

NDB No. 07269

**BUTCHER BOY MEATS, INC., Turkey Franks**

hot dog, frankfurter, 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	59.06		0	MC	9		33.07		
Energy.....kcal	239		0	MC	9		134		
Energy.....kj	1000						560		
Protein.....g	13.45		0	MC	9		7.53		
Total lipid (fat).....g	18.17		0	MC	9		10.18		
Ash.....g	4.66		0	MC	9		2.61		
Carbohydrate, by difference.....g	4.66		0	MC	9		2.61		
Fiber, total dietary.....g	0.2		0	MC	9		0.1		
Sugars, total.....g	2.49		0	MC	9		1.39		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	148		0	MC	9		83		
Iron, Fe.....mg	1.83		0	MC	9		1.02		
Magnesium, Mg.....mg	14		0	MC	9		8		
Phosphorus, P.....mg	246		0	MC	9		138		
Potassium, K.....mg	189		0	MC	9		106		
Sodium, Na.....mg	1162		0	MC	9		651		
Zinc, Zn.....mg	2.88		0	MC	9		1.61		
Copper, Cu.....mg	0.098		0	MC	9		0.055		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.8		0	MC	9		0.4		
Thiamin.....mg	0.057		0	MC	9		0.032		
Riboflavin.....mg	0.145		0	MC	9		0.081		
Niacin.....mg	2.089		0	MC	9		1.170		
Pantothenic acid.....mg	0.669		0	MC	9		0.375		
Vitamin B-6.....mg	0.208		0	MC	9		0.116		
Folate, total.....mcg	7		0	MC	9		4		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		0	MC	9		4		
Folate, DFE.....mcg_DFE	7		0	NC	4		4		
Vitamin B-12.....mcg	0.25		0	MC	9		0.14		
Vitamin A, IU.....IU	297		0	MC	9		166		
Vitamin A, RAE.....mcg_RAE	15		0	MC	9		8		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E.....mg_ATE	0.000		0	MC	9		0.000		
Vitamin D.....IU	11.760		0	MC	9		6.586		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.860		0	MC	9		3.282		
4:0.....g									
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	1.823		0	MC	9		1.021		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.542		0	MC	9		3.104		
Fatty acids, total polyunsaturated.....g	5.046		0	MC	9		2.826		
Fatty acids, total trans.....g									
Cholesterol.....mg	104		0	MC	9		58		

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

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

Phytosterols.....mg

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

**Common Measures:**

Measure 1 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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	520		0	MC	9		146		
Energy.....kj	2176		0	MC	9		609		
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.....mcg	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.....mcg	2		0	BFZN	4		1		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	2		0	BFZN	4		1		
Folate, DFE.....mcg_DFE	2		0	NC	4		1		
Vitamin B-12.....mcg	1.90		0	BFZN	4		0.53		
Vitamin A, IU.....IU	0		0	Z	7		0		
Vitamin A, RAE.....mcg_RAE	0		0	Z	7		0		
Retinol.....mcg	0		0	BFZN	4		0		
Vitamin E.....mg_ATE	0.280		0	BFZN	4		0.078		
Vitamin D.....IU	13.000		0	BFZN	4		3.640		
<b>Lipids:</b>									
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		

**NDB No. 07921**  
**Bacon and beef sticks**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....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		

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

**Common Measures:**

Measure 1 = 28g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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.....mcg	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.....mcg	9		0		4		3	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9		0		4		3	2	
Folate, DFE.....mcg_DFE	9		0	NC	4		3	2	
Vitamin B-12.....mcg	1.68	0.119	5		1		0.48	0.39	
Vitamin A, IU.....IU	68		0		4		19	16	
Vitamin A, RAE.....mcg_RAE	3		0		4		1	1	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU	36.000		0	T	4		10.206	8.280	
<b>Lipids:</b>									
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	

**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
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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.

**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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 13348

Beef, cured, corned beef, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	57.72	0.262	70		1		16.36	12.12	
Energy.....kcal	250		0	NC	4		71	53	
Energy.....kj	1046				4		297	220	
Protein (N x 6.25).....g	27.10	0.247	69		1		7.68	5.69	
Total lipid (fat).....g	14.93	1.049	11		1		4.23	3.14	
Ash.....g	2.90	0.041	6		1		0.82	0.61	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0		4		3	3	
Iron, Fe.....mg	2.08	0.181	29		1		0.59	0.44	
Magnesium, Mg.....mg	14	0.653	6		1		4	3	
Phosphorus, P.....mg	111	8.981	6		1		31	23	
Potassium, K.....mg	136	9.798	6		1		39	29	
Sodium, Na.....mg	1006	48.582	6		1		285	211	
Zinc, Zn.....mg	3.57	0.188	29		1		1.01	0.75	
Copper, Cu.....mg	0.064	0.004	23		1		0.018	0.013	
Manganese, Mn.....mg	0.014	0.002	23		1		0.004	0.003	
Selenium, Se.....mcg	42.9		0	BENN	4		12.2	9.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.020	0.006	11		1		0.006	0.004	
Riboflavin.....mg	0.147	0.010	8		1		0.042	0.031	
Niacin.....mg	2.430	0.127	6		1		0.689	0.510	
Pantothenic acid.....mg	0.626		0		4		0.177	0.131	
Vitamin B-6.....mg	0.130	0.008	7		1		0.037	0.027	
Folate, total.....mcg	9		0		4		3	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9		0		4		3	2	
Folate, DFE.....mcg_DFE	9		0	NC	4		3	2	
Vitamin B-12.....mcg	1.62	0.102	6		1		0.46	0.34	
Vitamin A, IU.....IU	0		2		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		2		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.150		0		4		0.043	0.032	
Vitamin D.....IU									
<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	

NDB No. 13348

Beef, cured, corned beef, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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	
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 Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 13350**  
**Beef, cured, dried 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	56.50	0.650	12		1		16.02	11.87	
Energy.....kcal	165		0	NC	4		47	35	
Energy.....kj	690				4		196	145	
Protein (N x 6.25).....g	29.10	0.312	12		1		8.25	6.11	
Total lipid (fat).....g	3.90	0.269	10		1		1.11	0.82	
Ash.....g	8.94	0.166	11		1		2.53	1.88	
Carbohydrate, by difference.....g	1.56		0	NC	4		0.44	0.33	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6	0.193	7		1		2	1	
Iron, Fe.....mg	4.51	0.240	7		1		1.28	0.95	
Magnesium, Mg.....mg	32	0.726	7		1		9	7	
Phosphorus, P.....mg	174		0		1		49	37	
Potassium, K.....mg	444		0		1		126	93	
Sodium, Na.....mg	3471	79.713	7		1		984	729	
Zinc, Zn.....mg	5.24	0.227	7		1		1.49	1.10	
Copper, Cu.....mg	0.160	0.033	7		1		0.045	0.034	
Manganese, Mn.....mg	0.045		0		4		0.013	0.009	
Selenium, Se.....mcg	62.1		0	BENN	4		17.6	13.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.083		0		4		0.024	0.017	
Riboflavin.....mg	0.200		0		4		0.057	0.042	
Niacin.....mg	5.451		0		4		1.545	1.145	
Pantothenic acid.....mg	0.611		0		4		0.173	0.128	
Vitamin B-6.....mg	0.350		0		4		0.099	0.074	
Folate, total.....mcg	11		0		4		3	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11		0		4		3	2	
Folate, DFE.....mcg_DFE	11		0	NC	4		3	2	
Vitamin B-12.....mcg	2.66		0		4		0.75	0.56	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.140		0		4		0.040	0.029	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.590		0		4		0.451	0.334	
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		4		0.006	0.004	
12:0.....g	0.020		0		4		0.006	0.004	
13:0.....g									
14:0.....g	0.100		0		4		0.028	0.021	
15:0.....g									
16:0.....g	0.830		0		4		0.235	0.174	
17:0.....g									
18:0.....g	0.580		0		4		0.164	0.122	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.610		0		4		0.456	0.338	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		0		4		0.065	0.048	

**NDB No. 13350**  
**Beef, cured, dried 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
17:1.....g									
18:1 undifferentiated.....g	1.380		0		4		0.391	0.290	
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	0.200		0		4		0.057	0.042	
18:2 undifferentiated.....g	0.170		0		4		0.048	0.036	
18:3 undifferentiated.....g	0.040		0		4		0.011	0.008	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	43		0		4		12	9	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.237		0		1		0.067	0.050	
Threonine.....g	1.220		0		1		0.346	0.256	
Isoleucine.....g	1.192		0		1		0.338	0.250	
Leucine.....g	2.174		0		1		0.616	0.457	
Lysine.....g	2.375		0		1		0.673	0.499	
Methionine.....g	0.703		0		1		0.199	0.148	
Cystine.....g	0.345		0		1		0.098	0.072	
Phenylalanine.....g	1.090		0		1		0.309	0.229	
Tyrosine.....g	0.880		0		1		0.249	0.185	
Valine.....g	1.336		0		1		0.379	0.281	
Arginine.....g	1.965		0		1		0.557	0.413	
Histidine.....g	0.843		0		1		0.239	0.177	
Alanine.....g	1.923		0		1		0.545	0.404	
Aspartic acid.....g	2.584		0		1		0.733	0.543	
Glutamic acid.....g	4.195		0		1		1.189	0.881	
Glycine.....g	2.160		0		1		0.612	0.454	
Proline.....g	1.583		0		1		0.449	0.332	
Serine.....g	1.187		0		1		0.337	0.249	
Hydroxyproline.....g									
<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 = 28.35g: 1 oz

Measure 2 = 21g: 5 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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.....mcg	16.4		0	BENN	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.....mcg	7		0		4		2		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		0		4		2		
Folate, DFE.....mcg_DFE	7		0	NC	4		2		
Vitamin B-12.....mcg	5.14		0		4		1.44		
Vitamin A, IU.....IU	0		0		4		0		
Vitamin A, RAE.....mcg_RAE	0		0		4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
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		

NDB No. 13353

Beef, cured, luncheon meat, jellied

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....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.

**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 Nutrient Database for Standard Reference, Release 15 (2002)

**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	46.73	2.091	21		1		13.08		
Energy.....kcal	349		0	NC	4		98		
Energy.....kj	1460				4		409		
Protein (N x 6.25).....g	17.24	0.544	23		1		4.83		
Total lipid (fat).....g	29.18	1.079	8		1		8.17		
Ash.....g	3.80	0.093	6		1		1.06		
Carbohydrate, by difference.....g	3.05		0	NC	4		0.85		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		2		1		3		
Iron, Fe.....mg	1.89	0.098	6		1		0.53		
Magnesium, Mg.....mg	18	0.566	6		1		5		
Phosphorus, P.....mg	150	5.298	6		1		42		
Potassium, K.....mg	228	7.611	6		1		64		
Sodium, Na.....mg	1227	53.180	8		1		344		
Zinc, Zn.....mg	4.26	0.191	6		1		1.19		
Copper, Cu.....mg	0.079		0		4		0.022		
Manganese, Mn.....mg	0.013		0		4		0.004		
Selenium, Se.....mcg	10.4		0	RF	4		2.9		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.095	0.031	6		1		0.027		
Riboflavin.....mg	0.170	0.023	3		1		0.048		
Niacin.....mg	5.065	0.200	6		1		1.418		
Pantothenic acid.....mg	0.300		0		4		0.084		
Vitamin B-6.....mg	0.180	0.014	6		1		0.050		
Folate, total.....mcg	7		0		4		2		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7		0		4		2		
Folate, DFE.....mcg_DFE	7		0	NC	4		2		
Vitamin B-12.....mcg	1.76	0.171	6		1		0.49		
Vitamin A, IU.....IU	0		0		4		0		
Vitamin A, RAE.....mcg_RAE	0		0		4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E.....mg_ATE	0.250		0		4		0.070		
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.420		0		1		2.918		
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	0.130	0.063	6		1		0.036		
12:0.....g	0.090	0.040	6		1		0.025		
13:0.....g									
14:0.....g	0.760	0.031	6		1		0.213		
15:0.....g									
16:0.....g	5.930	0.113	6		1		1.660		
17:0.....g									
18:0.....g	3.010	0.253	6		1		0.843		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.470		0		1		4.052		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.890	0.245	6		1		0.529		

**NDB No. 13355**  
**Beef, cured, pastrami**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	12.580	0.591	6		1		3.522		
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	0.990		0		1		0.277		
18:2 undifferentiated.....g	0.790	0.092	6		1		0.221		
18:3 undifferentiated.....g	0.200	0.049	6		1		0.056		
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.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	93	4.655	6		1		26		
Phytosterols.....mg	0		0		4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.157		0		1		0.044		
Threonine.....g	0.651		0		1		0.182		
Isoleucine.....g	0.745		0		1		0.209		
Leucine.....g	1.266		0		1		0.354		
Lysine.....g	1.322		0		1		0.370		
Methionine.....g	0.400		0		1		0.112		
Cystine.....g	0.221		0		1		0.062		
Phenylalanine.....g	0.621		0		1		0.174		
Tyrosine.....g	0.563		0		1		0.158		
Valine.....g	0.759		0		1		0.213		
Arginine.....g	1.065		0		1		0.298		
Histidine.....g	0.549		0		1		0.154		
Alanine.....g	1.242		0		1		0.348		
Aspartic acid.....g	1.689		0		1		0.473		
Glutamic acid.....g	2.809		0		1		0.787		
Glycine.....g	1.440		0		1		0.403		
Proline.....g	1.242		0		1		0.348		
Serine.....g	0.695		0		1		0.195		
Hydroxyproline.....g									
<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 = 28g: 1 slice (1 oz)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

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		15.18	23.03	
Energy.....kcal	312		0	NC	4		88	134	
Energy.....kj	1305				4		370	561	
Protein (N x 6.25).....g	14.11	0.283	18		1		4.00	6.07	
Total lipid (fat).....g	26.91	1.169	7		1		7.63	11.57	
Ash.....g	3.00	0.000	5		1		0.85	1.29	
Carbohydrate, by difference.....g	2.42		0	NC	4		0.69	1.04	
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		2	3	
Iron, Fe.....mg	1.76	0.103	5		1		0.50	0.76	
Magnesium, Mg.....mg	13	0.313	5		1		4	6	
Phosphorus, P.....mg	105	3.130	5		1		30	45	
Potassium, K.....mg	176	8.050	5		1		50	76	
Sodium, Na.....mg	1131	69.658	7		1		321	486	
Zinc, Zn.....mg	2.80	0.036	5		1		0.79	1.20	
Copper, Cu.....mg	0.072		0		4		0.020	0.031	
Manganese, Mn.....mg	0.009		0		4		0.003	0.004	
Selenium, Se.....mcg	14.6		0	BENN	4		4.1	6.3	
<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		0.014	0.022	
Riboflavin.....mg	0.140	0.009	5		1		0.040	0.060	
Niacin.....mg	3.190	0.255	5		1		0.904	1.372	
Pantothenic acid.....mg	0.188		0		4		0.053	0.081	
Vitamin B-6.....mg	0.110	0.004	5		1		0.031	0.047	
Folate, total.....mcg	4		0		4		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		1	2	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	2	
Vitamin B-12.....mcg	1.86	0.072	5		1		0.53	0.80	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.440		0		1		3.243	4.919	
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		0.026	0.039	
12:0.....g	0.060	0.014	5		1		0.017	0.026	
13:0.....g									
14:0.....g	0.880	0.057	5		1		0.249	0.378	
15:0.....g									
16:0.....g	6.030	0.280	5		1		1.710	2.593	
17:0.....g									
18:0.....g	3.860	0.209	5		1		1.094	1.660	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.970		0		1		3.677	5.577	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.530	0.100	5		1		0.434	0.658	

NDB No. 13357

Beef, cured, sausage, cooked, smoked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	11.440	0.300	5		1		3.243	4.919	
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		0.298	0.452	
18:2 undifferentiated.....g	0.960	0.138	5		1		0.272	0.413	
18:3 undifferentiated.....g	0.090	0.048	5		1		0.026	0.039	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67	4.472	5		1		19	29	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.129		0		1		0.037	0.055	
Threonine.....g	0.533		0		1		0.151	0.229	
Isoleucine.....g	0.609		0		1		0.173	0.262	
Leucine.....g	1.036		0		1		0.294	0.445	
Lysine.....g	1.081		0		1		0.306	0.465	
Methionine.....g	0.327		0		1		0.093	0.141	
Cystine.....g	0.181		0		1		0.051	0.078	
Phenylalanine.....g	0.508		0		1		0.144	0.218	
Tyrosine.....g	0.460		0		1		0.130	0.198	
Valine.....g	0.621		0		1		0.176	0.267	
Arginine.....g	0.871		0		1		0.247	0.375	
Histidine.....g	0.449		0		1		0.127	0.193	
Alanine.....g	1.016		0		1		0.288	0.437	
Aspartic acid.....g	1.381		0		1		0.392	0.594	
Glutamic acid.....g	2.298		0		1		0.651	0.988	
Glycine.....g	1.178		0		1		0.334	0.507	
Proline.....g	1.016		0		1		0.288	0.437	
Serine.....g	0.569		0		1		0.161	0.245	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 sausage

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.68**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



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		1		19.30		
Energy.....kcal	133		0	NC	4		37		
Energy.....kj	556				4		156		
Protein (N x 6.25).....g	20.19	0.185	31		1		5.65		
Total lipid (fat).....g	4.42	0.187	33		1		1.24		
Ash.....g	4.60	0.038	7		1		1.29		
Carbohydrate, by difference.....g	1.86		0	NC	4		0.52		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g									
Starch.....g									
<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.....mcg	19.7		0	BENN	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.....mcg	8		0		4		2		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	8		0		4		2		
Folate, DFE.....mcg_DFE	8		0	NC	4		2		
Vitamin B-12.....mcg	1.73	0.073	37		1		0.48		
Vitamin A, IU.....IU	0		0		4		0		
Vitamin A, RAE.....mcg_RAE	0		0		4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
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		

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
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.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....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.

