	A	1		0.533		

**NDB No. 07955**  
**Turkey sausage, fresh, raw**

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
Proline.....g	0.737		1	A	1	0.420		
Serine.....g	0.729		1	A	1	0.416		
Hydroxyproline.....g	0.188		1	A	1	0.107		
<b>Others:</b>								
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

**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 28 (2015)



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
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg	0.4		0	AS	1		0.5		
Vitamin D.....µg	17		0	NR	4		21		
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0		
Dihydrophyloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									
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		
21:5.....g									
22:4.....g									
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		
<b>Amino Acids:</b>									
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		

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code					
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									
<b>Others:</b>									
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 28 (2015)

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg									
<b>Lipids:</b>									
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									
<b>Others:</b>									
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 28 (2015)





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
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.850		0	NC	4		0.722	3.856	
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	
10:0.....g	0.001		0		4		0.001	0.004	
12:0.....g	0.003		0		4		0.003	0.013	
13:0.....g									
14:0.....g	0.037		0		4		0.031	0.167	
15:0.....g									
16:0.....g	0.540		0		4		0.459	2.450	
17:0.....g									
18:0.....g	0.269		0		4		0.229	1.221	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.026		0	NC	4		0.872	4.654	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099		0		4		0.084	0.449	
17:1.....g									
18:1 undifferentiated.....g	0.914		0		4		0.777	4.146	
20:1.....g	0.012		0		4		0.010	0.054	
22:1 undifferentiated.....g	0.001		0		4		0.001	0.005	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.329		0	NC	4		0.280	1.492	
18:2 undifferentiated.....g	0.283		0		4		0.241	1.284	
18:3 undifferentiated.....g	0.017		0		4		0.014	0.077	
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	0.024		0		4		0.020	0.109	
20:5 n-3 (EPA).....g	0.000		0		4		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.002		0		4		0.002	0.009	
22:6 n-3 (DHA).....g	0.003		0		4		0.003	0.014	
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0		4		18	95	
Phytosterols.....mg									
<b>Others:</b>									
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 = 85g: 3 oz

Measure 2 = 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 28 (2015)

NDB No. 07944

Turkey, white, rotisserie, deli cut

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
<b>Proximates:</b>									
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									
<b>Minerals:</b>									
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.....µg	29.9		0	BFZN	4		14.4		
<b>Vitamins:</b>									
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.....µg	4		0	BFZY	4		2		
Folic acid.....µg	0		0	BFZN	4		0		
Folate, food.....µg	4		0	BFZY	4		2		
Folate, DFE.....µg	4		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.22		0	BFZY	4		0.11		
Vitamin A, RAE.....µg	2		0	NC	4		1		
Retinol.....µg	2		0	NR	4		1		
Carotene, beta.....µg	0		0	Z	7		0		
Carotene, alpha.....µg	0		0	Z	7		0		
Cryptoxanthin, beta.....µg	0		0	Z	7		0		
Vitamin A, IU.....IU	8		1	A	1		4		
Lycopene.....µg	0		0	Z	7		0		
Lutein + zeaxanthin.....µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		0	BFZN	4		0.0		
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
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		
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		
21:5.....g									
22:4.....g									
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									
<b>Amino Acids:</b>									
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									
<b>Others:</b>									
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. 07944

Turkey, white, rotisserie, deli cut

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

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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: 1.69 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 28 (2015)

NDB No. 07044

USDA Commodity, luncheon meat, 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
<b>Proximates:</b>									
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	6565	
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									
<b>Minerals:</b>									
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.....µg	38.3		2	A	1		17.3	318.3	
<b>Vitamins:</b>									
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.....µg	0		2	A	1		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	0		2	A	1		0	0	
Folate, DFE.....µg	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.....µg	0.92		2	A	1		0.41	7.60	
Vitamin B-12, added.....µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE.....µg	0		0	AS	1		0	0	
Retinol.....µg	0		0	Z	7		0	0	
Carotene, beta.....µg	0		0	Z	7		0	0	
Carotene, alpha.....µg	0		0	Z	7		0	0	
Cryptoxanthin, beta.....µg	0		0	Z	7		0	0	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Lycopene.....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin.....µg	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	
Tocotrienol, alpha.....mg	0.01		2	A	1		0.01	0.12	
Tocotrienol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3).....µg									
Vitamin D2 (ergocalciferol).....µg									
Vitamin D3 (cholecalciferol).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg	0.0		2	A	1		0.0	0.0	