**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 Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 13360**  
**Beef, cured, thin-sliced 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	58.10	1.082	24		1		16.47	12.20	
Energy.....kcal	177		0	NC	4		50	37	
Energy.....kj	741				4		210	156	
Protein (N x 6.25).....g	28.11	0.597	24		1		7.97	5.90	
Total lipid (fat).....g	3.84	0.270	9		1		1.09	0.81	
Ash.....g	4.24	0.105	10		1		1.20	0.89	
Carbohydrate, by difference.....g	5.71		0	NC	4		1.62	1.20	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	1.194	7		1		3	2	
Iron, Fe.....mg	2.70	0.144	10		1		0.77	0.57	
Magnesium, Mg.....mg	19	0.198	10		1		5	4	
Phosphorus, P.....mg	168	15.496	3		1		48	35	
Potassium, K.....mg	429	18.054	10		1		122	90	
Sodium, Na.....mg	1439	53.346	10		1		408	302	
Zinc, Zn.....mg	3.98	0.218	10		1		1.13	0.84	
Copper, Cu.....mg	0.034	0.013	10		1		0.010	0.007	
Manganese, Mn.....mg	0.038	0.008	3		1		0.011	0.008	
Selenium, Se.....mcg	28.2		0	BFZN	4		8.0	5.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.080	0.006	3		1		0.023	0.017	
Riboflavin.....mg	0.190	0.023	3		1		0.054	0.040	
Niacin.....mg	5.270	0.341	3		1		1.494	1.107	
Pantothenic acid.....mg	0.590		1		1		0.167	0.124	
Vitamin B-6.....mg	0.340	0.115	3		1		0.096	0.071	
Folate, total.....mcg	11		0		4		3	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11		0		4		3	2	
Folate, DFE.....mcg_DFE	11		0	NC	4		3	2	
Vitamin B-12.....mcg	2.57	0.439	3		1		0.73	0.54	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.140		0		4		0.040	0.029	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.650		0		1		0.468	0.347	
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	0.010	0.009	3		1		0.003	0.002	
12:0.....g	0.010	0.007	3		1		0.003	0.002	
13:0.....g									
14:0.....g	0.090	0.031	3		1		0.026	0.019	
15:0.....g									
16:0.....g	0.870	0.104	3		1		0.247	0.183	
17:0.....g									
18:0.....g	0.610	0.087	3		1		0.173	0.128	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.680		0		1		0.476	0.353	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220	0.055	3		1		0.062	0.046	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	1.460	0.159	3		1		0.414	0.307	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.200		0		1		0.057	0.042	
18:2 undifferentiated.....g	0.170	0.055	3		1		0.048	0.036	
18:3 undifferentiated.....g	0.020	0.007	3		1		0.006	0.004	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	41	5.541	4		1		12	9	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.229		0		1		0.065	0.048	
Threonine.....g	1.178		0		1		0.334	0.247	
Isoleucine.....g	1.151		0		1		0.326	0.242	
Leucine.....g	2.100		0		1		0.595	0.441	
Lysine.....g	2.293		0		1		0.650	0.482	
Methionine.....g	0.679		0		1		0.192	0.143	
Cystine.....g	0.333		0		1		0.094	0.070	
Phenylalanine.....g	1.052		0		1		0.298	0.221	
Tyrosine.....g	0.850		0		1		0.241	0.179	
Valine.....g	1.291		0		1		0.366	0.271	
Arginine.....g	1.898		0		1		0.538	0.399	
Histidine.....g	0.814		0		1		0.231	0.171	
Alanine.....g	1.857		0		1		0.526	0.390	
Aspartic acid.....g	2.496		0		1		0.708	0.524	
Glutamic acid.....g	4.052		0		1		1.149	0.851	
Glycine.....g	2.087		0		1		0.592	0.438	
Proline.....g	1.529		0		1		0.433	0.321	
Serine.....g	1.147		0		1		0.325	0.241	
Hydroxyproline.....g									
<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 = 28.35g: 1 oz

Measure 2 = 21g: 5 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.68**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07002**  
**Beerwurst, beer salami, 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	52.90	0.605	7		1		12.17	3.17	
Energy.....kcal	329		0	NC	4		76	20	
Energy.....kj	1377		4		4		317	83	
Protein (N x 6.25).....g	12.40	0.378	7		1		2.85	0.74	
Total lipid (fat).....g	29.90	1.021	7		1		6.88	1.79	
Ash.....g	3.10	0.151	7		1		0.71	0.19	
Carbohydrate, by difference.....g	1.70		0	NC	4		0.39	0.10	
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	0.378	7		1		2	1	
Iron, Fe.....mg	1.51	0.102	7		1		0.35	0.09	
Magnesium, Mg.....mg	12	0.302	7		1		3	1	
Phosphorus, P.....mg	97	3.402	7		1		22	6	
Potassium, K.....mg	174	4.158	7		1		40	10	
Sodium, Na.....mg	1028	51.403	7		1		236	62	
Zinc, Zn.....mg	2.44	0.117	7		1		0.56	0.15	
Copper, Cu.....mg	0.040	0.004	7		1		0.009	0.002	
Manganese, Mn.....mg	0.028		1		1		0.006	0.002	
Selenium, Se.....mcg	16.1		0	RF	4		3.7	1.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.070	0.019	7		1		0.016	0.004	
Riboflavin.....mg	0.120	0.011	7		1		0.028	0.007	
Niacin.....mg	3.390	0.336	7		1		0.780	0.203	
Pantothenic acid.....mg	0.330		1		1		0.076	0.020	
Vitamin B-6.....mg	0.170	0.019	7		1		0.039	0.010	
Folate, total.....mcg	3		1		1		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		1		1		1	0	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	0	
Vitamin B-12.....mcg	1.97	0.121	7		1		0.45	0.12	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.190		0		4		0.044	0.011	
Vitamin D.....IU	36.000		0	T	4		8.280	2.160	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.030		0		1		2.997	0.782	
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	0.040		7		1		0.009	0.002	
12:0.....g	0.030		7		1		0.007	0.002	
13:0.....g									
14:0.....g	1.010		7		1		0.232	0.061	
15:0.....g									
16:0.....g	7.350		7		1		1.691	0.441	
17:0.....g									
18:0.....g	4.050		7		1		0.932	0.243	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.020		0		1		3.225	0.841	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.320		7		1		0.534	0.139	

**NDB No. 07002**  
**Beerwurst, beer salami, 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
17:1.....g									
18:1 undifferentiated.....g	11.700		7		1		2.691	0.702	
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	1.110		0		1		0.255	0.067	
18:2 undifferentiated.....g	0.810		7		1		0.186	0.049	
18:3 undifferentiated.....g	0.290		7		1		0.067	0.017	
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.....g	0.000		7		1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	7		1		0.000	0.000	
22:6 n-3.....g	0.000		7		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	61	4.158	7		1		14	4	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.111		0		1		0.026	0.007	
Threonine.....g	0.462		0		1		0.106	0.028	
Isoleucine.....g	0.530		0		1		0.122	0.032	
Leucine.....g	0.901		0		1		0.207	0.054	
Lysine.....g	0.940		0		1		0.216	0.056	
Methionine.....g	0.284		0		1		0.065	0.017	
Cystine.....g	0.157		0		1		0.036	0.009	
Phenylalanine.....g	0.440		0		1		0.101	0.026	
Tyrosine.....g	0.401		0		1		0.092	0.024	
Valine.....g	0.540		0		1		0.124	0.032	
Arginine.....g	0.758		0		1		0.174	0.045	
Histidine.....g	0.391		0		1		0.090	0.023	
Alanine.....g	0.883		0		1		0.203	0.053	
Aspartic acid.....g	1.200		0		1		0.276	0.072	
Glutamic acid.....g	1.998		0		1		0.460	0.120	
Glycine.....g	1.024		0		1		0.236	0.061	
Proline.....g	0.883		0		1		0.203	0.053	
Serine.....g	0.494		0		1		0.114	0.030	
Hydroxyproline.....g									
<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 = 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 3.68**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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				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.....mcg	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.....mcg	3	0.400	4		1		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3	0.400	4		1		1	0	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	0	
Vitamin B-12.....mcg	0.87	0.019	5		1		0.20	0.05	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU	36.000		0	T	4		8.280	2.160	
<b>Lipids:</b>									
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	

**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
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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.

**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 Nutrient Database for Standard Reference, Release 15 (2002)



**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	FLC	4		154		
Energy.....kj	1154		0	FLC	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	3.76		0	FLC	4		2.11		
Fiber, total dietary.....g	0.9		0	FLC	4		0.5		
Sugars, total.....g	0.00		0	FLC	4		0.00		
Starch.....g									
<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.....mcg	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.....mcg	5		0	FLC	4		3		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	5		0	FLC	4		3		
Folate, DFE.....mcg_DFE	5		0	NC	4		3		
Vitamin B-12.....mcg	1.16		0	FLC	4		0.65		
Vitamin A, IU.....IU	10		0	FLC	4		5		
Vitamin A, RAE.....mcg_RAE	3		0	NC	4		2		
Retinol.....mcg	3		0	NR	4		2		
Vitamin E.....mg_ATE	0.235		0	FLC	4		0.132		
Vitamin D.....IU									
<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		

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....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>Amino Acids:</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>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**

**Fat 9**

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07005**  
**Blood sausage**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	47.33	1.770	14		1		11.83	13.42	47.33
Energy.....kcal	378		0	NC	4		95	107	378
Energy.....kj	1583		0	NC	4		396	449	1583
Protein (N x 6.25).....g	14.61	0.674	14		1		3.65	4.14	14.61
Total lipid (fat).....g	34.48	2.277	14		1		8.62	9.78	34.48
Ash.....g	2.31	0.140	13		1		0.58	0.65	2.31
Carbohydrate, by difference.....g	1.27		0	NC	4		0.32	0.36	1.27
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	1.29		0	MC	9		0.32	0.37	1.29
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0		4		2	2	6
Iron, Fe.....mg	6.40		0		4		1.60	1.81	6.40
Magnesium, Mg.....mg	8		0		4		2	2	8
Phosphorus, P.....mg	22		0		4		6	6	22
Potassium, K.....mg	38		0		4		10	11	38
Sodium, Na.....mg	680		0		4		170	193	680
Zinc, Zn.....mg	1.30		0		4		0.33	0.37	1.30
Copper, Cu.....mg	0.040		0		4		0.010	0.011	0.040
Manganese, Mn.....mg	0.011		0		4		0.003	0.003	0.011
Selenium, Se.....mcg	11.8		0	BENN	4		3.0	3.3	11.8
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.073		0		4		0.018	0.021	0.073
Riboflavin.....mg	0.130		0		4		0.033	0.037	0.130
Niacin.....mg	1.200		0		4		0.300	0.340	1.200
Pantothenic acid.....mg	0.600		0		4		0.150	0.170	0.600
Vitamin B-6.....mg	0.040		0		4		0.010	0.011	0.040
Folate, total.....mcg	5		0		4		1	1	5
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	5		0		4		1	1	5
Folate, DFE.....mcg_DFE	5		0	NC	4		1	1	5
Vitamin B-12.....mcg	1.00		0		4		0.25	0.28	1.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	NR	4		0	0	0
Vitamin E.....mg_ATE	0.240		0		4		0.060	0.068	0.240
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	13.360		0	NC	4		3.340	3.788	13.360
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.030		1		1		0.008	0.009	0.030
13:0.....g									
14:0.....g	0.620		1		1		0.155	0.176	0.620
15:0.....g									
16:0.....g	8.300		1		1		2.075	2.353	8.300
17:0.....g									
18:0.....g	4.410		1		1		1.103	1.250	4.410
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.850		0	NC	4		3.963	4.493	15.850
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.880		1		1		0.220	0.249	0.880

**NDB No. 07005**  
**Blood sausage**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	14.970		1		1		3.743	4.244	14.970
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.460		0	NC	4		0.865	0.981	3.460
18:2 undifferentiated.....g	3.200		1		1		0.800	0.907	3.200
18:3 undifferentiated.....g	0.260		1		1		0.065	0.074	0.260
18:4.....g	0.000		0		1		0.000	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	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	120		1		1		30	34	120
Phytosterols.....mg	0		0		4		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.180		0	MC	9		0.045	0.051	0.180
Threonine.....g	0.570		0	MC	9		0.143	0.162	0.570
Isoleucine.....g	0.320		0	MC	9		0.080	0.091	0.320
Leucine.....g	1.390		0	MC	9		0.348	0.394	1.390
Lysine.....g	1.050		0	MC	9		0.263	0.298	1.050
Methionine.....g	0.200		0	MC	9		0.050	0.057	0.200
Cystine.....g	0.180		0	MC	9		0.045	0.051	0.180
Phenylalanine.....g	0.820		0	MC	9		0.205	0.232	0.820
Tyrosine.....g	0.340		0	MC	9		0.085	0.096	0.340
Valine.....g	1.020		0	MC	9		0.255	0.289	1.020
Arginine.....g	0.680		0	MC	9		0.170	0.193	0.680
Histidine.....g	0.710		0	MC	9		0.178	0.201	0.710
Alanine.....g	1.050		0	MC	9		0.263	0.298	1.050
Aspartic acid.....g	1.350		0	MC	9		0.338	0.383	1.350
Glutamic acid.....g	2.120		0	MC	9		0.530	0.601	2.120
Glycine.....g	0.910		0	MC	9		0.228	0.258	0.910
Proline.....g	1.000		0	MC	9		0.250	0.284	1.000
Serine.....g	0.680		0	MC	9		0.170	0.193	0.680
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	MC	9		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0

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

**Common Measures:**

- Measure 1 = 25g: 1 slice
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 100g: 4 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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	60.83		1	A	1		55.36		
Energy.....kcal	278		0	MC	9		253		
Energy.....kj	1165		0	MC	9		1060		
Protein (N x 6.25).....g	10.91		1	A	1		9.93		
Total lipid (fat).....g	25.87		1	A	1		23.54		
Ash.....g	1.89		1	A	1		1.72		
Carbohydrate, by difference.....g	0.50		0	MC	9		0.46		
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	41		1	A	1		37		
Iron, Fe.....mg	1.15		1	A	1		1.05		
Magnesium, Mg.....mg	18		0		4		16		
Phosphorus, P.....mg	146		0		4		133		
Potassium, K.....mg	270		0		4		246		
Sodium, Na.....mg	497		1	A	1		452		
Zinc, Zn.....mg	1.55		0		4		1.41		
Copper, Cu.....mg	0.060		0		4		0.055		
Manganese, Mn.....mg	0.015		0		4		0.014		
Selenium, Se.....mcg	10.6		0	BFNN	4		9.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.410		0		4		0.373		
Riboflavin.....mg	0.170		0		4		0.155		
Niacin.....mg	4.126		0		4		3.755		
Pantothenic acid.....mg	0.670		0		4		0.610		
Vitamin B-6.....mg	0.230		0		4		0.209		
Folate, total.....mcg	6		0		4		5		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	6		0		4		5		
Folate, DFE.....mcg_DFE	6		0	NC	4		5		
Vitamin B-12.....mcg	0.81		0		4		0.74		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.140		0		4		0.127		
Vitamin D.....IU	11.400		0	BFZN	4		10.374		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.920		0	NC	4		9.027		
4:0.....g	0.010		0		1		0.009		
6:0.....g	0.010		0		1		0.009		
8:0.....g	0.000		0		1		0.000		
10:0.....g	0.010		0		1		0.009		
12:0.....g	0.010		0		1		0.009		
13:0.....g									
14:0.....g	0.530		0		1		0.482		
15:0.....g									
16:0.....g	6.280		0		1		5.715		
17:0.....g									
18:0.....g	3.070		0		1		2.794		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.810		0	NC	4		11.657		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.010		0		1		0.919		

**NDB No. 07006**  
**Bockwurst, pork, veal, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	11.800		0		1		10.738		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.900		0	NC	4		2.639		
18:2 undifferentiated.....g	2.560		0		1		2.330		
18:3 undifferentiated.....g	0.250		0		1		0.227		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.082		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0	MC	9		85		
Phytosterols.....mg	0		0		4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.131		0	BFZN	4		0.119		
Threonine.....g	0.599		0	BFZN	4		0.545		
Isoleucine.....g	0.608		0	BFZN	4		0.553		
Leucine.....g	1.080		0	BFZN	4		0.983		
Lysine.....g	1.140		0	BFZN	4		1.037		
Methionine.....g	0.370		0	BFZN	4		0.336		
Cystine.....g	0.162		0	BFZN	4		0.147		
Phenylalanine.....g	0.541		0	BFZN	4		0.492		
Tyrosine.....g	0.442		0	BFZN	4		0.402		
Valine.....g	0.678		0	BFZN	4		0.617		
Arginine.....g	0.948		0	BFZN	4		0.863		
Histidine.....g	0.438		0	BFZN	4		0.399		
Alanine.....g	0.928		0	BFZN	4		0.844		
Aspartic acid.....g	1.291		0	BFZN	4		1.175		
Glutamic acid.....g	2.110		0	BFZN	4		1.920		
Glycine.....g	1.028		0	BFZN	4		0.935		
Proline.....g	0.741		0	BFZN	4		0.674		
Serine.....g	0.589		0	BFZN	4		0.536		
Hydroxyproline.....g									
<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 = 91g: 1 sausage

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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	55.30	0.267	67		1		15.48	12.72	
Energy.....kcal	312		0	NC	4		87	72	
Energy.....kj	1305				4		366	300	
Protein (N x 6.25).....g	12.20	0.161	68		1		3.42	2.81	
Total lipid (fat).....g	28.50	0.298	31		1		7.98	6.56	
Ash.....g	3.20	0.028	15		1		0.90	0.74	
Carbohydrate, by difference.....g	0.80		0	NC	4		0.22	0.18	
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		1		1		3	3	
Iron, Fe.....mg	1.66	0.088	30		1		0.46	0.38	
Magnesium, Mg.....mg	12	0.603	15		1		3	3	
Phosphorus, P.....mg	88	7.705	15		1		25	20	
Potassium, K.....mg	157	9.398	15		1		44	36	
Sodium, Na.....mg	981	19.273	33		1		275	226	
Zinc, Zn.....mg	2.16	0.116	15		1		0.60	0.50	
Copper, Cu.....mg	0.030	0.009	5		1		0.008	0.007	
Manganese, Mn.....mg	0.028		2		1		0.008	0.006	
Selenium, Se.....mcg	11.3	0.390	41	A	1		3.2	2.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.050	0.002	21		1		0.014	0.012	
Riboflavin.....mg	0.109	0.004	30		1		0.031	0.025	
Niacin.....mg	2.407	0.046	30		1		0.674	0.554	
Pantothenic acid.....mg	0.280		1		1		0.078	0.064	
Vitamin B-6.....mg	0.150	0.005	32		1		0.042	0.035	
Folate, total.....mcg	5		1		1		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		1		1		1	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	1	
Vitamin B-12.....mcg	1.42	0.062	32		1		0.40	0.33	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.190		0		4		0.053	0.044	
Vitamin D.....IU	28.000		0	T	4		7.840	6.440	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.070		0		1		3.380	2.776	
4:0.....g	0.000		15		1		0.000	0.000	
6:0.....g	0.000		15		1		0.000	0.000	
8:0.....g	0.000		15		1		0.000	0.000	
10:0.....g	0.080		15		1		0.022	0.018	
12:0.....g	0.040		15		1		0.011	0.009	
13:0.....g									
14:0.....g	0.870		15		1		0.244	0.200	
15:0.....g									
16:0.....g	6.640		15		1		1.859	1.527	
17:0.....g									
18:0.....g	4.050		15		1		1.134	0.932	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.800		0		1		3.864	3.174	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.640		15		1		0.459	0.377	

**NDB No. 07007**  
**Bologna, beef**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	12.160		15		1		3.405	2.797	
20:1.....g	0.000		15		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		15		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.090		0		1		0.305	0.251	
18:2 undifferentiated.....g	0.850		15		1		0.238	0.196	
18:3 undifferentiated.....g	0.240		15		1		0.067	0.055	
18:4.....g	0.000		15		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		15		1		0.000	0.000	
20:5 n-3.....g	0.000		15		1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	15		1		0.000	0.000	
22:6 n-3.....g	0.000		15		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58	1.868	15		1		16	13	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.110		0		1		0.031	0.025	
Threonine.....g	0.456		0		1		0.128	0.105	
Isoleucine.....g	0.523		0		1		0.146	0.120	
Leucine.....g	0.889		0		1		0.249	0.204	
Lysine.....g	0.928		0		1		0.260	0.213	
Methionine.....g	0.280		0		1		0.078	0.064	
Cystine.....g	0.155		0		1		0.043	0.036	
Phenylalanine.....g	0.435		0		1		0.122	0.100	
Tyrosine.....g	0.396		0		1		0.111	0.091	
Valine.....g	0.533		0		1		0.149	0.123	
Arginine.....g	0.748		0		1		0.209	0.172	
Histidine.....g	0.386		0		1		0.108	0.089	
Alanine.....g	0.871		0		1		0.244	0.200	
Aspartic acid.....g	1.185		0		1		0.332	0.273	
Glutamic acid.....g	1.972		0		1		0.552	0.454	
Glycine.....g	1.011		0		1		0.283	0.233	
Proline.....g	0.871		0		1		0.244	0.200	
Serine.....g	0.488		0		1		0.137	0.112	
Hydroxyproline.....g									
<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, 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 3.68**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07010**  
**Bologna, 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	60.60	0.839	3		1		16.97	13.94	
Energy.....kcal	247		0	NC	4		69	57	
Energy.....kj	1033				4		289	238	
Protein (N x 6.25).....g	15.30	0.153	3		1		4.28	3.52	
Total lipid (fat).....g	19.87	1.267	3		1		5.56	4.57	
Ash.....g	3.50	0.058	3		1		0.98	0.81	
Carbohydrate, by difference.....g	0.73		0	NC	4		0.20	0.17	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	1.000	3		1		3	3	
Iron, Fe.....mg	0.77	0.097	3		1		0.22	0.18	
Magnesium, Mg.....mg	14	0.577	3		1		4	3	
Phosphorus, P.....mg	139	3.712	3		1		39	32	
Potassium, K.....mg	281	18.475	3		1		79	65	
Sodium, Na.....mg	1184	20.177	3		1		332	272	
Zinc, Zn.....mg	2.03	0.111	4		1		0.57	0.47	
Copper, Cu.....mg	0.080	0.013	4		1		0.022	0.018	
Manganese, Mn.....mg	0.036		2		1		0.010	0.008	
Selenium, Se.....mcg	12.7		0	BFNN	4		3.6	2.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.523	0.009	3		1		0.146	0.120	
Riboflavin.....mg	0.157	0.020	3		1		0.044	0.036	
Niacin.....mg	3.900	0.156	3		1		1.092	0.897	
Pantothenic acid.....mg	0.720		1		1		0.202	0.166	
Vitamin B-6.....mg	0.270	0.014	3		1		0.076	0.062	
Folate, total.....mcg	5		0		1		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		1		1	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	1	
Vitamin B-12.....mcg	0.93	0.041	3		1		0.26	0.21	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.073	0.060	
Vitamin D.....IU	56.000		0	T	4		15.680	12.880	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.880		0		1		1.926	1.582	
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	0.240	0.021	3		1		0.067	0.055	
15:0.....g									
16:0.....g	4.330	0.289	3		1		1.212	0.996	
17:0.....g									
18:0.....g	2.270	0.158	3		1		0.636	0.522	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.780		0		1		2.738	2.249	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720	0.050	3		1		0.202	0.166	

**NDB No. 07010**  
**Bologna, pork**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	9.070	0.522	3		1		2.540	2.086	
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	2.120		0		1		0.594	0.488	
18:2 undifferentiated.....g	1.840	0.124	3		1		0.515	0.423	
18:3 undifferentiated.....g	0.280	0.031	3		1		0.078	0.064	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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	
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 Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07008**  
**Bologna, 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	54.30	0.187	100		1		12.49	15.20	54.30
Energy.....kcal	312		0	NC	4		72	87	312
Energy.....kj	1306		0	NC	4		300	366	1306
Protein (N x 6.25).....g	11.69	0.060	96		1		2.69	3.27	11.69
Total lipid (fat).....g	28.26	0.171	96		1		6.50	7.91	28.26
Ash.....g	2.97	0.065	22		1		0.68	0.83	2.97
Carbohydrate, by difference.....g	2.78		0	NC	4		0.64	0.78	2.78
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	4.42		0	MC	9		1.02	1.24	4.42
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12	0.479	28		1		3	3	12
Iron, Fe.....mg	1.51	0.037	95		1		0.35	0.42	1.51
Magnesium, Mg.....mg	11	0.254	22		1		3	3	11
Phosphorus, P.....mg	91	3.054	22		1		21	25	91
Potassium, K.....mg	180	5.841	21		1		41	50	180
Sodium, Na.....mg	1019	27.445	22		1		234	285	1019
Zinc, Zn.....mg	1.94	0.080	22		1		0.45	0.54	1.94
Copper, Cu.....mg	0.080	0.027	21		1		0.018	0.022	0.080
Manganese, Mn.....mg	0.039	0.004	13		1		0.009	0.011	0.039
Selenium, Se.....mcg	11.3	0.390	41	A	1		2.6	3.2	11.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.172	0.005	95		1		0.040	0.048	0.172
Riboflavin.....mg	0.137	0.002	95		1		0.032	0.038	0.137
Niacin.....mg	2.580	0.038	95		1		0.593	0.722	2.580
Pantothenic acid.....mg	0.280	0.029	4		1		0.064	0.078	0.280
Vitamin B-6.....mg	0.180	0.003	95		1		0.041	0.050	0.180
Folate, total.....mcg	5	0.900	4		1		1	1	5
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	5	0.900	4		1		1	1	5
Folate, DFE.....mcg_DFE	5		0	NC	4		1	1	5
Vitamin B-12.....mcg	1.33	0.028	95		1		0.31	0.37	1.33
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	NR	4		0	0	0
Vitamin E.....mg_ATE	0.220		0		4		0.051	0.062	0.220
Vitamin D.....IU	31.550		0	MC	9		7.257	8.834	31.550
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.690		0	NC	4		2.459	2.993	10.690
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.060	0.012	20		1		0.014	0.017	0.060
12:0.....g	0.040	0.010	23		1		0.009	0.011	0.040
13:0.....g									
14:0.....g	0.620	0.025	23		1		0.143	0.174	0.620
15:0.....g									
16:0.....g	6.270	0.067	23		1		1.442	1.756	6.270
17:0.....g									
18:0.....g	3.700	0.059	23		1		0.851	1.036	3.700
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.390		0	NC	4		3.080	3.749	13.390
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.380	0.053	23		1		0.317	0.386	1.380

**NDB No. 07008**  
**Bologna, 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
17:1.....g									
18:1 undifferentiated.....g	12.010	0.141	23		1		2.762	3.363	12.010
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.400		0	NC	4		0.552	0.672	2.400
18:2 undifferentiated.....g	1.990	0.104	23		1		0.458	0.557	1.990
18:3 undifferentiated.....g	0.410	0.046	23		1		0.094	0.115	0.410
18:4.....g	0.000		0		1		0.000	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	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	55	2.076	19		1		13	15	55
Phytosterols.....mg	0		0		4		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.109		0	FLM	4		0.025	0.030	0.109
Threonine.....g	0.463		0	FLM	4		0.107	0.130	0.463
Isoleucine.....g	0.456		0	FLM	4		0.105	0.128	0.456
Leucine.....g	0.879		0	FLM	4		0.202	0.246	0.879
Lysine.....g	0.878		0	FLM	4		0.202	0.246	0.878
Methionine.....g	0.255		0	FLM	4		0.059	0.071	0.255
Cystine.....g	0.122		0	FLM	4		0.028	0.034	0.122
Phenylalanine.....g	0.446		0	FLM	4		0.102	0.125	0.446
Tyrosine.....g	0.353		0	FLM	4		0.081	0.099	0.353
Valine.....g	0.544		0	FLM	4		0.125	0.152	0.544
Arginine.....g	0.730		0	FLM	4		0.168	0.204	0.730
Histidine.....g	0.294		0	FLM	4		0.068	0.082	0.294
Alanine.....g	0.627		0	FLM	4		0.144	0.175	0.627
Aspartic acid.....g	0.965		0	FLM	4		0.222	0.270	0.965
Glutamic acid.....g	1.682		0	FLM	4		0.387	0.471	1.682
Glycine.....g	0.531		0	FLM	4		0.122	0.149	0.531
Proline.....g	0.511		0	FLM	4		0.117	0.143	0.511
Serine.....g	0.456		0	FLM	4		0.105	0.128	0.456
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLM	4		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0

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

**Common Measures:**

Measure 1 = 23g: 1 slice

Measure 2 = 28g: 1 slice,

Measure 3 = 100g: 3.527 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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.....mcg	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.....mcg	18			FLM	4		10		
Folic acid.....mcg	0			FLM	4		0		
Folate, food.....mcg	18			FLM	4		10		
Folate, DFE.....mcg_DFE	18		0	NC	4		10		
Vitamin B-12.....mcg	0.29			FLM	4		0.16		
Vitamin A, IU.....IU	2		0	MC	9		1		
Vitamin A, RAE.....mcg_RAE	1		0	AS	1		0		
Retinol.....mcg	1		0	NR	4		0		
Vitamin E.....mg_ATE	0.124			FLM	4		0.069		
Vitamin D.....IU									
<b>Lipids:</b>									
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		

**NDB No. 07936**  
**Bologna, pork and turkey, lite**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000			FLM	4		0.000		
22:5 n-3.....g	0.003			FLM	4		0.002		
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07937**  
**Bologna, pork, turkey 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.789			FLA	4		3.626		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.146			FLA	4		0.325		
17:1.....g									
18:1 undifferentiated.....g	11.497			FLA	4		3.259		
20:1.....g	0.144			FLA	4		0.041		
22:1 undifferentiated.....g	0.001			FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.512			FLA	4		0.712		
18:2 undifferentiated.....g	2.171			FLA	4		0.615		
18:3 undifferentiated.....g	0.288			FLA	4		0.082		
18:4.....g	0.000			FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.046			FLA	4		0.013		
20:5 n-3.....g	0.000			FLA	4		0.000		
22:5 n-3.....g	0.003			FLA	4		0.001		
22:6 n-3.....g	0.004			FLA	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	75		1	A	1		21		
Phytosterols.....mg	0			FLA	4		0		
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.126			FLA	4		0.036		
Threonine.....g	0.509			FLA	4		0.144		
Isoleucine.....g	0.540			FLA	4		0.153		
Leucine.....g	0.937			FLA	4		0.266		
Lysine.....g	1.024			FLA	4		0.290		
Methionine.....g	0.298			FLA	4		0.085		
Cystine.....g	0.135			FLA	4		0.038		
Phenylalanine.....g	0.474			FLA	4		0.134		
Tyrosine.....g	0.388			FLA	4		0.110		
Valine.....g	0.614			FLA	4		0.174		
Arginine.....g	0.908			FLA	4		0.258		
Histidine.....g	0.361			FLA	4		0.102		
Alanine.....g	0.724			FLA	4		0.205		
Aspartic acid.....g	1.143			FLA	4		0.324		
Glutamic acid.....g	1.889			FLA	4		0.536		
Glycine.....g	0.664			FLA	4		0.188		
Proline.....g	0.522			FLA	4		0.148		
Serine.....g	0.493			FLA	4		0.140		
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 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)



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	65.08	1.091	4		1		18.45	37.10	
Energy.....kcal	199		0	NC	4		56	113	
Energy.....kj	833		4		4		236	475	
Protein (N x 6.25).....g	13.73	0.383	6		1		3.89	7.83	
Total lipid (fat).....g	15.21	1.631	6		1		4.31	8.67	
Ash.....g	3.30	0.211	4		1		0.94	1.88	
Carbohydrate, by difference.....g	0.97		6		9		0.27	0.55	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	84	5.667	4		1		24	48	
Iron, Fe.....mg	1.53	0.338	4		1		0.43	0.87	
Magnesium, Mg.....mg	14		1		1		4	8	
Phosphorus, P.....mg	131		2		1		37	75	
Potassium, K.....mg	199	8.452	3		1		56	113	
Sodium, Na.....mg	878	140.969	7		1		249	500	
Zinc, Zn.....mg	1.74		1		1		0.49	0.99	
Copper, Cu.....mg	0.030		1		1		0.009	0.017	
Manganese, Mn.....mg	0.015		0		4		0.004	0.009	
Selenium, Se.....mcg	12.8		0	BENN	4		3.6	7.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.055		2		1		0.016	0.031	
Riboflavin.....mg	0.165		2		1		0.047	0.094	
Niacin.....mg	3.527		0		1		1.000	2.010	
Pantothenic acid.....mg	0.700		0		4		0.198	0.399	
Vitamin B-6.....mg	0.220		0		4		0.062	0.125	
Folate, total.....mcg	7		0		4		2	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7		0		4		2	4	
Folate, DFE.....mcg_DFE	7		0	NC	4		2	4	
Vitamin B-12.....mcg	0.27		0		4		0.08	0.15	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.530		0		4		0.150	0.302	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.060		0		4		1.435	2.884	
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	0.130		0		4		0.037	0.074	
13:0.....g									
14:0.....g	0.250		0		4		0.071	0.143	
15:0.....g									
16:0.....g	3.110		0		4		0.882	1.773	
17:0.....g									
18:0.....g	1.570		0		4		0.445	0.895	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.790		0		4		1.358	2.730	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		0		4		0.068	0.137	

**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	4.550		0		4		1.290	2.594	
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	4.290		0		4		1.216	2.445	
18:2 undifferentiated.....g	3.980		0		4		1.128	2.269	
18:3 undifferentiated.....g	0.310		0		4		0.088	0.177	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	99		2		1		28	56	
Phytosterols.....mg	0		0		4		0	0	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.110		0		4		0.031	0.063	
Threonine.....g	0.657		0		4		0.186	0.374	
Isoleucine.....g	0.518		0		4		0.147	0.295	
Leucine.....g	1.118		0		4		0.317	0.637	
Lysine.....g	1.190		0		4		0.337	0.678	
Methionine.....g	0.386		0		4		0.109	0.220	
Cystine.....g	0.101		0		4		0.029	0.058	
Phenylalanine.....g	0.569		0		4		0.161	0.324	
Tyrosine.....g	0.488		0		4		0.138	0.278	
Valine.....g	0.562		0		4		0.159	0.320	
Arginine.....g	0.896		0		4		0.254	0.511	
Histidine.....g	0.520		0		4		0.147	0.296	
Alanine.....g	0.898		0		4		0.255	0.512	
Aspartic acid.....g	1.397		0		4		0.396	0.796	
Glutamic acid.....g	2.304		0		4		0.653	1.313	
Glycine.....g	0.804		0		4		0.228	0.458	
Proline.....g	0.670		0		4		0.190	0.382	
Serine.....g	0.641		0		4		0.182	0.365	
Hydroxyproline.....g									
<b><u>Others:</u></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 = 28.35g: 1 oz

Measure 2 = 57g: 2 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	296		0	NC	4		195		
Energy.....kj	1239		0	NC	4		818		
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	2.56		0	MC	9		1.69		
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.....mcg	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.....mcg	4		0	MC	9		3		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	4		0	MC	9		3		
Folate, DFE.....mcg_DFE	4		0	NC	4		3		
Vitamin B-12.....mcg	2.67		0	BFZN	4		1.76		
Vitamin A, IU.....IU	0		0	Z	7		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.200		0	BFZN	4		0.132		
Vitamin D.....IU	13.000		0	BFZN	4		8.580		
<b>Lipids:</b>									
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		

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
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.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2.33 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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	MC	9		148		
Energy.....kj	736		0	MC	9		619		
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.....mcg									
<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.....mcg	6		0	MC	9		5		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	6		0	MC	9		5		
Folate, DFE.....mcg_DFE	6		0	NC	4		5		
Vitamin B-12.....mcg	0.34		0	MC	9		0.28		
Vitamin A, IU.....IU	101		0	MC	9		85		
Vitamin A, RAE.....mcg_RAE	30		0	AS	1		25		
Retinol.....mcg	30		0	NR	4		25		
Vitamin E.....mg_ATE	0.382		0	MC	9		0.320		
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.952		0	MC	9		2.480		
4:0.....g									
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	0.574		0	MC	9		0.482		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.370		0	MC	9		3.671		
Fatty acids, total polyunsaturated.....g	2.080		0	MC	9		1.747		
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0	MC	9		59		

**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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: 2.963 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	195		0	NC	4		129		
Energy.....kj	818		0	NC	4		540		
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	3.98		0	MC	9		2.63		
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.....mcg	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.....mcg	5		0	MC	9		3		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	5		0	MC	9		3		
Folate, DFE.....mcg_DFE	5		0	NC	4		3		
Vitamin B-12.....mcg	1.60		0	BFZN	4		1.06		
Vitamin A, IU.....IU	1		0	MC	9		1		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.046		0	BFZN	4		0.030		
Vitamin D.....IU	8.297		0	BFZN	4		5.476		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.788		0	NC	4		3.160		
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		

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
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.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2.33 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07013**  
**Bratwurst, pork, 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	56.13	0.268	6		1		15.91	47.71	
Energy.....kcal	301		0	NC	4		85	256	
Energy.....kj	1259		4		4		357	1070	
Protein (N x 6.25).....g	14.08	0.111	6		1		3.99	11.97	
Total lipid (fat).....g	25.87	0.150	6		1		7.33	21.99	
Ash.....g	1.85	0.085	6		1		0.52	1.57	
Carbohydrate, by difference.....g	2.07		0	NC	4		0.59	1.76	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44	1.820	6		1		12	37	
Iron, Fe.....mg	1.29	0.054	6		1		0.37	1.10	
Magnesium, Mg.....mg	15	0.428	6		1		4	13	
Phosphorus, P.....mg	149	2.109	6		1		42	127	
Potassium, K.....mg	212	10.009	6		1		60	180	
Sodium, Na.....mg	557	35.714	6		1		158	473	
Zinc, Zn.....mg	2.30	0.097	6		1		0.65	1.96	
Copper, Cu.....mg	0.090	0.011	6		1		0.026	0.077	
Manganese, Mn.....mg	0.046	0.006	6		1		0.013	0.039	
Selenium, Se.....mcg	21.2		0	RF	4		6.0	18.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0	0.000	6		1		0.3	0.9	
Thiamin.....mg	0.505	0.052	6		1		0.143	0.429	
Riboflavin.....mg	0.183	0.011	6		1		0.052	0.156	
Niacin.....mg	3.200	0.158	6		1		0.907	2.720	
Pantothenic acid.....mg	0.320	0.030	5		1		0.091	0.272	
Vitamin B-6.....mg	0.210	0.008	6		1		0.060	0.179	
Folate, total.....mcg	2		0		4		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	2	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	2	
Vitamin B-12.....mcg	0.95	0.091	6		1		0.27	0.81	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.250		0		4		0.071	0.213	
Vitamin D.....IU	44.000		0	T	4		12.474	37.400	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.320		0		1		2.642	7.922	
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	0.007	6		1		0.009	0.026	
12:0.....g	0.010	0.003	6		1		0.003	0.009	
13:0.....g									
14:0.....g	0.300	0.005	6		1		0.085	0.255	
15:0.....g									
16:0.....g	5.850	0.051	6		1		1.658	4.973	
17:0.....g									
18:0.....g	3.130	0.080	6		1		0.887	2.661	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.190		0		1		3.456	10.362	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.820	0.027	6		1		0.232	0.697	

**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
17:1.....g									
18:1 undifferentiated.....g	11.370	0.066	6		1		3.223	9.665	
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	2.740		0		1		0.777	2.329	
18:2 undifferentiated.....g	2.480	0.038	6		1		0.703	2.108	
18:3 undifferentiated.....g	0.260	0.023	6		1		0.074	0.221	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60	0.730	6		1		17	51	
Phytosterols.....mg	0		0		4		0	0	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.113		0		1		0.032	0.096	
Threonine.....g	0.556		0		1		0.158	0.473	
Isoleucine.....g	0.514		0		1		0.146	0.437	
Leucine.....g	0.944		0		1		0.268	0.802	
Lysine.....g	1.070		0		1		0.303	0.910	
Methionine.....g	0.342		0		1		0.097	0.291	
Cystine.....g	0.142		0		1		0.040	0.121	
Phenylalanine.....g	0.471		0		1		0.134	0.400	
Tyrosine.....g	0.406		0		1		0.115	0.345	
Valine.....g	0.566		0		1		0.160	0.481	
Arginine.....g	0.831		0		1		0.236	0.706	
Histidine.....g	0.406		0		1		0.115	0.345	
Alanine.....g	0.789		0		1		0.224	0.671	
Aspartic acid.....g	1.172		0		1		0.332	0.996	
Glutamic acid.....g	1.947		0		1		0.552	1.655	
Glycine.....g	0.854		0		1		0.242	0.726	
Proline.....g	0.656		0		1		0.186	0.558	
Serine.....g	0.545		0		1		0.155	0.463	
Hydroxyproline.....g									
<b><u>Others:</u></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 = 28.35g: 1 oz

Measure 2 = 85g: 1 link (4 per 12 oz package)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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	343		0	MC	9		288		
Energy.....kj	1436		0	MC	9		1206		
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.....mcg	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.....mcg	9		0	MC	9		8		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	9		0	MC	9		8		
Folate, DFE.....mcg_DFE	9		0	NC	4		8		
Vitamin B-12.....mcg	0.98		0	MC	9		0.82		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.282		0	MC	9		0.237		
Vitamin D.....IU									
<b>Lipids:</b>									
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		

**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
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.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2.963 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07014

Braunschweiger (a liver 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	48.01	0.512	27		1		13.61	8.64	
Energy.....kcal	359		0	NC	4		102	65	
Energy.....kj	1502				4		426	270	
Protein (N x 6.25).....g	13.50	0.145	26		1		3.83	2.43	
Total lipid (fat).....g	32.09	0.480	26		1		9.10	5.78	
Ash.....g	3.27	0.072	25		1		0.93	0.59	
Carbohydrate, by difference.....g	3.13		0	NC	4		0.89	0.56	
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	0.831	23		1		3	2	
Iron, Fe.....mg	9.36	0.375	26		1		2.65	1.68	
Magnesium, Mg.....mg	11	0.237	25		1		3	2	
Phosphorus, P.....mg	168	5.127	26		1		48	30	
Potassium, K.....mg	199	6.325	18		1		56	36	
Sodium, Na.....mg	1143	25.057	26		1		324	206	
Zinc, Zn.....mg	2.81	0.061	25		1		0.80	0.51	
Copper, Cu.....mg	0.240	0.015	25		1		0.068	0.043	
Manganese, Mn.....mg	0.155	0.004	23		1		0.044	0.028	
Selenium, Se.....mcg	58.0		0	BFZN	4		16.4	10.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.249	0.009	25		1		0.071	0.045	
Riboflavin.....mg	1.525	0.039	26		1		0.432	0.275	
Niacin.....mg	8.368	0.306	26		1		2.372	1.506	
Pantothenic acid.....mg	3.380	0.274	14		1		0.958	0.608	
Vitamin B-6.....mg	0.330	0.019	20		1		0.094	0.059	
Folate, total.....mcg	44		0		4		12	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	44		0		4		12	8	
Folate, DFE.....mcg_DFE	44		0	NC	4		12	8	
Vitamin B-12.....mcg	20.09	0.754	20		1		5.70	3.62	
Vitamin A, IU.....IU	14051	*****	21		1		3983	2529	
Vitamin A, RAE.....mcg_RAE	4220	308.455	21		1		1196	760	
Retinol.....mcg	4220	308.455	21		1		1196	760	
Vitamin E.....mg_ATE	0.350		0		4		0.099	0.063	
Vitamin D.....IU	48.000		0	T	4		13.608	8.640	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.900		0		1		3.090	1.962	
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	0.060	0.011	9		1		0.017	0.011	
12:0.....g	0.130	0.046	12		1		0.037	0.023	
13:0.....g									
14:0.....g	0.390	0.017	15		1		0.111	0.070	
15:0.....g									
16:0.....g	6.750	0.085	15		1		1.914	1.215	
17:0.....g									
18:0.....g	3.570	0.043	15		1		1.012	0.643	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.910		0		1		4.227	2.684	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.200	0.039	15		1		0.340	0.216	

NDB No. 07014

Braunschweiger (a liver sausage), pork

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	13.710	0.200	15		1		3.887	2.468	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.740		0		1		1.060	0.673	
18:2 undifferentiated.....g	3.340	0.055	15		1		0.947	0.601	
18:3 undifferentiated.....g	0.400	0.031	15		1		0.113	0.072	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	156	14.020	11		1		44	28	
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	
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 = 18g: 1 slice (2-1/2" dia x 1/4" thick)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07015