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		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Code					
Dihydrophyloquinone.....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4.....µg	11.5		2	A	1		5.2	95.1	
<b>Lipids:</b>									
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	
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	
21:5.....g	0.000		2	A	1		0.000	0.000	
22:4.....g	0.020		2	A	1		0.009	0.165	
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									
<b>Others:</b>									
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 serving

Measure 2 = 830g: 1 can

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats

NDB No. 07907

USDA Commodity, pork sausage, bulk/links/patties, frozen, 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
<b>Proximates:</b>									
Water.....g	64.92		1	A	1		18.18		
Energy.....kcal	231		0	NC	4		65		
Energy.....kJ	968		0	NC	4		271		
Protein (N x 6.25).....g	14.95		1	A	1		4.19		
Total lipid (fat).....g	18.56		1	A	1		5.20		
Ash.....g	2.00		0	A	1		0.56		
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00		
Fiber, total dietary.....g	0.0		1	A	1		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		1	A	1		3		
Iron, Fe.....mg	0.99		1	A	1		0.28		
Magnesium, Mg.....mg	17		1	A	1		5		
Phosphorus, P.....mg	162		1	A	1		45		
Potassium, K.....mg	231		1	A	1		65		
Sodium, Na.....mg	507		1	A	1		142		
Zinc, Zn.....mg	2.39		1	A	1		0.67		
Copper, Cu.....mg	0.047		0	BFFN	4		0.013		
Manganese, Mn.....mg	0.018		0	BFFN	4		0.005		
Selenium, Se.....µg	21.7		0	BFZN	4		6.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.688		1	A	1		0.193		
Riboflavin.....mg	0.223		1	A	1		0.062		
Niacin.....mg	2.619		1	A	1		0.733		
Pantothenic acid.....mg	0.618		1	A	1		0.173		
Vitamin B-6.....mg	0.234		1	A	1		0.066		
Folate, total.....µg	3		0	BFFN	4		1		
Folic acid.....µg	0		0	Z	7		0		
Folate, food.....µg	3		0	BFFN	4		1		
Folate, DFE.....µg	3		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.84		1	A	1		0.24		
Vitamin A, RAE.....µg	12		0	NC	4		3		
Retinol.....µg	12		0	NR	4		3		
Carotene, beta.....µg									
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	40		1	A	1		11		
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

NDB No. 07907

USDA Commodity, pork sausage, bulk/links/patties, frozen, 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
Fatty acids, total saturated.....g	4.968		1	A	1		1.391		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.032		1	A	1		0.009		
12:0.....g	0.016		1	A	1		0.004		
13:0.....g									
14:0.....g	0.161		1	A	1		0.045		
15:0.....g									
16:0.....g	3.218		1	A	1		0.901		
17:0.....g									
18:0.....g	1.382		1	A	1		0.387		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.061		1	A	1		2.257		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.484		1	A	1		0.136		
17:1.....g									
18:1 undifferentiated.....g	7.439		1	A	1		2.083		
20:1.....g	0.126		1	A	1		0.035		
22:1 undifferentiated.....g	0.004		1	A	1		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.246		1	A	1		0.629		
18:2 undifferentiated.....g	1.722		1	A	1		0.482		
18:3 undifferentiated.....g	0.086		1	A	1		0.024		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		1	A	1		0.025		
20:5 n-3 (EPA).....g	0.003		1	A	1		0.001		
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA).....g	0.013		1	A	1		0.004		
Fatty acids, total trans.....g									
Cholesterol.....mg	73		1	A	1		20		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		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.