Brotwurst, pork and beef, link

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	51.30	0.751	3		1		35.91		
Energy.....kcal	323		0	NC	4		226		
Energy.....kj	1352		0	NC	4		946		
Protein (N x 6.25).....g	14.27	0.290	3		1		9.99		
Total lipid (fat).....g	27.80	1.041	3		1		19.46		
Ash.....g	3.67	0.167	3		1		2.57		
Carbohydrate, by difference.....g	2.96		0	NC	4		2.07		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	2.98		0	MC	9		2.09		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	48	5.507	3		1		34		
Iron, Fe.....mg	1.03	0.000	3		1		0.72		
Magnesium, Mg.....mg	16	0.333	3		1		11		
Phosphorus, P.....mg	134	9.939	3		1		94		
Potassium, K.....mg	281	21.789	3		1		197		
Sodium, Na.....mg	1112	58.618	3		1		778		
Zinc, Zn.....mg	2.10	0.058	3		1		1.47		
Copper, Cu.....mg	0.080	0.017	3		1		0.056		
Manganese, Mn.....mg	0.038		2		1		0.027		
Selenium, Se.....mcg	13.5		0	BFNN	4		9.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0		
Thiamin.....mg	0.250	0.060	3		1		0.175		
Riboflavin.....mg	0.227	0.007	3		1		0.159		
Niacin.....mg	3.300	0.196	3		1		2.310		
Pantothenic acid.....mg	0.060		1		1		0.042		
Vitamin B-6.....mg	0.130	0.018	3		1		0.091		
Folate, total.....mcg	5		0		4		4		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	5		0		4		4		
Folate, DFE.....mcg_DFE	5		0	NC	4		4		
Vitamin B-12.....mcg	2.05	0.248	3		1		1.44		
Vitamin A, IU.....IU	0		0		4		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.270		0	MC	9		0.189		
Vitamin D.....IU	11.400		0	MC	9		7.980		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.920		0	NC	4		6.944		
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	0.040	0.011	3		1		0.028		
12:0.....g	0.020	0.006	3		1		0.014		
13:0.....g									
14:0.....g	0.350	0.012	3		1		0.245		
15:0.....g									
16:0.....g	6.110	0.274	3		1		4.277		
17:0.....g									
18:0.....g	3.400	0.070	3		1		2.380		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.300		0	NC	4		9.310		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.040	0.061	3		1		0.728		

**NDB No. 07015**  
**Brotwurst, pork and beef, link**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	12.260	0.547	3		1		8.582		
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	2.830		0		1		1.981		
18:2 undifferentiated.....g	2.540	0.104	3		1		1.778		
18:3 undifferentiated.....g	0.290	0.073	3		1		0.203		
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.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	63	5.608	3		1		44		
Phytosterols.....mg	0		0		4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.131		0		1		0.092		
Threonine.....g	0.598		0		1		0.419		
Isoleucine.....g	0.606		0		1		0.424		
Leucine.....g	1.080		0		1		0.756		
Lysine.....g	1.139		0		1		0.797		
Methionine.....g	0.369		0		1		0.258		
Cystine.....g	0.163		0		1		0.114		
Phenylalanine.....g	0.541		0		1		0.379		
Tyrosine.....g	0.443		0		1		0.310		
Valine.....g	0.675		0		1		0.473		
Arginine.....g	0.946		0		1		0.662		
Histidine.....g	0.436		0		1		0.305		
Alanine.....g	0.925		0		1		0.648		
Aspartic acid.....g	1.292		0		1		0.904		
Glutamic acid.....g	2.109		0		1		1.476		
Glycine.....g	1.025		0		1		0.718		
Proline.....g	0.742		0		1		0.519		
Serine.....g	0.588		0		1		0.412		
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 = 70g: 1 link, (1 serving)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



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

Refuse: 0%

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

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

**Common Measures:**

Measure 1 = 71g: 1 package

Measure 2 = 57g: 2 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 07270**

**CARL BUDDIG, Cooked Corned Beef, Chopped, Pressed**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07272**  
**CARL BUDDIG, Smoked Sliced 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	69.40	0.268	12	A	1		49.27	39.56	
Energy.....kcal	139		0	MC	9		99	79	
Energy.....kj	582				9		413	331	
Protein.....g	19.30	0.101	12	A	1		13.70	11.00	
Total lipid (fat).....g	6.50	0.294	13	A	1		4.62	3.71	
Ash.....g	4.10	0.084	12	A	1		2.91	2.34	
Carbohydrate, by difference.....g	0.60		0	MC	9		0.43	0.34	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14	0.774	8	A	1		10	8	
Iron, Fe.....mg	2.26	0.078	12	A	1		1.60	1.29	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	336	2.841	3	A	1		239	192	
Sodium, Na.....mg	1431	18.063	8	MA	12		1016	816	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.090		1	A	1		0.064	0.051	
Riboflavin.....mg	0.240	0.012	11	A	1		0.170	0.137	
Niacin.....mg	3.860	0.089	10	A	1		2.741	2.200	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.600	0.289	3	A	1		1.846	1.482	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g	0.300	0.023	3	A	1		0.213	0.171	
Fatty acids, total trans.....g									
Cholesterol.....mg	67	0.001	3	A	1		48	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 = 71g: 1 package

Measure 2 = 57g: 2 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 07272**  
**CARL BUDDIG, Smoked Sliced Beef**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07271

CARL BUDDIG, Smoked Sliced Chicken, light and dark meat

Refuse: 0%

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

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

**Common Measures:**

Measure 1 = 71g: 1 package

Measure 2 = 57g: 2 oz

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 07271**

**CARL BUDDIG, Smoked Sliced Chicken, light and dark meat**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07275**  
**CARL BUDDIG, Smoked Sliced Ham**

Refuse: 0%

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

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

**Common Measures:**

Measure 1 = 71g: 1 package

Measure 2 = 57g: 2 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 07275**  
**CARL BUDDIG, Smoked Sliced Ham**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07273

CARL BUDDIG, Smoked Sliced Turkey, light and dark meat

Refuse: 0%

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

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

**Common Measures:**

Measure 1 = 71g: 1 package

Measure 2 = 57g: 2 oz

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 07273**

**CARL BUDDIG, Smoked Sliced Turkey, light and dark meat**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07274

**CARL BUDDIG. Cooked Smoked Beef Pastrami, Chopped, Pressed**

Refuse: 0%

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

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

**Common Measures:**

Measure 1 = 71g: 1 package

Measure 2 = 57g: 2 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**NDB No. 07274**

**CARL BUDDIG. Cooked Smoked Beef Pastrami, Chopped, Pressed**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07016

Cheesefurter, beef and pork, with 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	52.48	0.292	4		1		22.57	14.88	52.48
Energy.....kcal	327		0	NC	4		141	93	327
Energy.....kj	1368		0	NC	4		588	388	1368
Protein (N x 6.25).....g	14.05	0.155	4		1		6.04	3.98	14.05
Total lipid (fat).....g	28.95	0.278	4		1		12.45	8.21	28.95
Ash.....g	3.03	0.075	4		1		1.30	0.86	3.03
Carbohydrate, by difference.....g	1.49		0	NC	4		0.64	0.42	1.49
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	1.51		0	MC	9		0.65	0.43	1.51
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	58	6.892	4		1		25	16	58
Iron, Fe.....mg	1.08	0.209	4		1		0.46	0.31	1.08
Magnesium, Mg.....mg	13	0.750	4		1		6	4	13
Phosphorus, P.....mg	178	19.550	4		1		77	50	178
Potassium, K.....mg	206	7.035	4		1		89	58	206
Sodium, Na.....mg	1082	34.913	4		1		465	307	1082
Zinc, Zn.....mg	2.25	0.177	4		1		0.97	0.64	2.25
Copper, Cu.....mg	0.070	0.012	4		1		0.030	0.020	0.070
Manganese, Mn.....mg	0.033	0.006	3		1		0.014	0.009	0.033
Selenium, Se.....mcg	11.3		0	RF	4		4.9	3.2	11.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.247	0.011	4		1		0.106	0.070	0.247
Riboflavin.....mg	0.160	0.004	4		1		0.069	0.045	0.160
Niacin.....mg	2.900	0.174	4		1		1.247	0.822	2.900
Pantothenic acid.....mg	0.760		1		1		0.327	0.215	0.760
Vitamin B-6.....mg	0.130	0.012	4		1		0.056	0.037	0.130
Folate, total.....mcg	3		0		4		1	1	3
Folic acid.....mcg	0			FLM	4		0	0	0
Folate, food.....mcg	3		0		4		1	1	3
Folate, DFE.....mcg_DFE	3		0	NC	4		1	1	3
Vitamin B-12.....mcg	1.73	0.180	4		1		0.74	0.49	1.73
Vitamin A, IU.....IU	157		0		4		68	45	157
Vitamin A, RAE.....mcg_RAE	38		0	NR	4		16	11	38
Retinol.....mcg	38		0	NR	4		16	11	38
Vitamin E.....mg_ATE	0.318		0		4		0.137	0.090	0.318
Vitamin D.....IU	11.600		0	MC	9		4.988	3.289	11.600
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.470		0	NC	4		4.502	2.968	10.470
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.090	0.009	4		1		0.039	0.026	0.090
12:0.....g	0.100	0.015	4		1		0.043	0.028	0.100
13:0.....g									
14:0.....g	0.560	0.022	4		1		0.241	0.159	0.560
15:0.....g									
16:0.....g	6.390	0.073	4		1		2.748	1.812	6.390
17:0.....g									
18:0.....g	3.330	0.113	4		1		1.432	0.944	3.330
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.650		0	NC	4		5.870	3.870	13.650
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.140	0.064	4		1		0.490	0.323	1.140

NDB No. 07016

**Cheesefurter, beef and pork, with 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
17:1.....g									
18:1 undifferentiated.....g	12.510	0.314	4		1		5.379	3.547	12.510
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.020		0	NC	4		1.299	0.856	3.020
18:2 undifferentiated.....g	2.620	0.118	4		1		1.127	0.743	2.620
18:3 undifferentiated.....g	0.400	0.061	4		1		0.172	0.113	0.400
18:4.....g	0.000		0		1		0.000	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	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	68	1.472	4		1		29	19	68
Phytosterols.....mg	0		0		4		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.150		0	MC	9		0.065	0.043	0.150
Threonine.....g	0.540		0	MC	9		0.232	0.153	0.540
Isoleucine.....g	0.620		0	MC	9		0.267	0.176	0.620
Leucine.....g	1.100		0	MC	9		0.473	0.312	1.100
Lysine.....g	1.160		0	MC	9		0.499	0.329	1.160
Methionine.....g	0.360		0	MC	9		0.155	0.102	0.360
Cystine.....g	0.150		0	MC	9		0.065	0.043	0.150
Phenylalanine.....g	0.560		0	MC	9		0.241	0.159	0.560
Tyrosine.....g	0.520		0	MC	9		0.224	0.147	0.520
Valine.....g	0.690		0	MC	9		0.297	0.196	0.690
Arginine.....g	0.840		0	MC	9		0.361	0.238	0.840
Histidine.....g	0.470		0	MC	9		0.202	0.133	0.470
Alanine.....g	0.830		0	MC	9		0.357	0.235	0.830
Aspartic acid.....g	1.240		0	MC	9		0.533	0.352	1.240
Glutamic acid.....g	2.350		0	MC	9		1.011	0.666	2.350
Glycine.....g	0.910		0	MC	9		0.391	0.258	0.910
Proline.....g	0.970		0	MC	9		0.417	0.275	0.970
Serine.....g	0.600		0	MC	9		0.258	0.170	0.600
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	MC	9		0	0	0
Theobromine.....mg	0			FLM	4		0	0	0

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

**Common Measures:**

Measure 1 = 43g: 1 cheesefurter (1 serving)

Measure 2 = 28.35g: 1 oz

Measure 3 = 100g: 2.33 links

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

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.....mcg	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.....mcg	1			FLA	4		0		
Folic acid.....mcg	0			FLA	4		0		
Folate, food.....mcg	1			FLA	4		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Vitamin B-12.....mcg	0.07			FLA	4		0.03		
Vitamin A, IU.....IU	0		1	A	1		0		
Vitamin A, RAE.....mcg_RAE	0		1	A	1		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.053			FLA	4		0.022		
Vitamin D.....IU									
<b>Lipids:</b>									
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		

NDB No. 07932

Chicken breast, fat-free, mesquite flavor, sliced

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g									
22:5 n-3.....g									
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 slices

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



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.....mcg	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.....mcg	1			FLA	4		0		
Folic acid.....mcg	0			FLA	4		0		
Folate, food.....mcg	1			FLA	4		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Vitamin B-12.....mcg	0.09			FLA	4		0.04		
Vitamin A, IU.....IU	0		1	A	1		0		
Vitamin A, RAE.....mcg_RAE	0		1	A	1		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.066			FLA	4		0.028		
Vitamin D.....IU									
<b>Lipids:</b>									
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		

NDB No. 07933

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.001			FLA	4		0.000		
22:5 n-3.....g	0.001			FLA	4		0.000		
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 slices

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07017**  
**Chicken roll, light meat**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	68.60		2		1		39.10	116.62	68.60
Energy.....kcal	154		0	NC	4		88	262	154
Energy.....kj	646		0	NC	4		368	1098	646
Protein (N x 6.25).....g	19.53	0.880	4		1		11.13	33.20	19.53
Total lipid (fat).....g	7.38	1.740	4		1		4.21	12.55	7.38
Ash.....g	2.05		2		1		1.17	3.49	2.05
Carbohydrate, by difference.....g	2.44		0	NC	4		1.39	4.15	2.44
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	43	7.310	3		1		25	73	43
Iron, Fe.....mg	0.97	0.336	3		1		0.55	1.65	0.97
Magnesium, Mg.....mg	19		1		1		11	32	19
Phosphorus, P.....mg	157		1		1		89	267	157
Potassium, K.....mg	228		1		1		130	388	228
Sodium, Na.....mg	584	37.586	4		1		333	993	584
Zinc, Zn.....mg	0.72		1		1		0.41	1.22	0.72
Copper, Cu.....mg	0.040		1		1		0.023	0.068	0.040
Manganese, Mn.....mg	0.013		0		4		0.007	0.022	0.013
Selenium, Se.....mcg	12.5	2.450	4	A	1		7.1	21.3	12.5
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.065		2		1		0.037	0.111	0.065
Riboflavin.....mg	0.130		2		1		0.074	0.221	0.130
Niacin.....mg	5.291		0		1		3.016	8.995	5.291
Pantothenic acid.....mg	0.390		0		4		0.222	0.663	0.390
Vitamin B-6.....mg	0.210		0		4		0.120	0.357	0.210
Folate, total.....mcg	2		0		4		1	3	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	2		0		4		1	3	2
Folate, DFE.....mcg_DFE	2		0	NC	4		1	3	2
Vitamin B-12.....mcg	0.15		0		4		0.09	0.26	0.15
Vitamin A, IU.....IU	82		0		4		47	139	82
Vitamin A, RAE.....mcg_RAE	24		0	NR	4		14	41	24
Retinol.....mcg	24		0	NR	4		14	41	24
Vitamin E.....mg_ATE	0.265		0		4		0.151	0.451	0.265
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.970		0	NC	4		1.123	3.349	1.970
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.010		0		1		0.006	0.017	0.010
13:0.....g									
14:0.....g	0.060		0		1		0.034	0.102	0.060
15:0.....g									
16:0.....g	1.510		0		1		0.861	2.567	1.510
17:0.....g									
18:0.....g	0.390		0		1		0.222	0.663	0.390
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.920		0	NC	4		1.664	4.964	2.920
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		0.234	0.697	0.410

**NDB No. 07017**  
**Chicken roll, light meat**

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 Points	Code	Code				
17:1.....g									
18:1 undifferentiated.....g	2.430		0		1		1.385	4.131	2.430
20:1.....g	0.080		0		1		0.046	0.136	0.080
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.530		0	NC	4		0.872	2.601	1.530
18:2 undifferentiated.....g	1.360		0		1		0.775	2.312	1.360
18:3 undifferentiated.....g	0.060		0		1		0.034	0.102	0.060
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.046	0.136	0.080
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.010		0		1		0.006	0.017	0.010
22:6 n-3.....g	0.020		0		1		0.011	0.034	0.020
Fatty acids, total trans.....g									
Cholesterol.....mg	50		1		1		29	85	50
Phytosterols.....mg	0		0		4		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.212		0	MC	9		0.121	0.360	0.212
Threonine.....g	0.796		0	MC	9		0.454	1.353	0.796
Isoleucine.....g	0.942		0	MC	9		0.537	1.601	0.942
Leucine.....g	1.393		0	MC	9		0.794	2.368	1.393
Lysine.....g	1.549		0	MC	9		0.883	2.633	1.549
Methionine.....g	0.507		0	MC	9		0.289	0.862	0.507
Cystine.....g	0.266		0	MC	9		0.152	0.452	0.266
Phenylalanine.....g	0.748		0	MC	9		0.427	1.272	0.748
Tyrosine.....g	0.611		0	MC	9		0.348	1.039	0.611
Valine.....g	0.935		0	MC	9		0.533	1.589	0.935
Arginine.....g	1.248		0	MC	9		0.711	2.122	1.248
Histidine.....g	0.555		0	MC	9		0.316	0.943	0.555
Alanine.....g	1.178		0	MC	9		0.671	2.002	1.178
Aspartic acid.....g	1.739		0	MC	9		0.991	2.956	1.739
Glutamic acid.....g	2.811		0	MC	9		1.602	4.779	2.811
Glycine.....g	1.431		0	MC	9		0.816	2.432	1.431
Proline.....g	1.025		0	MC	9		0.584	1.742	1.025
Serine.....g	0.697		0	MC	9		0.397	1.185	0.697
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	MC	9		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

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

Measure 2 = 170g: 1 package

Measure 3 = 100g: 3.53 slices

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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	7.46	16.28
Energy.....kcal	158		0	NC	4		89	21	45
Energy.....kj	663		0	NC	4		371	86	188
Protein (N x 6.25).....g	18.01		0	MC	9		10.09	2.34	5.11
Total lipid (fat).....g	17.56		0	MC	9		9.83	2.28	4.98
Ash.....g	2.97		0	MC	9		1.66	0.39	0.84
Carbohydrate, by difference.....g	4.05		0	NC	4		2.27	0.53	1.15
Fiber, total dietary.....g	0.3		0	MC	9		0.2	0.0	0.1
Sugars, total.....g	0.47		0	MC	9		0.26	0.06	0.13
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		0	MC	9		9	2	4
Iron, Fe.....mg	0.87		0	MC	9		0.49	0.11	0.25
Magnesium, Mg.....mg	12		0		4		7	2	3
Phosphorus, P.....mg	89		0		4		50	12	25
Potassium, K.....mg	106		0		4		59	14	30
Sodium, Na.....mg	722		0	MC	9		404	94	205
Zinc, Zn.....mg	1.15		0		4		0.64	0.15	0.33
Copper, Cu.....mg	0.040		0		4		0.022	0.005	0.011
Manganese, Mn.....mg	0.012		0		4		0.007	0.002	0.003
Selenium, Se.....mcg	10.8		0	BENN	4		6.0	1.4	3.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.009	0.003	13		1		0.005	0.001	0.003
Riboflavin.....mg	0.114	0.007	13		1		0.064	0.015	0.032
Niacin.....mg	2.748	0.133	13		1		1.539	0.357	0.779
Pantothenic acid.....mg	0.430		0		4		0.241	0.056	0.122
Vitamin B-6.....mg	0.150		0		4		0.084	0.020	0.043
Folate, total.....mcg	3		0		4		2	0	1
Folic acid.....mcg	0		0	NR	4		0	0	0
Folate, food.....mcg	3		0		4		2	0	1
Folate, DFE.....mcg_DFE	3		0	NC	4		2	0	1
Vitamin B-12.....mcg	0.13		0		4		0.07	0.02	0.04
Vitamin A, IU.....IU	99		0	MC	9		56	13	28
Vitamin A, RAE.....mcg_RAE	30		0	NC	4		17	4	8
Retinol.....mcg	30		0	NR	4		17	4	8
Vitamin E.....mg_ATE	0.342			FLM	4		0.192	0.045	0.097
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.230		0	NC	4		1.809	0.420	0.916
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	0.000		0		4		0.000	0.000	0.000
12:0.....g	0.000		0		4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100		0		4		0.056	0.013	0.028
15:0.....g									
16:0.....g	2.410		0		4		1.350	0.313	0.683
17:0.....g									
18:0.....g	0.720		0		4		0.403	0.094	0.204
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.800		0	NC	4		2.688	0.624	1.361
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.630		0		4		0.353	0.082	0.179

**NDB No. 07018**  
**Chicken 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	4.060		0		4		2.274	0.528	1.151
20:1.....g	0.110		0		4		0.062	0.014	0.031
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.350		0	NC	4		1.316	0.306	0.666
18:2 undifferentiated.....g	2.230		0		4		1.249	0.290	0.632
18:3 undifferentiated.....g	0.120		0		4		0.067	0.016	0.034
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.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0	MC	9		32	7	16
Phytosterols.....mg	0		0		4		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.197			FLM	4		0.110	0.026	0.056
Threonine.....g	0.730			FLM	4		0.409	0.095	0.207
Isoleucine.....g	0.879			FLM	4		0.492	0.114	0.249
Leucine.....g	1.286			FLM	4		0.720	0.167	0.365
Lysine.....g	1.438			FLM	4		0.805	0.187	0.408
Methionine.....g	0.469			FLM	4		0.263	0.061	0.133
Cystine.....g	0.237			FLM	4		0.133	0.031	0.067
Phenylalanine.....g	0.687			FLM	4		0.385	0.089	0.195
Tyrosine.....g	0.568			FLM	4		0.318	0.074	0.161
Valine.....g	0.859			FLM	4		0.481	0.112	0.244
Arginine.....g	1.117			FLM	4		0.626	0.145	0.317
Histidine.....g	0.517			FLM	4		0.290	0.067	0.147
Alanine.....g	1.037			FLM	4		0.581	0.135	0.294
Aspartic acid.....g	1.580			FLM	4		0.885	0.205	0.448
Glutamic acid.....g	2.586			FLM	4		1.448	0.336	0.733
Glycine.....g	1.166			FLM	4		0.653	0.152	0.330
Proline.....g	0.868			FLM	4		0.486	0.113	0.246
Serine.....g	0.626			FLM	4		0.351	0.081	0.178
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			FLM	4		0.0	0.0	0.0
Caffeine.....mg	0			FLM	4		0	0	0
Theobromine.....mg	0			FLM	4		0	0	0

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

**Common Measures:**

Measure 1 = 56g: .25 cup (1 serving)

Measure 2 = 13.0g: 1 tbsp

Measure 3 = 28.35g: 1 oz

**Calories Factors: Protein 4**

**Fat 4**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	31.85	2.427	6		1		9.03	19.11	
Energy.....kcal	455		0		4		129	273	
Energy.....kj	1904		4		4		540	1142	
Protein (N x 6.25).....g	24.10	0.808	6		1		6.83	14.46	
Total lipid (fat).....g	38.27	1.561	6		1		10.85	22.96	
Ash.....g	3.92		0		4		1.11	2.35	
Carbohydrate, by difference.....g	1.86		0		4		0.53	1.12	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		0		4		2	5	
Iron, Fe.....mg	1.59		0		4		0.45	0.95	
Magnesium, Mg.....mg	18		0		4		5	11	
Phosphorus, P.....mg	150		0		4		43	90	
Potassium, K.....mg	398		0		4		113	239	
Sodium, Na.....mg	1235		0		4		350	741	
Zinc, Zn.....mg	3.41		0		4		0.97	2.05	
Copper, Cu.....mg	0.080		0		4		0.023	0.048	
Manganese, Mn.....mg	0.040		0		4		0.011	0.024	
Selenium, Se.....mcg	21.1		0	RF	4		6.0	12.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.630		0		4		0.179	0.378	
Riboflavin.....mg	0.300		0		4		0.085	0.180	
Niacin.....mg	5.131		0		4		1.455	3.079	
Pantothenic acid.....mg	1.120		0		4		0.318	0.672	
Vitamin B-6.....mg	0.530		0		4		0.150	0.318	
Folate, total.....mcg	2		0		4		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12.....mcg	2.00		0		4		0.57	1.20	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.220		0		4		0.062	0.132	
Vitamin D.....IU									
<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	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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	
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 Nutrient Database for Standard Reference, Release 15 (2002)



**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				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	Z	7		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.....mcg	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.....mcg	8		1		1		2	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		1		1		2	5	
Folate, DFE.....mcg_DFE	8		0	NC	4		2	5	
Vitamin B-12.....mcg	1.27	0.096	14		1		0.36	0.72	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.190		0		4		0.053	0.108	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.600		0		1		0.728	1.482	
4:0.....g	0.000		14		1		0.000	0.000	
6:0.....g	0.000		14		1		0.000	0.000	
8:0.....g	0.000		14		1		0.000	0.000	
10:0.....g	0.020		14		1		0.006	0.011	
12:0.....g	0.030		14		1		0.008	0.017	
13:0.....g									
14:0.....g	0.170		14		1		0.048	0.097	
15:0.....g									
16:0.....g	1.260		14		1		0.353	0.718	
17:0.....g									
18:0.....g	0.990		14		1		0.277	0.564	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.680		0		1		0.750	1.528	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		14		1		0.112	0.228	

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

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

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

**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 Nutrient Database for Standard Reference, Release 15 (2002)



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
Fatty acids, total monounsaturated.....g	11.524		1	A	1		4.379		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.659			FLA	4		0.250		
17:1.....g									
18:1 undifferentiated.....g	10.816			FLA	4		4.110		
20:1.....g	0.000		0	NR	4		0.000		
22:1 undifferentiated.....g	0.000		0	NR	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.079			FLA	4		1.170		
18:2 undifferentiated.....g	2.767			FLA	4		1.051		
18:3 undifferentiated.....g	0.215			FLA	4		0.082		
18:4.....g	0.000		0	NR	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	NR	4		0.000		
20:5 n-3.....g	0.000		0	NR	4		0.000		
22:5 n-3.....g	0.000		0	NR	4		0.000		
22:6 n-3.....g	0.000		0	NR	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	60		1	A	1		23		
Phytosterols.....mg	0			FLA	4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.145			FLA	4		0.055		
Threonine.....g	0.607			FLA	4		0.231		
Isoleucine.....g	0.570			FLA	4		0.217		
Leucine.....g	1.084			FLA	4		0.412		
Lysine.....g	1.174			FLA	4		0.446		
Methionine.....g	0.353			FLA	4		0.134		
Cystine.....g	0.163			FLA	4		0.062		
Phenylalanine.....g	0.547			FLA	4		0.208		
Tyrosine.....g	0.443			FLA	4		0.168		
Valine.....g	0.670			FLA	4		0.254		
Arginine.....g	0.890			FLA	4		0.338		
Histidine.....g	0.464			FLA	4		0.176		
Alanine.....g	0.851			FLA	4		0.324		
Aspartic acid.....g	1.288			FLA	4		0.489		
Glutamic acid.....g	2.179			FLA	4		0.828		
Glycine.....g	0.857			FLA	4		0.326		
Proline.....g	0.666			FLA	4		0.253		
Serine.....g	0.596			FLA	4		0.226		
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 = 38g: 1 slice

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

hot dog, wiener, frank

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	52.01	0.649	5	A	1		22.36		
Energy.....kcal	327		0	NC	4		141		
Energy.....kj	1369		0	NC	4		589		
Protein.....g	11.24	0.179	5	A	1		4.83		
Total lipid (fat).....g	29.57	0.301	5	A	1		12.71		
Ash.....g	3.13	0.110	5	A	1		1.34		
Carbohydrate, by difference.....g	4.06		0	NC	4		1.75		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	3.39		2	A	1		1.46		
Sucrose.....g	0.00		2	A	1		0.00		
Glucose (dextrose).....g	2.82		2	A	1		1.21		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.58		2	A	1		0.25		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	1.32		2	A	1		0.57		
<b>Minerals:</b>									
Calcium, Ca.....mg	14	2.411	5	A	1		6		
Iron, Fe.....mg	1.51	0.042	5	A	1		0.65		
Magnesium, Mg.....mg	14	0.333	5	A	1		6		
Phosphorus, P.....mg	160	9.192	5	A	1		69		
Potassium, K.....mg	156	4.151	5	A	1		67		
Sodium, Na.....mg	1140	46.149	5	A	1		490		
Zinc, Zn.....mg	2.46	0.097	5	A	1		1.06		
Copper, Cu.....mg	0.184	0.020	5	A	1		0.079		
Manganese, Mn.....mg	0.082	0.008	5	A	1		0.035		
Selenium, Se.....mcg	8.2		2	A	1		3.5		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.040	0.004	5	A	1		0.017		
Riboflavin.....mg	0.147	0.003	5	A	1		0.063		
Niacin.....mg	2.372	0.036	5	A	1		1.020		
Pantothenic acid.....mg	0.244		2	A	1		0.105		
Vitamin B-6.....mg	0.089		2	A	1		0.038		
Folate, total.....mcg	5		2	A	1		2		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	5		2	A	1		2		
Folate, DFE.....mcg_DFE	5		0	NC	4		2		
Vitamin B-12.....mcg	1.72	0.044	5	A	1		0.74		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E.....mg_ATE	0.204		0	NC	4		0.088		
Tocopherol, alpha.....mg	0.20		0	NR	4		0.09		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	36.000		0	T	4		15.480		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.688		0	NC	4		5.026		
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	0.083		0	BFFN	4		0.036		
12:0.....g	0.041		0	BFFN	4		0.018		
13:0.....g									
14:0.....g	0.874	0.013	5	A	1		0.376		
15:0.....g	0.152	0.004	5	A	1		0.065		

**NDB No. 07022**  
**Frankfurter, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	6.483	0.055	5	A	1		2.788		
17:0.....g	0.389	0.013	5	A	1		0.167		
18:0.....g	3.559	0.093	5	A	1		1.530		
20:0.....g									
22:0.....g	0.107		1	A	1		0.046		
24:0.....g									
Fatty acids, total monounsaturated.....g	14.305		0	NC	4		6.151		
14:1.....g	0.326	0.008	5	A	1		0.140		
15:1.....g									
16:1 undifferentiated.....g	1.216	0.033	5	A	1		0.523		
17:1.....g									
18:1 undifferentiated.....g	12.426	0.219	5	A	1		5.343		
20:1.....g	0.224	0.005	5	A	1		0.096		
22:1 undifferentiated.....g	0.112		1	A	1		0.048		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.182		0	NC	4		0.508		
18:2 undifferentiated.....g	1.006	0.101	5	A	1		0.432		
18:3 undifferentiated.....g	0.176	0.008	5	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	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	53	1.310	5	A	1		23		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.121		0	A	1		0.052		
Threonine.....g	0.519		0	A	1		0.223		
Isoleucine.....g	0.580		0	A	1		0.250		
Leucine.....g	0.994		0	A	1		0.427		
Lysine.....g	1.055		0	A	1		0.454		
Methionine.....g	0.319		0	A	1		0.137		
Cystine.....g	0.121		0	A	1		0.052		
Phenylalanine.....g	0.487		0	A	1		0.210		
Tyrosine.....g	0.412		0	A	1		0.177		
Valine.....g	0.608		0	A	1		0.261		
Arginine.....g	0.757		0	A	1		0.326		
Histidine.....g	0.362		0	A	1		0.156		
Alanine.....g	0.679		0	A	1		0.292		
Aspartic acid.....g	1.120		0	A	1		0.482		
Glutamic acid.....g	1.802		0	A	1		0.775		
Glycine.....g	0.534		0	A	1		0.230		
Proline.....g	0.475		0	A	1		0.204		
Serine.....g	0.451		0	A	1		0.194		
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 = 43g: 1 serving

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07023**  
**Frankfurter, beef and pork**

hot dog, wiener, frank

Refuse: 0%

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	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	55.96	0.115	34	A	1		25.18	27.42	
Energy.....kcal	301		0	NC	4		135	147	
Energy.....kj	1259		0	NC	4		567	617	
Protein (N x 6.25).....g	11.53	0.048	34	A	1		5.19	5.65	
Total lipid (fat).....g	27.64	0.130	34	A	1		12.44	13.54	
Ash.....g	3.15	0.017	154		1		1.42	1.54	
Carbohydrate, by difference.....g	1.52		0	NR	4		0.69	0.75	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	MC	9		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	23		0	MC	9		10	11	
Iron, Fe.....mg	1.15	0.025	181		1		0.52	0.56	
Magnesium, Mg.....mg	10	0.081	146		1		5	5	
Phosphorus, P.....mg	86	0.890	145		1		39	42	
Potassium, K.....mg	167	1.420	139		1		75	82	
Sodium, Na.....mg	1120	7.787	145		1		504	549	
Zinc, Zn.....mg	1.84	0.021	150		1		0.83	0.90	
Copper, Cu.....mg	0.080	0.008	144		1		0.036	0.039	
Manganese, Mn.....mg	0.032	0.001	65		1		0.014	0.016	
Selenium, Se.....mcg	13.8	0.527	59	A	1		6.2	6.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.3		0	FLM	4		1.0	1.1	
Thiamin.....mg	0.199	0.005	175		1		0.090	0.098	
Riboflavin.....mg	0.120	0.002	176		1		0.054	0.059	
Niacin.....mg	2.634	0.027	176		1		1.185	1.291	
Pantothenic acid.....mg	0.350	0.060	8		1		0.158	0.172	
Vitamin B-6.....mg	0.130	0.003	176		1		0.059	0.064	
Folate, total.....mcg	4	0.650	4		1		2	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4	0.650	4		1		2	2	
Folate, DFE.....mcg_DFE	4		0	NC	4		2	2	
Vitamin B-12.....mcg	1.30	0.021	176		1		0.59	0.64	
Vitamin A, IU.....IU	58		0	MC	9		26	29	
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		8	9	
Retinol.....mcg	18		0	NR	4		8	9	
Vitamin E.....mg_ATE	0.250		0		1		0.113	0.123	
Vitamin D.....IU	36.000		0	T	4		16.200	17.640	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.770		0	NC	4		4.847	5.277	
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	0.080	0.019	21		1		0.036	0.039	
12:0.....g	0.060	0.016	21		1		0.027	0.029	
13:0.....g									
14:0.....g	0.530	0.028	32		1		0.239	0.260	
15:0.....g									
16:0.....g	6.450	0.106	32		1		2.903	3.161	
17:0.....g									
18:0.....g	3.650	0.080	32		1		1.643	1.789	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.670		0	NC	4		6.152	6.698	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.310	0.056	32		1		0.590	0.642	



**NDB No. 07023**  
**Frankfurter, beef and pork**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	12.360	0.180	32		1		5.562	6.056	
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	2.730		0	NC	4		1.229	1.338	
18:2 undifferentiated.....g	2.340	0.128	32		1		1.053	1.147	
18:3 undifferentiated.....g	0.390	0.024	32		1		0.176	0.191	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	50	2.195	26		1		23	25	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.117		0	FLM	4		0.053	0.058	
Threonine.....g	0.465		0	FLM	4		0.209	0.228	
Isoleucine.....g	0.473		0	FLM	4		0.213	0.232	
Leucine.....g	0.844		0	FLM	4		0.380	0.413	
Lysine.....g	0.908		0	FLM	4		0.409	0.445	
Methionine.....g	0.268		0	FLM	4		0.121	0.132	
Cystine.....g	0.122		0	FLM	4		0.055	0.060	
Phenylalanine.....g	0.420		0	FLM	4		0.189	0.206	
Tyrosine.....g	0.350		0	FLM	4		0.158	0.172	
Valine.....g	0.534		0	FLM	4		0.240	0.262	
Arginine.....g	0.707		0	FLM	4		0.318	0.346	
Histidine.....g	0.363		0	FLM	4		0.163	0.178	
Alanine.....g	0.643		0	FLM	4		0.289	0.315	
Aspartic acid.....g	0.983		0	FLM	4		0.442	0.482	
Glutamic acid.....g	1.626		0	FLM	4		0.732	0.797	
Glycine.....g	0.572		0	FLM	4		0.258	0.280	
Proline.....g	0.465		0	FLM	4		0.209	0.228	
Serine.....g	0.420		0	FLM	4		0.189	0.206	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	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 = 45g: 1 frankfurter

Measure 2 = 49g: 1.73 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07945**  
**Frankfurter, beef, heated**

hot dog, wiener, frank

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	52.18	0.407	3	A	1		27.13		
Energy.....kcal	326		0	NC	4		170		
Energy.....kj	1365		0	NC	4		710		
Protein (N x 6.25).....g	11.54	0.125	3	A	1		6.00		
Total lipid (fat).....g	29.46	1.149	3	A	1		15.32		
Ash.....g	3.06	0.162	3	A	1		1.59		
Carbohydrate, by difference.....g	3.77		0	NC	4		1.96		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	3.39	0.155	3	A	1		1.76		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	2.76	0.205	3	A	1		1.44		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.63	0.067	3	A	1		0.33		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	1.63	0.350	3	A	1		0.85		
<b>Minerals:</b>									
Calcium, Ca.....mg	12	2.872	3	A	1		6		
Iron, Fe.....mg	1.56	0.046	3	A	1		0.81		
Magnesium, Mg.....mg	14	0.731	3	A	1		7		
Phosphorus, P.....mg	171	15.486	3	A	1		89		
Potassium, K.....mg	147	13.914	3	A	1		77		
Sodium, Na.....mg	1154	61.666	3	A	1		600		
Zinc, Zn.....mg	2.35	0.109	3	A	1		1.22		
Copper, Cu.....mg	0.153	0.007	3	A	1		0.080		
Manganese, Mn.....mg	0.077	0.032	3	A	1		0.040		
Selenium, Se.....mcg	12.1	2.474	3	A	1		6.3		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.039	0.003	3	A	1		0.020		
Riboflavin.....mg	0.144		2	A	1		0.075		
Niacin.....mg	2.354	0.121	3	A	1		1.224		
Pantothenic acid.....mg	0.250	0.028	3	A	1		0.130		
Vitamin B-6.....mg	0.093	0.012	3	A	1		0.048		
Folate, total.....mcg	7	1.179	3	A	1		4		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7	1.179	3	A	1		4		
Folate, DFE.....mcg_DFE	7		0	NC	4		4		
Vitamin B-12.....mcg	1.65	0.040	3	A	1		0.86		
Vitamin A, IU.....IU	0		0	NC	4		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.203		0	NC	4		0.106		
Tocopherol, alpha.....mg	0.20		0	NR	4		0.11		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.436		0	NC	4		5.947		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.083		0	BFFN	4		0.043		
12:0.....g	0.041		0	BFFN	4		0.021		
13:0.....g									
14:0.....g	0.857	0.032	3	A	1		0.446		
15:0.....g	0.151	0.007	3	A	1		0.079		

**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
16:0.....g	6.345	0.104	3	A	1		3.299		
17:0.....g	0.378	0.022	3	A	1		0.197		
18:0.....g	3.474	0.110	3	A	1		1.807		
20:0.....g									
22:0.....g	0.107		0	BFFN	4		0.055		
24:0.....g									
Fatty acids, total monounsaturated.....g	14.321		0	NC	4		7.447		
14:1.....g	0.333	0.014	3	A	1		0.173		
15:1.....g									
16:1 undifferentiated.....g	1.238	0.030	3	A	1		0.644		
17:1.....g									
18:1 undifferentiated.....g	12.429	0.260	3	A	1		6.463		
20:1.....g	0.219	0.003	3	A	1		0.114		
22:1 undifferentiated.....g	0.102		1	A	1		0.053		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.064		0	NC	4		0.553		
18:2 undifferentiated.....g	0.891	0.055	3	A	1		0.463		
18:3 undifferentiated.....g	0.173	0.003	3	A	1		0.090		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	56	5.533	3	A	1		29		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.125		0	A	1		0.065		
Threonine.....g	0.533		0	A	1		0.277		
Isoleucine.....g	0.596		0	A	1		0.310		
Leucine.....g	1.020		0	A	1		0.530		
Lysine.....g	1.083		0	A	1		0.563		
Methionine.....g	0.327		0	A	1		0.170		
Cystine.....g	0.124		0	A	1		0.064		
Phenylalanine.....g	0.500		0	A	1		0.260		
Tyrosine.....g	0.423		0	A	1		0.220		
Valine.....g	0.624		0	A	1		0.324		
Arginine.....g	0.777		0	A	1		0.404		
Histidine.....g	0.372		0	A	1		0.193		
Alanine.....g	0.697		0	A	1		0.363		
Aspartic acid.....g	1.150		0	A	1		0.598		
Glutamic acid.....g	1.849		0	A	1		0.962		
Glycine.....g	0.548		0	A	1		0.285		
Proline.....g	0.488		0	A	1		0.254		
Serine.....g	0.463		0	A	1		0.241		
Hydroxyproline.....g									
<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

**NDB No. 07945**  
**Frankfurter, beef, heated**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA Nutrient Database for Standard Reference, Release 15 (2002)