**Common Measures:**

Measure 1 = 28g: 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 28 (2015)



NDB No. 07901

USDA Commodity, pork, sausage, bulk/links/patties, frozen, 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
<b>Proximates:</b>									
Water.....g	58.66		1	A	1		16.63	28.16	
Energy.....kcal	267		0	NC	4		76	128	
Energy.....kJ	1118		0	NC	4		317	537	
Protein (N x 6.25).....g	19.76		1	A	1		5.60	9.48	
Total lipid (fat).....g	20.26		1	A	1		5.74	9.72	
Ash.....g	1.50		0	NR	4		0.43	0.72	
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	
Fiber, total dietary.....g	0.0		1	A	1		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		1	A	1		3	4	
Iron, Fe.....mg	1.15		1	A	1		0.33	0.55	
Magnesium, Mg.....mg	19		1	A	1		5	9	
Phosphorus, P.....mg	190		1	A	1		54	91	
Potassium, K.....mg	239		1	A	1		68	115	
Sodium, Na.....mg	540		1	A	1		153	259	
Zinc, Zn.....mg	2.84		1	A	1		0.80	1.36	
Copper, Cu.....mg	0.104		0	BFSN	4		0.029	0.050	
Manganese, Mn.....mg	0.053		0	BFSN	4		0.015	0.025	
Selenium, Se.....µg	21.7		0	BFZN	4		6.2	10.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.732		1	A	1		0.208	0.351	
Riboflavin.....mg	0.241		1	A	1		0.068	0.116	
Niacin.....mg	2.796		1	A	1		0.793	1.342	
Pantothenic acid.....mg	0.703		1	A	1		0.199	0.337	
Vitamin B-6.....mg	0.280		1	A	1		0.079	0.134	
Folate, total.....µg	1		0	BFSN	4		0	0	
Folic acid.....µg	0		0	Z	7		0	0	
Folate, food.....µg	1		0	BFSN	4		0	0	
Folate, DFE.....µg	1		0	NC	4		0	0	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....µg	0.89		1	A	1		0.25	0.43	
Vitamin A, RAE.....µg	15		0	A	1		4	7	
Retinol.....µg	15		0	NR	4		4	7	
Carotene, beta.....µg	15		0	A	1		4	7	
Carotene, alpha.....µg									
Cryptoxanthin, beta.....µg									
Vitamin A, IU.....IU	50		0	A	1		14	24	
Lycopene.....µg									
Lutein + zeaxanthin.....µg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Tocotrienol, alpha.....mg									
Tocotrienol, beta.....mg									
Tocotrienol, gamma.....mg									
Tocotrienol, delta.....mg									
Vitamin D (D2 + D3).....µg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....µg									
Dihydrophylloquinone.....µg									
Menaquinone-4.....µg									
<b>Lipids:</b>									

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
Fatty acids, total saturated.....g	5.532		1	A	1		1.568	2.655	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.007		1	A	1		0.002	0.003	
10:0.....g	0.022		1	A	1		0.006	0.011	
12:0.....g	0.015		1	A	1		0.004	0.007	
13:0.....g									
14:0.....g	0.181		1	A	1		0.051	0.087	
15:0.....g									
16:0.....g	3.568		1	A	1		1.012	1.713	
17:0.....g									
18:0.....g	1.576		1	A	1		0.447	0.756	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.710		1	A	1		2.469	4.181	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.522		1	A	1		0.148	0.251	
17:1.....g									
18:1 undifferentiated.....g	8.051		1	A	1		2.282	3.864	
20:1.....g	0.126		1	A	1		0.036	0.060	
22:1 undifferentiated.....g	0.003		1	A	1		0.001	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.312		1	A	1		0.655	1.110	
18:2 undifferentiated.....g	1.967		1	A	1		0.558	0.944	
18:3 undifferentiated.....g	0.094		1	A	1		0.027	0.045	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.101		1	A	1		0.029	0.048	
20:5 n-3 (EPA).....g	0.003		1	A	1		0.001	0.001	
21:5.....g									
22:4.....g									
22:5 n-3 (DPA).....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA).....g	0.009		1	A	1		0.003	0.004	
Fatty acids, total trans.....g									
Cholesterol.....mg	98		1	A	1		28	47	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	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.

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 48g: 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 28 (2015)



NDB No. 07930

Yachtwurst, with pistachio nuts, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
<b>Others:</b>								
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 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 28 (2015)