**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.480		0		1		2.404	3.816	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.200	0.125	3		1		0.340	0.540	
17:1.....g									
18:1 undifferentiated.....g	7.140	0.725	3		1		2.024	3.213	
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	4.040		0		1		1.145	1.818	
18:2 undifferentiated.....g	3.740	0.460	3		1		1.060	1.683	
18:3 undifferentiated.....g	0.150	0.086	3		1		0.043	0.068	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	101	7.135	4		1		29	45	
Phytosterols.....mg	0		0		4		0	0	
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.103		0		4		0.029	0.046	
Threonine.....g	0.577		0		4		0.164	0.260	
Isoleucine.....g	0.457		0		4		0.130	0.206	
Leucine.....g	1.024		0		4		0.290	0.461	
Lysine.....g	1.095		0		4		0.310	0.493	
Methionine.....g	0.343		0		4		0.097	0.154	
Cystine.....g	0.130		0		4		0.037	0.059	
Phenylalanine.....g	0.513		0		4		0.145	0.231	
Tyrosine.....g	0.391		0		4		0.111	0.176	
Valine.....g	0.536		0		4		0.152	0.241	
Arginine.....g	0.892		0		4		0.253	0.401	
Histidine.....g	0.362		0		4		0.103	0.163	
Alanine.....g	0.902		0		4		0.256	0.406	
Aspartic acid.....g	1.322		0		4		0.375	0.595	
Glutamic acid.....g	2.063		0		4		0.585	0.928	
Glycine.....g	1.024		0		4		0.290	0.461	
Proline.....g	0.691		0		4		0.196	0.311	
Serine.....g	0.608		0		4		0.172	0.274	
Hydroxyproline.....g									
<b><u>Others:</u></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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)



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

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
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.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Nutrient Database for Standard Reference, Release 15 (2002)





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

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
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.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	73		2	A	1		38		
Phytosterols.....mg									
<b><u>Amino Acids:</u></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><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		

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**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 Nutrient Database for Standard Reference, Release 15 (2002)

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

hot dog, frank, 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.....mcg	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.....mcg	3		0	FLC	4		2		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	3		0	FLC	4		2		
Folate, DFE.....mcg_DFE	3		0	NC	4		2		
Vitamin B-12.....mcg	0.49		0	FLC	4		0.37		
Vitamin A, IU.....IU	263		0	FLC	4		200		
Vitamin A, RAE.....mcg_RAE	79		0	AS	1		60		
Retinol.....mcg	79		0	NR	4		60		
Vitamin E.....mg_ATE	0.003		0	FLC	4		0.002		
Vitamin D.....IU									
<b>Lipids:</b>									
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		

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000			FLC	4		0.000		
22:5 n-3.....g	0.000			FLC	4		0.000		
22:6 n-3.....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>Amino Acids:</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>Others:</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		

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**Common Measures:**

Measure 1 = 76g: 1 link

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07025**  
**Frankfurter, turkey**

hot dog, frank, 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	62.99	0.500	12		1		17.86	28.35	
Energy.....kcal	226		0	NC	4		64	102	
Energy.....kj	946				4		268	426	
Protein (N x 6.25).....g	14.28	0.503	14		1		4.05	6.43	
Total lipid (fat).....g	17.70	0.725	14		1		5.02	7.97	
Ash.....g	3.53	0.147	7		1		1.00	1.59	
Carbohydrate, by difference.....g	1.49		0	NC	4		0.42	0.67	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	106	2.405	9		1		30	48	
Iron, Fe.....mg	1.84	0.102	10		1		0.52	0.83	
Magnesium, Mg.....mg	14		0		4		4	6	
Phosphorus, P.....mg	134		2		1		38	60	
Potassium, K.....mg	179		2		1		51	81	
Sodium, Na.....mg	1426	262.577	4		1		404	642	
Zinc, Zn.....mg	3.11		0		4		0.88	1.40	
Copper, Cu.....mg	0.100		0		4		0.028	0.045	
Manganese, Mn.....mg	0.016		0		4		0.005	0.007	
Selenium, Se.....mcg	15.4		0	BENN	4		4.4	6.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.041	0.003	4		1		0.012	0.018	
Riboflavin.....mg	0.179	0.007	9		1		0.051	0.081	
Niacin.....mg	4.132	0.319	8		1		1.171	1.859	
Pantothenic acid.....mg	0.720		0		4		0.204	0.324	
Vitamin B-6.....mg	0.230		0		4		0.065	0.104	
Folate, total.....mcg	8		0		4		2	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0		4		2	4	
Folate, DFE.....mcg_DFE	8		0	NC	4		2	4	
Vitamin B-12.....mcg	0.28		0		4		0.08	0.13	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.617		0		4		0.175	0.278	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.890		0		4		1.670	2.651	
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	0.150		0		4		0.043	0.068	
13:0.....g									
14:0.....g	0.300		0		4		0.085	0.135	
15:0.....g									
16:0.....g	3.620		0		4		1.026	1.629	
17:0.....g									
18:0.....g	1.830		0		4		0.519	0.824	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.580		0		4		1.582	2.511	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0		4		0.079	0.126	

**NDB No. 07025**  
**Frankfurter, turkey**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	5.300		0		4		1.503	2.385	
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	5.000		0		4		1.418	2.250	
18:2 undifferentiated.....g	4.640		0		4		1.315	2.088	
18:3 undifferentiated.....g	0.360		0		4		0.102	0.162	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	107	2.594	4		1		30	48	
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									
<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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07278**  
**HORMEL Pillow Pak Sliced Turkey Pepperoni**

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.....mcg									
<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.....mcg	4		0	BFZN	4		1		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	4		0	BFZN	4		1		
Folate, DFE.....mcg_DFE	4		0	NC	4		1		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	49	0.275	7	A	1		15		
Vitamin A, RAE.....mcg_RAE	15		0	NC	4		4		
Retinol.....mcg	15		0	NR	4		4		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.700		0	NC	4		1.110		
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	0.130		1	A	1		0.039		
15:0.....g									
16:0.....g	2.500		1	A	1		0.750		
17:0.....g									
18:0.....g	1.070		1	A	1		0.321		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.950		0	NC	4		1.485		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		1	A	1		0.138		

**NDB No. 07278**  
**HORMEL Pillow Pak Sliced Turkey Pepperoni**

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
17:1.....g									
18:1 undifferentiated.....g	4.490		1	A	1		1.347		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.500		0	NC	4		1.050		
18:2 undifferentiated.....g	3.190		1	A	1		0.957		
18:3 undifferentiated.....g	0.310		1	A	1		0.093		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....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**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07277

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.72	0.640	477	A	1		36.80	36.80	18.40
Energy.....kcal	191		0	NC	4		107	107	54
Energy.....kj	801		0	NC	4		449	449	224
Protein (N x 6.25).....g	15.23	0.260	479	A	1		8.53	8.53	4.26
Total lipid (fat).....g	13.90	0.720	472	A	1		7.78	7.78	3.89
Ash.....g	3.80	0.070	287	A	1		2.13	2.13	1.06
Carbohydrate, by difference.....g	1.35		0	NC	4		0.76	0.76	0.38
Fiber, total dietary.....g	0.0		1	MC	9		0.0	0.0	0.0
Sugars, total.....g	1.26	0.040	157	A	1		0.71	0.71	0.35
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	39	5.400	9	A	1		22	22	11
Iron, Fe.....mg	1.40	0.100	10	A	1		0.78	0.78	0.39
Magnesium, Mg.....mg	18	1.100	8	A	1		10	10	5
Phosphorus, P.....mg									
Potassium, K.....mg	461	14.900	58	A	1		258	258	129
Sodium, Na.....mg	1032	29.700	458	A	1		578	578	289
Zinc, Zn.....mg	2.20	0.100	8	A	1		1.23	1.23	0.62
Copper, Cu.....mg	0.100	0.000	8	A	1		0.056	0.056	0.028
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	38.5	1.090	10	A	1		21.6	21.6	10.8
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	3		0	BFZN	4		2	2	1
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	3		0	BFZN	4		2	2	1
Folate, DFE.....mcg_DFE	3		0	NC	4		2	2	1
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0	0.000	10	A	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	NR	4		0	0	0
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.490		0	NC	4		2.514	2.514	1.257
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.010	0.000	8	JO	11		0.006	0.006	0.003
13:0.....g									
14:0.....g	0.150	0.000	7	JO	11		0.084	0.084	0.042
15:0.....g									
16:0.....g	2.920	0.000	8	JO	11		1.635	1.635	0.818
17:0.....g									
18:0.....g	1.410	0.000	8	JO	11		0.790	0.790	0.395
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.020		0	NC	4		3.931	3.931	1.966
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450	0.000	8	JO	11		0.252	0.252	0.126

NDB No. 07277

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	6.570	0.000	8	JO	11		3.679	3.679	1.840
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.470		0	NC	4		0.823	0.823	0.412
18:2 undifferentiated.....g	1.350	0.000	8	JO	11		0.756	0.756	0.378
18:3 undifferentiated.....g	0.120	0.000	8	JO	11		0.067	0.067	0.034
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	75	0.000	11	JA	6		42	42	21
Phytosterols.....mg									
<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 = 56g: 2 oz (1 serving)
- Measure 2 = 56g: 1 serving
- Measure 3 = 28g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07276

HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	52.60	0.895	757	A	1		29.45	29.45	14.73
Energy.....kcal	310		0	NC	4		174	174	87
Energy.....kj	1298		0	NC	4		727	727	363
Protein (N x 6.25).....g	13.24	0.160	755	A	1		7.41	7.41	3.71
Total lipid (fat).....g	27.24	0.635	1730	A	1		15.25	15.25	7.63
Ash.....g	3.90	0.200	21	A	1		2.18	2.18	1.09
Carbohydrate, by difference.....g	3.03		0	NC	4		1.70	1.70	0.85
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14	0.000	10	JA	6		8	8	4
Iron, Fe.....mg	0.90	0.000	10	JA	6		0.50	0.50	0.25
Magnesium, Mg.....mg	14	0.000	9	JA	6		8	8	4
Phosphorus, P.....mg									
Potassium, K.....mg	229	0.000	9	JA	6		128	128	64
Sodium, Na.....mg	1369	39.450	173	A	1		767	767	383
Zinc, Zn.....mg	1.80	0.000	9	JA	6		1.01	1.01	0.50
Copper, Cu.....mg	0.100	0.000	9	JA	6		0.056	0.056	0.028
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.9	0.000	11	JA	6		0.5	0.5	0.2
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	3		0	BFZN	4		2	2	1
Folic acid.....mcg	0		0	NR	4		0	0	0
Folate, food.....mcg	3		0	BFZN	4		2	2	1
Folate, DFE.....mcg_DFE	3		0	NC	4		2	2	1
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0	0.000	12	JA	6		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	NR	4		0	0	0
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.880		0	NC	4		5.533	5.533	2.766
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.020	0.000	7	JA	6		0.011	0.011	0.006
13:0.....g									
14:0.....g	0.320	0.000	8	JA	6		0.179	0.179	0.090
15:0.....g									
16:0.....g	6.200	0.000	8	JA	6		3.472	3.472	1.736
17:0.....g									
18:0.....g	3.340	0.000	8	JA	6		1.870	1.870	0.935
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.780		0	NC	4		7.717	7.717	3.858
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.770	0.000	8	JA	6		0.431	0.431	0.216

NDB No. 07276

**HORMEL SPAM, Luncheon Meat, pork with ham, minced, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	13.010	0.000	8	JA	6		7.286	7.286	3.643
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.950		0	NC	4		1.652	1.652	0.826
18:2 undifferentiated.....g	2.740	0.000	8	JA	6		1.534	1.534	0.767
18:3 undifferentiated.....g	0.210	0.000	8	JA	6		0.118	0.118	0.059
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	70	0.800	11	A	1		39	39	20
Phytosterols.....mg									
<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 = 56g: 2 oz (1 serving)
- Measure 2 = 56g: 1 serving
- Measure 3 = 28g: 1 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07279**  
**HORMEL WRANGLER Beef Franks**

hot dog, frankfurter, 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	56.67	0.000	164	A	1		31.74		
Energy.....kcal	290		1	JO	11		162		
Energy.....kj	1214				9		680		
Protein (N x 6.25).....g	12.58	0.000	161	A	1		7.04		
Total lipid (fat).....g	25.69	0.000	319	A	1		14.39		
Ash.....g	2.96	0.025	160	A	1		1.65		
Carbohydrate, by difference.....g	2.11		0	NC	4		1.18		
Fiber, total dietary.....g	0.0		1	A	1		0.0		
Sugars, total.....g	1.67	0.000	5	A	1		0.94		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14	0.000	5	A	1		8		
Iron, Fe.....mg	1.80	0.000	5	A	1		1.01		
Magnesium, Mg.....mg	14	0.000	5	A	1		8		
Phosphorus, P.....mg									
Potassium, K.....mg	172	0.000	5	A	1		96		
Sodium, Na.....mg	994	0.000	9	A	1		557		
Zinc, Zn.....mg	2.30	0.000	5	A	1		1.29		
Copper, Cu.....mg	0.100	0.000	5	A	1		0.056		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	19.9	0.000	5	A	1		11.1		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	11		0	BFZN	4		6		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	11		0	BFZN	4		6		
Folate, DFE.....mcg_DFE	11		0	NC	4		6		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	13	0.000	5	A	1		7		
Vitamin A, RAE.....mcg_RAE	4	0.000	5	A	1		2		
Retinol.....mcg	4		0	NR	4		2		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.620	0.000	5	A	1		5.947		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.010	0.000	5	A	1		0.006		
13:0.....g									
14:0.....g	0.820	0.000	5	A	1		0.459		
15:0.....g									
16:0.....g	5.850	0.000	5	A	1		3.276		
17:0.....g									
18:0.....g	3.920	0.000	5	A	1		2.195		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.010	0.000	5	A	1		7.286		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.070	0.000	5	A	1		0.599		

**NDB No. 07279**  
**HORMEL WRANGLER Beef Franks**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	11.940	0.000	5	A	1		6.686		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.890	0.000	5	A	1		0.498		
18:2 undifferentiated.....g	0.750	0.000	5	A	1		0.420		
18:3 undifferentiated.....g	0.140	0.000	5	A	1		0.078		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67	0.000	5	A	1		38		
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: 1 frankfurter

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07032**  
**Ham and cheese loaf or 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	57.91	0.818	8		1		16.21	33.01	
Energy.....kcal	259		0	NC	4		73	148	
Energy.....kj	1084				4		303	618	
Protein (N x 6.25).....g	16.62	0.296	8		1		4.65	9.47	
Total lipid (fat).....g	20.21	0.935	8		1		5.66	11.52	
Ash.....g	3.83	0.070	8		1		1.07	2.18	
Carbohydrate, by difference.....g	1.43		0	NC	4		0.40	0.82	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	58	4.022	8		1		16	33	
Iron, Fe.....mg	0.91	0.109	8		1		0.25	0.52	
Magnesium, Mg.....mg	16	0.350	8		1		4	9	
Phosphorus, P.....mg	253	17.467	8		1		71	144	
Potassium, K.....mg	294	10.457	8		1		82	168	
Sodium, Na.....mg	1343	16.475	8		1		376	766	
Zinc, Zn.....mg	2.00	0.109	8		1		0.56	1.14	
Copper, Cu.....mg	0.080	0.009	8		1		0.022	0.046	
Manganese, Mn.....mg	0.027	0.002	5		1		0.008	0.015	
Selenium, Se.....mcg	34.6		0	BFNN	4		9.7	19.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.601	0.031	8		1		0.168	0.343	
Riboflavin.....mg	0.187	0.012	8		1		0.052	0.107	
Niacin.....mg	3.452	0.230	8		1		0.967	1.968	
Pantothenic acid.....mg	0.520	0.111	5		1		0.146	0.296	
Vitamin B-6.....mg	0.260	0.019	8		1		0.073	0.148	
Folate, total.....mcg	3		0		4		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		1	2	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	2	
Vitamin B-12.....mcg	0.81	0.027	8		1		0.23	0.46	
Vitamin A, IU.....IU	75		0		4		21	43	
Vitamin A, RAE.....mcg_RAE	23		0		4		6	13	
Retinol.....mcg	23		0		4		6	13	
Vitamin E.....mg_ATE	0.270		0		4		0.076	0.154	
Vitamin D.....IU	44.000		0	T	4		12.320	25.080	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.510		0		1		2.103	4.281	
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	0.080	0.020	5		1		0.022	0.046	
12:0.....g	0.080	0.021	5		1		0.022	0.046	
13:0.....g									
14:0.....g	0.420	0.016	8		1		0.118	0.239	
15:0.....g									
16:0.....g	4.570	0.179	8		1		1.280	2.605	
17:0.....g									
18:0.....g	2.360	0.092	8		1		0.661	1.345	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.260		0		1		2.593	5.278	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720	0.054	8		1		0.202	0.410	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	8.540	0.379	8		1		2.391	4.868	
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	2.190		0		1		0.613	1.248	
18:2 undifferentiated.....g	1.910	0.136	8		1		0.535	1.089	
18:3 undifferentiated.....g	0.270	0.048	8		1		0.076	0.154	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	57	3.666	6		1		16	32	
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	
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 Nutrient Database for Standard Reference, Release 15 (2002)



**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		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.....mcg	33.6		0	BENN	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.....mcg	3		0		4		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		0	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		0	1	
Vitamin B-12.....mcg	0.73	0.171	4		1		0.11	0.21	
Vitamin A, IU.....IU	304		0		4		46	86	
Vitamin A, RAE.....mcg_RAE	91		0		4		14	26	
Retinol.....mcg	91		0		4		14	26	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
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	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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.

**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 Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07031**  
**Ham salad 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	62.60	0.389	4		1		9.39	17.75	
Energy.....kcal	216		0	NC	4		32	61	
Energy.....kj	904		4		4		136	256	
Protein (N x 6.25).....g	8.68	0.201	4		1		1.30	2.46	
Total lipid (fat).....g	15.53	0.622	4		1		2.33	4.40	
Ash.....g	2.55	0.193	4		1		0.38	0.72	
Carbohydrate, by difference.....g	10.65		0	NC	4		1.60	3.02	
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	0.408	4		1		1	2	
Iron, Fe.....mg	0.59	0.089	4		1		0.09	0.17	
Magnesium, Mg.....mg	10	0.478	4		1		2	3	
Phosphorus, P.....mg	120	2.327	4		1		18	34	
Potassium, K.....mg	150	4.497	4		1		23	43	
Sodium, Na.....mg	912	48.798	4		1		137	259	
Zinc, Zn.....mg	1.10	0.081	4		1		0.17	0.31	
Copper, Cu.....mg	0.070	0.016	4		1		0.011	0.020	
Manganese, Mn.....mg	0.013		0		4		0.002	0.004	
Selenium, Se.....mcg	17.8		0	RF	4		2.7	5.0	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.435	0.075	4		1		0.065	0.123	
Riboflavin.....mg	0.120	0.007	4		1		0.018	0.034	
Niacin.....mg	2.095	0.096	4		1		0.314	0.594	
Pantothenic acid.....mg	0.310		1		1		0.047	0.088	
Vitamin B-6.....mg	0.150	0.011	4		1		0.023	0.043	
Folate, total.....mcg	1		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		4		0	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	
Vitamin B-12.....mcg	0.76	0.061	4		1		0.11	0.22	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	1.736		0		1		0.260	0.492	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.060		0		1		0.759	1.435	
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	0.160	0.008	3		1		0.024	0.045	
15:0.....g									
16:0.....g	3.200	0.079	3		1		0.480	0.907	
17:0.....g									
18:0.....g	1.680	0.038	3		1		0.252	0.476	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.200		0		1		1.080	2.041	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470	0.036	3		1		0.071	0.133	

**NDB No. 07031**  
**Ham salad spread**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	6.730	0.194	3		1		1.010	1.908	
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	2.700		0		1		0.405	0.765	
18:2 undifferentiated.....g	2.370	0.057	3		1		0.356	0.672	
18:3 undifferentiated.....g	0.330	0.013	3		1		0.050	0.094	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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	
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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07026  
Ham, chopped, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	60.77	1.963	6		1		17.23	12.76	
Energy.....kcal	239		0	NC	4		68	50	
Energy.....kj	1000				4		283	210	
Protein (N x 6.25).....g	16.06	0.591	6		1		4.55	3.37	
Total lipid (fat).....g	18.83	1.013	4		1		5.34	3.95	
Ash.....g	4.08	0.085	4		1		1.16	0.86	
Carbohydrate, by difference.....g	0.28		0	NC	4		0.08	0.06	
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		4		2	1	
Iron, Fe.....mg	0.95	0.131	4		1		0.27	0.20	
Magnesium, Mg.....mg	13	0.707	4		1		4	3	
Phosphorus, P.....mg	139	17.694	4		1		39	29	
Potassium, K.....mg	284	4.210	4		1		81	60	
Sodium, Na.....mg	1365	35.743	4		1		387	287	
Zinc, Zn.....mg	1.83	0.125	4		1		0.52	0.38	
Copper, Cu.....mg	0.050	0.011	4		1		0.014	0.011	
Manganese, Mn.....mg	0.025	0.003	3		1		0.007	0.005	
Selenium, Se.....mcg	18.6		0	BENN	4		5.3	3.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0	0.250	4		1		0.6	0.4	
Thiamin.....mg	0.535	0.018	4		1		0.152	0.112	
Riboflavin.....mg	0.165	0.006	4		1		0.047	0.035	
Niacin.....mg	3.200	0.210	4		1		0.907	0.672	
Pantothenic acid.....mg	0.280		0		4		0.079	0.059	
Vitamin B-6.....mg	0.320	0.060	4		1		0.091	0.067	
Folate, total.....mcg	1		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		4		0	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	
Vitamin B-12.....mcg	0.70	0.072	10		1		0.20	0.15	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.250		0		4		0.071	0.053	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.280		0		1		1.780	1.319	
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	9.170		0		1		2.600	1.926	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.670	0.047	4		1		0.190	0.141	

**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
17:1.....g									
18:1 undifferentiated.....g	8.490	0.459	4		1		2.407	1.783	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.050		0		1		0.581	0.431	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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	
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 Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07027**  
**Ham, chopped, not 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	63.64	1.494	18		1		17.82	13.36	
Energy.....kcal	229		0	NC	4		64	48	
Energy.....kj	958				4		268	201	
Protein (N x 6.25).....g	17.12	0.513	15		1		4.79	3.60	
Total lipid (fat).....g	17.25	1.291	11		1		4.83	3.62	
Ash.....g	4.04	0.040	5		1		1.13	0.85	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7	1.414	4		1		2	1	
Iron, Fe.....mg	0.83	0.152	5		1		0.23	0.17	
Magnesium, Mg.....mg	16	0.860	5		1		4	3	
Phosphorus, P.....mg	155	14.122	5		1		43	33	
Potassium, K.....mg	319	8.536	5		1		89	67	
Sodium, Na.....mg	1371	14.353	5		1		384	288	
Zinc, Zn.....mg	1.94	0.150	5		1		0.54	0.41	
Copper, Cu.....mg	0.060	0.015	5		1		0.017	0.013	
Manganese, Mn.....mg	0.041	0.011	4		1		0.011	0.009	
Selenium, Se.....mcg	17.4	1.225	6	A	1		4.9	3.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.632	0.111	5		1		0.177	0.133	
Riboflavin.....mg	0.204	0.009	5		1		0.057	0.043	
Niacin.....mg	3.880	0.230	5		1		1.086	0.815	
Pantothenic acid.....mg	0.280	0.078	3		1		0.078	0.059	
Vitamin B-6.....mg	0.350	0.014	5		1		0.098	0.074	
Folate, total.....mcg	1	0.139	3		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1	0.139	3		1		0	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	
Vitamin B-12.....mcg	0.92	0.084	5		1		0.26	0.19	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.730		0		1		1.604	1.203	
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	0.028	5		1		0.008	0.006	
12:0.....g	0.020	0.018	5		1		0.006	0.004	
13:0.....g									
14:0.....g	0.230	0.024	5		1		0.064	0.048	
15:0.....g									
16:0.....g	3.640	0.099	5		1		1.019	0.764	
17:0.....g									
18:0.....g	1.810	0.068	5		1		0.507	0.380	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.200		0		1		2.296	1.722	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.670	0.053	5		1		0.188	0.141	

**NDB No. 07027**  
**Ham, chopped, not 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
17:1.....g									
18:1 undifferentiated.....g	7.530	0.315	5		1		2.108	1.581	
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	2.110		0		1		0.591	0.443	
18:2 undifferentiated.....g	1.810	0.082	5		1		0.507	0.380	
18:3 undifferentiated.....g	0.300	0.061	5		1		0.084	0.063	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	51	10.089	3		1		14	11	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.208		2		1		0.058	0.044	
Threonine.....g	0.761		2		1		0.213	0.160	
Isoleucine.....g	0.772		2		1		0.216	0.162	
Leucine.....g	1.374		2		1		0.385	0.289	
Lysine.....g	1.531		2		1		0.429	0.322	
Methionine.....g	0.452		2		1		0.127	0.095	
Cystine.....g	0.257		2		1		0.072	0.054	
Phenylalanine.....g	0.690		2		1		0.193	0.145	
Tyrosine.....g	0.531		2		1		0.149	0.112	
Valine.....g	0.799		2		1		0.224	0.168	
Arginine.....g	1.202		2		1		0.337	0.252	
Histidine.....g	0.695		2		1		0.195	0.146	
Alanine.....g	0.997		2		1		0.279	0.209	
Aspartic acid.....g	1.659		2		1		0.465	0.348	
Glutamic acid.....g	2.593		2		1		0.726	0.545	
Glycine.....g	0.827		2		1		0.232	0.174	
Proline.....g	0.695		2		1		0.195	0.146	
Serine.....g	0.674		2		1		0.189	0.142	
Hydroxyproline.....g									

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

**Common Measures:**

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

Measure 2 = 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 Nutrient Database for Standard Reference, Release 15 (2002)



**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				
Energy.....kcal	122		0	NC	4				
Energy.....kj	511		0	NC	4				
Protein (N x 6.25).....g	17.93		1	A	1				
Total lipid (fat).....g	2.37		1	A	1				
Ash.....g	2.49		1	A	1				
Carbohydrate, by difference.....g	7.27		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		0	MC	9				
Iron, Fe.....mg	0.39		0	MC	9				
Magnesium, Mg.....mg	8		0	MC	9				
Phosphorus, P.....mg	384		0	MC	9				
Potassium, K.....mg	165		0	MC	9				
Sodium, Na.....mg	900		0	MC	9				
Zinc, Zn.....mg	0.91		0	MC	9				
Copper, Cu.....mg	0.041		0	MC	9				
Manganese, Mn.....mg	0.028		0	MC	9				
Selenium, Se.....mcg	10.4		0	MC	9				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		0	MC	9				
Thiamin.....mg	0.402		0	MC	9				
Riboflavin.....mg	0.101		0	MC	9				
Niacin.....mg	2.276		0	MC	9				
Pantothenic acid.....mg	0.238		0	MC	9				
Vitamin B-6.....mg	0.231		0	MC	9				
Folate, total.....mcg	2		0	MC	9				
Folic acid.....mcg	0		0	NR	4				
Folate, food.....mcg	2		0	MC	9				
Folate, DFE.....mcg_DFE	2		0	NC	4				
Vitamin B-12.....mcg	0.38		0	MC	9				
Vitamin A, IU.....IU	0		0	MC	9				
Vitamin A, RAE.....mcg_RAE	0		0	AS	1				
Retinol.....mcg	0		0	NR	4				
Vitamin E.....mg_ATE	0.112		0	MC	9				
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.795		0	MC	9				
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		0	BFZN	4				
13:0.....g									
14:0.....g	0.054		0	BFZN	4				
15:0.....g									
16:0.....g	0.781		0	BFZN	4				
17:0.....g									
18:0.....g	0.332		0	BFZN	4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.669		0	BFZN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099		0	BFZN	4				

**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
17:1.....g									
18:1 undifferentiated.....g	1.571		0	BFZN		4			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.314		0	BFZN		4			
18:2 undifferentiated.....g	0.305		0	BFZN		4			
18:3 undifferentiated.....g	0.009		0	BFZN		4			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	22		0	MC		9			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	MC		9			
Caffeine.....mg	0		0	MC		9			
Theobromine.....mg	0		0	Z		7			

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

**Common Measures:**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07030

Ham, minced

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	57.35	1.007	4		1		16.26	12.04	
Energy.....kcal	263		0	NC	4		75	55	
Energy.....kj	1100		4		4		312	231	
Protein (N x 6.25).....g	16.28	0.507	4		1		4.62	3.42	
Total lipid (fat).....g	20.68	1.667	4		1		5.86	4.34	
Ash.....g	3.85	0.064	4		1		1.09	0.81	
Carbohydrate, by difference.....g	1.85		0	NC	4		0.52	0.39	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10	1.190	4		1		3	2	
Iron, Fe.....mg	0.79	0.154	4		1		0.22	0.17	
Magnesium, Mg.....mg	16	1.224	4		1		5	3	
Phosphorus, P.....mg	157	5.780	4		1		45	33	
Potassium, K.....mg	311	12.756	4		1		88	65	
Sodium, Na.....mg	1245	23.386	4		1		353	261	
Zinc, Zn.....mg	1.90	0.081	4		1		0.54	0.40	
Copper, Cu.....mg	0.080	0.003	4		1		0.023	0.017	
Manganese, Mn.....mg	0.031	0.004	3		1		0.009	0.007	
Selenium, Se.....mcg	20.0		0	BFZN	4		5.7	4.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.712	0.014	4		1		0.202	0.150	
Riboflavin.....mg	0.190	0.021	4		1		0.054	0.040	
Niacin.....mg	4.162	0.216	4		1		1.180	0.874	
Pantothenic acid.....mg	0.180		1		1		0.051	0.038	
Vitamin B-6.....mg	0.260	0.032	4		1		0.074	0.055	
Folate, total.....mcg	1		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		4		0	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		0	0	
Vitamin B-12.....mcg	0.95	0.145	4		1		0.27	0.20	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.180		0		1		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	4.420	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	9.570		0		1		2.713	2.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.730	0.055	4		1		0.207	0.153	

**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	8.850	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		1		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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07028

Ham, sliced, extra lean, (approximately 5% fat)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.52	0.281	57		1		95.20	19.75	
Energy.....kcal	131		0	NC	4		177	37	
Energy.....kj	548				4		740	153	
Protein (N x 6.25).....g	19.35	0.192	57		1		26.12	5.42	
Total lipid (fat).....g	4.96	0.343	32		1		6.70	1.39	
Ash.....g	4.21	0.131	21		1		5.68	1.18	
Carbohydrate, by difference.....g	0.97		0	NC	4		1.31	0.27	
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	0.577	4		1		9	2	
Iron, Fe.....mg	0.76	0.055	19		1		1.03	0.21	
Magnesium, Mg.....mg	17	0.514	19		1		23	5	
Phosphorus, P.....mg	218	10.273	19		1		294	61	
Potassium, K.....mg	350	7.987	15		1		473	98	
Sodium, Na.....mg	1429	41.219	19		1		1929	400	
Zinc, Zn.....mg	1.93	0.061	19		1		2.61	0.54	
Copper, Cu.....mg	0.070	0.008	19		1		0.095	0.020	
Manganese, Mn.....mg	0.033	0.003	5		1		0.045	0.009	
Selenium, Se.....mcg	16.2		0	BFZN	4		21.9	4.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.932	0.040	19		1		1.258	0.261	
Riboflavin.....mg	0.223	0.008	19		1		0.301	0.062	
Niacin.....mg	4.838	0.141	19		1		6.531	1.355	
Pantothenic acid.....mg	0.470	0.063	7		1		0.635	0.132	
Vitamin B-6.....mg	0.460	0.053	19		1		0.621	0.129	
Folate, total.....mcg	4	1.050	4		1		5	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4	1.050	4		1		5	1	
Folate, DFE.....mcg_DFE	4		0	NC	4		5	1	
Vitamin B-12.....mcg	0.75	0.036	19		1		1.01	0.21	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.290		0		4		0.392	0.081	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.620		0		1		2.187	0.454	
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	0.005	13		1		0.027	0.006	
12:0.....g	0.010	0.003	11		1		0.014	0.003	
13:0.....g									
14:0.....g	0.080	0.007	15		1		0.108	0.022	
15:0.....g									
16:0.....g	1.010	0.094	15		1		1.364	0.283	
17:0.....g									
18:0.....g	0.510	0.052	15		1		0.689	0.143	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.350		0		1		3.173	0.658	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220	0.020	15		1		0.297	0.062	

NDB No. 07028

Ham, sliced, extra lean, (approximately 5% 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
17:1.....g									
18:1 undifferentiated.....g	2.130	0.173	15		1		2.876	0.596	
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	0.480		0		1		0.648	0.134	
18:2 undifferentiated.....g	0.430	0.033	15		1		0.581	0.120	
18:3 undifferentiated.....g	0.050	0.009	15		1		0.068	0.014	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	47	2.495	12		1		63	13	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.232		2		1		0.313	0.065	
Threonine.....g	0.860		10		1		1.161	0.241	
Isoleucine.....g	0.848		10		1		1.145	0.237	
Leucine.....g	1.535		10		1		2.072	0.430	
Lysine.....g	1.640		10		1		2.214	0.459	
Methionine.....g	0.511		10		1		0.690	0.143	
Cystine.....g	0.291		2		1		0.393	0.081	
Phenylalanine.....g	0.836		10		1		1.129	0.234	
Tyrosine.....g	0.634		10		1		0.856	0.178	
Valine.....g	0.839		10		1		1.133	0.235	
Arginine.....g	1.257		10		1		1.697	0.352	
Histidine.....g	0.693		10		1		0.936	0.194	
Alanine.....g	1.142		10		1		1.542	0.320	
Aspartic acid.....g	1.832		10		1		2.473	0.513	
Glutamic acid.....g	3.154		10		1		4.258	0.883	
Glycine.....g	1.006		10		1		1.358	0.282	
Proline.....g	0.826		10		1		1.115	0.231	
Serine.....g	0.792		10		1		1.069	0.222	
Hydroxyproline.....g									
<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 = 135g: 1 cup, diced

Measure 2 = 28g: 1 slice (6-1/4" x 4" x 1/16")

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07029

Ham, sliced, regular (approximately 11% fat)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.64	0.451	90		1		87.26	18.10	
Energy.....kcal	182		0	NC	4		246	51	
Energy.....kj	761				4		1028	213	
Protein (N x 6.25).....g	17.56	0.226	90		1		23.71	4.92	
Total lipid (fat).....g	10.57	0.510	10		1		14.27	2.96	
Ash.....g	4.11	0.144	9		1		5.55	1.15	
Carbohydrate, by difference.....g	3.11		0	NC	4		4.20	0.87	
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		2		1		9	2	
Iron, Fe.....mg	0.99	0.103	9		1		1.34	0.28	
Magnesium, Mg.....mg	19	1.190	9		1		26	5	
Phosphorus, P.....mg	247	10.045	12		1		333	69	
Potassium, K.....mg	332	22.680	10		1		448	93	
Sodium, Na.....mg	1317	99.870	10		1		1778	369	
Zinc, Zn.....mg	2.14	0.109	8		1		2.89	0.60	
Copper, Cu.....mg	0.100	0.008	7		1		0.135	0.028	
Manganese, Mn.....mg	0.031	0.002	4		1		0.042	0.009	
Selenium, Se.....mcg	16.4	2.211	3	A	1		22.1	4.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.863	0.048	9		1		1.165	0.242	
Riboflavin.....mg	0.252	0.013	8		1		0.340	0.071	
Niacin.....mg	5.251	0.276	8		1		7.089	1.470	
Pantothenic acid.....mg	0.450	0.110	3		1		0.608	0.126	
Vitamin B-6.....mg	0.340	0.014	8		1		0.459	0.095	
Folate, total.....mcg	3		0		4		4	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		4	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		4	1	
Vitamin B-12.....mcg	0.83	0.085	7		1		1.12	0.23	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.290		0		4		0.392	0.081	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.390		0		1		4.577	0.949	
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	0.006	7		1		0.027	0.006	
12:0.....g	0.020	0.005	7		1		0.027	0.006	
13:0.....g									
14:0.....g	0.150	0.012	7		1		0.203	0.042	
15:0.....g									
16:0.....g	2.130	0.164	7		1		2.876	0.596	
17:0.....g									
18:0.....g	1.080	0.077	7		1		1.458	0.302	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.950		0		1		6.683	1.386	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430	0.022	7		1		0.581	0.120	

NDB No. 07029

Ham, sliced, regular (approximately 11% fat)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	4.520	0.373	7		1		6.102	1.266	
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	1.210		0		1		1.634	0.339	
18:2 undifferentiated.....g	1.040	0.076	7		1		1.404	0.291	
18:3 undifferentiated.....g	0.170	0.025	7		1		0.230	0.048	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	57	3.761	7		1		77	16	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.211		2		1		0.285	0.059	
Threonine.....g	0.781		10		1		1.054	0.219	
Isoleucine.....g	0.770		10		1		1.040	0.216	
Leucine.....g	1.394		10		1		1.882	0.390	
Lysine.....g	1.489		10		1		2.010	0.417	
Methionine.....g	0.464		10		1		0.626	0.130	
Cystine.....g	0.264		2		1		0.356	0.074	
Phenylalanine.....g	0.759		10		1		1.025	0.213	
Tyrosine.....g	0.576		10		1		0.778	0.161	
Valine.....g	0.762		10		1		1.029	0.213	
Arginine.....g	1.141		10		1		1.540	0.319	
Histidine.....g	0.629		10		1		0.849	0.176	
Alanine.....g	1.037		10		1		1.400	0.290	
Aspartic acid.....g	1.664		10		1		2.246	0.466	
Glutamic acid.....g	2.863		10		1		3.865	0.802	
Glycine.....g	0.913		10		1		1.233	0.256	
Proline.....g	0.750		10		1		1.013	0.210	
Serine.....g	0.719		10		1		0.971	0.201	
Hydroxyproline.....g									
<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 = 135g: 1 cup, diced

Measure 2 = 28g: 1 slice (6-1/4" x 4" x 1/16")

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07034**  
**Headcheese, 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	64.70	1.485	8		1		18.12	36.88	
Energy.....kcal	212		0	NC	4		59	121	
Energy.....kj	887				4		248	506	
Protein (N x 6.25).....g	16.00	0.485	4		1		4.48	9.12	
Total lipid (fat).....g	15.80	1.190	8		1		4.42	9.01	
Ash.....g	3.10	0.125	4		1		0.87	1.77	
Carbohydrate, by difference.....g	0.30		0	NC	4		0.08	0.17	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16	0.478	4		1		4	9	
Iron, Fe.....mg	1.17	0.156	4		1		0.33	0.67	
Magnesium, Mg.....mg	9	0.408	4		1		3	5	
Phosphorus, P.....mg	59	3.027	4		1		17	34	
Potassium, K.....mg	31	7.059	4		1		9	18	
Sodium, Na.....mg	1257	42.769	4		1		352	716	
Zinc, Zn.....mg	1.30	0.041	4		1		0.36	0.74	
Copper, Cu.....mg	0.122	0.027	4		1		0.034	0.070	
Manganese, Mn.....mg	0.019		2		1		0.005	0.011	
Selenium, Se.....mcg	0.1		0	BFZN	4		0.0	0.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.037	0.002	4		1		0.010	0.021	
Riboflavin.....mg	0.182	0.007	4		1		0.051	0.104	
Niacin.....mg	1.127	0.105	4		1		0.316	0.642	
Pantothenic acid.....mg	0.220		2		1		0.062	0.125	
Vitamin B-6.....mg	0.190	0.104	4		1		0.053	0.108	
Folate, total.....mcg	2	0.550	4		1		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2	0.550	4		1		1	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12.....mcg	1.05	0.099	4		1		0.29	0.60	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.250		0		4		0.070	0.143	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.940		0		1		1.383	2.816	
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	0.030		4		1		0.008	0.017	
12:0.....g	0.020		4		1		0.006	0.011	
13:0.....g									
14:0.....g	0.270		4		1		0.076	0.154	
15:0.....g									
16:0.....g	3.080		4		1		0.862	1.756	
17:0.....g									
18:0.....g	1.520		4		1		0.426	0.866	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.100		0		1		2.268	4.617	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.830		4		1		0.232	0.473	

**NDB No. 07034**  
**Headcheese, pork**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	7.270		4		1		2.036	4.144	
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	1.650		0		1		0.462	0.941	
18:2 undifferentiated.....g	1.450		4		1		0.406	0.827	
18:3 undifferentiated.....g	0.190		4		1		0.053	0.108	
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.....g	0.000		4		1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	4		1		0.000	0.000	
22:6 n-3.....g	0.000		4		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		2		1		23	46	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.084		0		1		0.024	0.048	
Threonine.....g	0.445		0		1		0.125	0.254	
Isoleucine.....g	0.543		0		1		0.152	0.310	
Leucine.....g	1.009		0		1		0.283	0.575	
Lysine.....g	0.968		0		1		0.271	0.552	
Methionine.....g	0.266		0		1		0.074	0.152	
Cystine.....g	0.223		0		1		0.062	0.127	
Phenylalanine.....g	0.607		0		1		0.170	0.346	
Tyrosine.....g	0.466		0		1		0.130	0.266	
Valine.....g	0.658		0		1		0.184	0.375	
Arginine.....g	1.147		0		1		0.321	0.654	
Histidine.....g	0.297		0		1		0.083	0.169	
Alanine.....g	1.024		0		1		0.287	0.584	
Aspartic acid.....g	1.423		0		1		0.398	0.811	
Glutamic acid.....g	1.690		0		1		0.473	0.963	
Glycine.....g	1.923		0		1		0.538	1.096	
Proline.....g	1.295		0		1		0.363	0.738	
Serine.....g	0.627		0		1		0.176	0.357	
Hydroxyproline.....g									
<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 = 57g: 2 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.68**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07035**  
**Honey 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	70.47	0.209	15		1		40.17	19.73	70.47
Energy.....kcal	125		0	NC	4		71	35	125
Energy.....kj	521		0	NC	4		297	146	521
Protein (N x 6.25).....g	15.77	0.374	15		1		8.99	4.42	15.77
Total lipid (fat).....g	4.47	0.166	15		1		2.55	1.25	4.47
Ash.....g	3.96	0.051	15		1		2.26	1.11	3.96
Carbohydrate, by difference.....g	5.33		0	NC	4		3.04	1.49	5.33
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17	3.456	5		1		10	5	17
Iron, Fe.....mg	1.35	0.099	15		1		0.77	0.38	1.35
Magnesium, Mg.....mg	17	1.067	5		1		10	5	17
Phosphorus, P.....mg	143	8.891	5		1		82	40	143
Potassium, K.....mg	343	23.359	5		1		196	96	343
Sodium, Na.....mg	1320	51.469	5		1		752	370	1320
Zinc, Zn.....mg	2.42	0.116	5		1		1.38	0.68	2.42
Copper, Cu.....mg	0.060	0.013	5		1		0.034	0.017	0.060
Manganese, Mn.....mg	0.030	0.005	5		1		0.017	0.008	0.030
Selenium, Se.....mcg	28.3		0	BFNN	4		16.1	7.9	28.3
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.482	0.038	15		1		0.275	0.135	0.482
Riboflavin.....mg	0.240	0.009	15		1		0.137	0.067	0.240
Niacin.....mg	3.142	0.109	15		1		1.791	0.880	3.142
Pantothenic acid.....mg	0.660		2		1		0.376	0.185	0.660
Vitamin B-6.....mg	0.330	0.037	15		1		0.188	0.092	0.330
Folate, total.....mcg	8		0		4		5	2	8
Folic acid.....mcg	0		0	NR	4		0	0	0
Folate, food.....mcg	8		0		4		5	2	8
Folate, DFE.....mcg_DFE	8		0	NC	4		5	2	8
Vitamin B-12.....mcg	1.08	0.049	15		1		0.62	0.30	1.08
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	NR	4		0	0	0
Vitamin E.....mg_ATE	0.220		0		4		0.125	0.062	0.220
Vitamin D.....IU	40.000		0	MC	9		22.800	11.200	40.000
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.430		0	NC	4		0.815	0.400	1.430
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.020	0.006	3		1		0.011	0.006	0.020
12:0.....g	0.020	0.006	3		1		0.011	0.006	0.020
13:0.....g									
14:0.....g	0.080	0.017	5		1		0.046	0.022	0.080
15:0.....g									
16:0.....g	0.840	0.033	5		1		0.479	0.235	0.840
17:0.....g									
18:0.....g	0.470	0.038	5		1		0.268	0.132	0.470
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.020		0	NC	4		1.151	0.566	2.020
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230	0.027	5		1		0.131	0.064	0.230

**NDB No. 07035**  
**Honey loaf, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	1.790	0.042	5		1		1.020	0.501	1.790
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.460		0	NC	4		0.262	0.129	0.460
18:2 undifferentiated.....g	0.380	0.017	5		1		0.217	0.106	0.380
18:3 undifferentiated.....g	0.080	0.026	5		1		0.046	0.022	0.080
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	34	8.686	3		1		19	10	34
Phytosterols.....mg	0		0		4		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.190		0	FLM	4		0.108	0.053	0.190
Threonine.....g	0.683		0	FLM	4		0.389	0.191	0.683
Isoleucine.....g	0.703		0	FLM	4		0.401	0.197	0.703
Leucine.....g	1.207		0	FLM	4		0.688	0.338	1.207
Lysine.....g	1.342		0	FLM	4		0.765	0.376	1.342
Methionine.....g	0.393		0	FLM	4		0.224	0.110	0.393
Cystine.....g	0.194		0	FLM	4		0.111	0.054	0.194
Phenylalanine.....g	0.603		0	FLM	4		0.344	0.169	0.603
Tyrosine.....g	0.519		0	FLM	4		0.296	0.145	0.519
Valine.....g	0.814		0	FLM	4		0.464	0.228	0.814
Arginine.....g	0.935		0	FLM	4		0.533	0.262	0.935
Histidine.....g	0.582		0	FLM	4		0.332	0.163	0.582
Alanine.....g	0.869		0	FLM	4		0.496	0.243	0.869
Aspartic acid.....g	1.397		0	FLM	4		0.796	0.391	1.397
Glutamic acid.....g	2.316		0	FLM	4		1.320	0.648	2.316
Glycine.....g	0.749		0	FLM	4		0.427	0.210	0.749
Proline.....g	0.624		0	FLM	4		0.355	0.175	0.624
Serine.....g	0.622		0	FLM	4		0.355	0.174	0.622
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	MC	9		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0

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

**Common Measures:**

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

Measure 2 = 28g: 1 slice

Measure 3 = 100g: 3.53 slices

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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		18.37	14.90	
Energy.....kcal	182		0	NC	4		52	42	
Energy.....kj	761		4		4		216	175	
Protein (N x 6.25).....g	18.58	0.179	4		1		5.27	4.27	
Total lipid (fat).....g	10.50	0.376	4		1		2.98	2.42	
Ash.....g	3.98	0.063	4		1		1.13	0.92	
Carbohydrate, by difference.....g	2.18		0	NC	4		0.62	0.50	
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		3	2	
Iron, Fe.....mg	2.20	0.220	4		1		0.62	0.51	
Magnesium, Mg.....mg	16	1.436	4		1		5	4	
Phosphorus, P.....mg	137	7.134	4		1		39	32	
Potassium, K.....mg	291	23.063	4		1		82	67	
Sodium, Na.....mg	1322	26.166	4		1		375	304	
Zinc, Zn.....mg	3.25	0.086	4		1		0.92	0.75	
Copper, Cu.....mg	0.100	0.008	4		1		0.028	0.023	
Manganese, Mn.....mg	0.037	0.005	3		1		0.010	0.009	
Selenium, Se.....mcg	15.6		0	RF	4		4.4	3.6	
<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		0.023	0.018	
Riboflavin.....mg	0.182	0.016	4		1		0.052	0.042	
Niacin.....mg	4.165	0.165	4		1		1.181	0.958	
Pantothenic acid.....mg	0.490		2		1		0.139	0.113	
Vitamin B-6.....mg	0.270	0.025	4		1		0.077	0.062	
Folate, total.....mcg	4		0		4		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		1	1	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	1	
Vitamin B-12.....mcg	2.35	0.182	4		1		0.67	0.54	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.140		0		4		0.040	0.032	
Vitamin D.....IU	40.000		0	T	4		11.340	9.200	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.080		0		1		1.157	0.938	
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		0.006	0.005	
12:0.....g	0.020	0.007	4		1		0.006	0.005	
13:0.....g									
14:0.....g	0.280	0.009	4		1		0.079	0.064	
15:0.....g									
16:0.....g	2.400	0.075	4		1		0.680	0.552	
17:0.....g									
18:0.....g	1.360	0.059	4		1		0.386	0.313	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.820		0		1		1.366	1.109	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.620	0.051	4		1		0.176	0.143	

**NDB No. 07088**  
**Honey roll sausage, beef**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	4.200	0.257	4		1		1.191	0.966	
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		0.139	0.113	
18:2 undifferentiated.....g	0.380	0.020	4		1		0.108	0.087	
18:3 undifferentiated.....g	0.110	0.015	4		1		0.031	0.025	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	50	3.198	4		1		14	12	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.152		0		4		0.043	0.035	
Threonine.....g	0.779		0		4		0.221	0.179	
Isoleucine.....g	0.761		0		4		0.216	0.175	
Leucine.....g	1.388		0		4		0.393	0.319	
Lysine.....g	1.516		0		4		0.430	0.349	
Methionine.....g	0.449		0		4		0.127	0.103	
Cystine.....g	0.220		0		4		0.062	0.051	
Phenylalanine.....g	0.696		0		4		0.197	0.160	
Tyrosine.....g	0.562		0		4		0.159	0.129	
Valine.....g	0.853		0		4		0.242	0.196	
Arginine.....g	1.255		0		4		0.356	0.289	
Histidine.....g	0.538		0		4		0.153	0.124	
Alanine.....g	1.228		0		4		0.348	0.282	
Aspartic acid.....g	1.650		0		4		0.468	0.380	
Glutamic acid.....g	2.679		0		4		0.759	0.616	
Glycine.....g	1.379		0		4		0.391	0.317	
Proline.....g	1.011		0		4		0.287	0.233	
Serine.....g	0.758		0		4		0.215	0.174	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 28.35g: 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07934

Kielbasa, Polish, turkey and beef, smoked

Refuse: 0%

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

**NDB No. 07934**

**Kielbasa, Polish, turkey and beef, smoked**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07037

Kielbasa, kolbassy, pork, 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	53.95	0.445	24		1		15.29	14.03	
Energy.....kcal	310		0	NC	4		88	81	
Energy.....kj	1297				4		368	337	
Protein (N x 6.25).....g	13.26	0.192	24		1		3.76	3.45	
Total lipid (fat).....g	27.15	0.254	24		1		7.70	7.06	
Ash.....g	3.50	0.103	6		1		0.99	0.91	
Carbohydrate, by difference.....g	2.14		0	NC	4		0.61	0.56	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	44	2.632	24		1		12	11	
Iron, Fe.....mg	1.45	0.043	24		1		0.41	0.38	
Magnesium, Mg.....mg	16	0.358	7		1		5	4	
Phosphorus, P.....mg	148	3.088	6		1		42	38	
Potassium, K.....mg	271	16.222	6		1		77	70	
Sodium, Na.....mg	1076	53.695	6		1		305	280	
Zinc, Zn.....mg	2.02	0.040	6		1		0.57	0.53	
Copper, Cu.....mg	0.100	0.003	6		1		0.028	0.026	
Manganese, Mn.....mg	0.040	0.002	6		1		0.011	0.010	
Selenium, Se.....mcg	17.7	2.258	5	A	1		5.0	4.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.228	0.008	24		1		0.065	0.059	
Riboflavin.....mg	0.214	0.007	24		1		0.061	0.056	
Niacin.....mg	2.879	0.083	24		1		0.816	0.749	
Pantothenic acid.....mg	0.820		2		1		0.232	0.213	
Vitamin B-6.....mg	0.180	0.004	24		1		0.051	0.047	
Folate, total.....mcg	5		0		4		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		4		1	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	1	
Vitamin B-12.....mcg	1.61	0.078	24		1		0.46	0.42	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.220		0		4		0.062	0.057	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.910		0		1		2.809	2.577	
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	0.001	6		1		0.009	0.008	
12:0.....g	0.020	0.006	6		1		0.006	0.005	
13:0.....g									
14:0.....g	0.360	0.016	6		1		0.102	0.094	
15:0.....g									
16:0.....g	6.130	0.169	6		1		1.738	1.594	
17:0.....g									
18:0.....g	3.360	0.058	6		1		0.953	0.874	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.940		0		1		3.668	3.364	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.970	0.038	6		1		0.275	0.252	

NDB No. 07037

Kielbasa, kolbassy, pork, beef, nonfat dry milk added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	11.970	0.323	6		1		3.393	3.112	
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	3.080		0		1		0.873	0.801	
18:2 undifferentiated.....g	2.680	0.100	6		1		0.760	0.697	
18:3 undifferentiated.....g	0.400	0.015	6		1		0.113	0.104	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	67	4.619	6		1		19	17	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.138		1		1		0.039	0.036	
Threonine.....g	0.432		1		1		0.122	0.112	
Isoleucine.....g	0.639		1		1		0.181	0.166	
Leucine.....g	0.874		1		1		0.248	0.227	
Lysine.....g	1.010		1		1		0.286	0.263	
Methionine.....g	0.276		1		1		0.078	0.072	
Cystine.....g	0.225		1		1		0.064	0.059	
Phenylalanine.....g	0.501		1		1		0.142	0.130	
Tyrosine.....g	0.490		1		1		0.139	0.127	
Valine.....g	0.639		1		1		0.181	0.166	
Arginine.....g	0.942		1		1		0.267	0.245	
Histidine.....g	0.314		1		1		0.089	0.082	
Alanine.....g	0.848		0		4		0.240	0.220	
Aspartic acid.....g	1.218		1		1		0.345	0.317	
Glutamic acid.....g	1.618		1		1		0.459	0.421	
Glycine.....g	1.039		1		1		0.295	0.270	
Proline.....g	0.687		1		1		0.195	0.179	
Serine.....g	0.530		1		1		0.150	0.138	
Hydroxyproline.....g									
<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 = 28.35g: 1 oz

Measure 2 = 26g: 1 slice (6" x 3-3/4" x 1/16")

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07038

Knackwurst, knockwurst, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	55.30		1	A	1		39.82	15.68	
Energy.....kcal	307		0	NC	4		221	87	
Energy.....kj	1282		0	NC	4		923	364	
Protein (N x 6.25).....g	11.10		1	A	1		7.99	3.15	
Total lipid (fat).....g	27.70		1	A	1		19.94	7.85	
Ash.....g	2.70		1	A	1		1.94	0.77	
Carbohydrate, by difference.....g	3.20		0	NC	4		2.30	0.91	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	0.928	5		1		8	3	
Iron, Fe.....mg	0.66		1	A	1		0.48	0.19	
Magnesium, Mg.....mg	11	0.583	5		1		8	3	
Phosphorus, P.....mg	98	6.135	5		1		71	28	
Potassium, K.....mg	199	8.858	5		1		143	56	
Sodium, Na.....mg	930		1	A	1		670	264	
Zinc, Zn.....mg	1.66	0.103	5		1		1.20	0.47	
Copper, Cu.....mg	0.060	0.011	5		1		0.043	0.017	
Manganese, Mn.....mg	0.021		0		4		0.015	0.006	
Selenium, Se.....mcg	13.5		0	RF	4		9.7	3.8	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.342	0.015	5		1		0.246	0.097	
Riboflavin.....mg	0.140	0.006	5		1		0.101	0.040	
Niacin.....mg	2.734	0.117	5		1		1.968	0.775	
Pantothenic acid.....mg	0.320		1		1		0.230	0.091	
Vitamin B-6.....mg	0.170	0.012	5		1		0.122	0.048	
Folate, total.....mcg	2		0		4		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12.....mcg	1.18	0.127	5		1		0.85	0.33	
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	BFZN	4		0	0	
Vitamin E.....mg_ATE	0.570		0		1		0.410	0.162	
Vitamin D.....IU									
<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	

NDB No. 07038

Knackwurst, knockwurst, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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	
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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07251

LOUIS RICH, Chicken (white, oven roasted)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.973		0	A	1		0.272		
18:2 undifferentiated.....g	0.928	0.069	5	A	1		0.260		
18:3 undifferentiated.....g	0.044	0.007	5	A	1		0.012		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59	1.213	17	A	1		17		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07250

LOUIS RICH, Chicken Breast (oven roasted deluxe)

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

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)





NDB No. 07249

LOUIS RICH, Chicken Breast Classic Baked /Grill (carving board)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.081		0	A	1		0.036	0.018	
18:2 undifferentiated.....g	0.081	0.020	5	A	1		0.036	0.018	
18:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	52	1.342	5	A	1		23	11	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 45g: 1 serving

Measure 2 = 22g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07252

LOUIS RICH, Franks (turkey and chicken cheese)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.980		0	A	1		1.341		
18:2 undifferentiated.....g	2.830	0.266	3	A	1		1.274		
18:3 undifferentiated.....g	0.150	0.017	3	A	1		0.068		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	94	7.506	3	A	1		42		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 45g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07253

LOUIS RICH, Franks (turkey and chicken)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.163		0	A	1		1.423		
18:2 undifferentiated.....g	3.022	0.205	5	A	1		1.360		
18:3 undifferentiated.....g	0.141	0.011	5	A	1		0.063		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	92	1.789	5	A	1		41		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 45g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07258

LOUIS RICH, Turkey (honey roasted, fat free)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.143		0	A	1		0.080		
18:2 undifferentiated.....g	0.138	0.030	8	A	1		0.077		
18:3 undifferentiated.....g	0.005	0.002	8	A	1		0.003		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	40	3.024	7	A	1		22		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07254**  
**LOUIS RICH, Turkey Bacon**

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	59.00	0.400	45	A	1		8.26		
Energy.....kcal	250		1	JO	11		35		
Energy.....kj	1046		0	JO	11		146		
Protein (N x 6.25).....g	15.10	0.300	45	A	1		2.11		
Total lipid (fat).....g	20.30	0.900	45	A	1		2.84		
Ash.....g	3.90	0.000	6	A	1		0.55		
Carbohydrate, by difference.....g	1.65		1	JO	11		0.23		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.80		2	A	1		0.25		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	40	2.683	5	A	1		6		
Iron, Fe.....mg	1.45	0.031	5	A	1		0.20		
Magnesium, Mg.....mg	19	1.163	5	MA	12		3		
Phosphorus, P.....mg	199	5.367	5	MA	12		28		
Potassium, K.....mg	208	5.814	5	MA	12		29		
Sodium, Na.....mg	1213	103.000	9	A	1		170		
Zinc, Zn.....mg	2.52	0.067	5	MA	12		0.35		
Copper, Cu.....mg	0.250	0.013	5	MA	12		0.035		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<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.....mcg	8		0	BFZN	4		1		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	8		0	BFZN	4		1		
Folate, DFE.....mcg_DFE	8		0	NC	4		1		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.270		0	A	1		0.738		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.020	0.004	5	A	1		0.003		
13:0.....g									
14:0.....g	0.190	0.009	5	A	1		0.027		
15:0.....g									
16:0.....g	3.790	0.170	5	A	1		0.531		
17:0.....g									
18:0.....g	1.270	0.031	5	A	1		0.178		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.510		0	A	1		1.051		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680	0.125	5	A	1		0.095		

**NDB No. 07254**  
**LOUIS RICH, Turkey Bacon**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	6.830	0.072	5	A	1		0.956		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.700		0	A	1		0.658		
18:2 undifferentiated.....g	4.530	0.134	5	A	1		0.634		
18:3 undifferentiated.....g	0.170	0.018	5	A	1		0.024		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90	1.300	6	A	1		13		
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 = 14.0g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07255**  
**LOUIS RICH, Turkey Bologna**

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	67.55	0.150	112	A	1		18.91		
Energy.....kcal	184		1	JO	11		51		
Energy.....kj	770				9		216		
Protein (N x 6.25).....g	11.30	0.100	112	A	1		3.16		
Total lipid (fat).....g	13.20	0.000	112	A	1		3.70		
Ash.....g	3.10	0.200	10	A	1		0.87		
Carbohydrate, by difference.....g	4.85		1	JO	11		1.36		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.20	0.151	7	A	1		0.34		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	124	20.506	8	A	1		35		
Iron, Fe.....mg	1.64	0.095	8	A	1		0.46		
Magnesium, Mg.....mg	22	1.626	8	MA	12		6		
Phosphorus, P.....mg	196	6.010	8	MA	12		55		
Potassium, K.....mg	152	8.132	8	MA	12		43		
Sodium, Na.....mg	1077	113.000	9	A	1		302		
Zinc, Zn.....mg	1.85	0.103	8	MA	12		0.52		
Copper, Cu.....mg	0.180	0.007	8	MA	12		0.050		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<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.....mcg	6		0	BFZN	4		2		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	6		0	BFZN	4		2		
Folate, DFE.....mcg_DFE	6		0	NC	4		2		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.790		0	A	1		1.061		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.010	0.004	8	A	1		0.003		
13:0.....g									
14:0.....g	0.140	0.014	8	A	1		0.039		
15:0.....g									
16:0.....g	2.690	0.194	8	A	1		0.753		
17:0.....g									
18:0.....g	0.950	0.060	8	A	1		0.266		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.310		0	A	1		1.487		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.540	0.064	8	A	1		0.151		

**NDB No. 07255**  
**LOUIS RICH, Turkey Bologna**

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
17:1.....g									
18:1 undifferentiated.....g	4.770	0.230	8	A	1		1.336		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.590		0	A	1		1.005		
18:2 undifferentiated.....g	3.350	0.152	8	A	1		0.938		
18:3 undifferentiated.....g	0.240	0.060	8	A	1		0.067		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67	1.000	9	A	1		19		
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

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07261

LOUIS RICH, Turkey Breast (Smoked, Carving Board)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.190		0	A	1		0.086	0.042	
18:2 undifferentiated.....g	0.180	0.036	5	A	1		0.081	0.040	
18:3 undifferentiated.....g	0.010	0.000	5	A	1		0.005	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	43	0.447	5	A	1		19	9	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 45g: 1 serving

Measure 2 = 22g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07259

LOUIS RICH, Turkey Breast (oven roasted, fat free)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.136		0	A	1		0.038		
18:2 undifferentiated.....g	0.130	0.010	4	A	1		0.036		
18:3 undifferentiated.....g	0.007	0.000	4	A	1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	32	1.500	4	A	1		9		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)





NDB No. 07260

LOUIS RICH, Turkey Breast (oven roasted, portion fat free)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.133		0	A	1		0.074		
18:2 undifferentiated.....g	0.126	0.014	13	A	1		0.071		
18:3 undifferentiated.....g	0.007	0.002	13	A	1		0.004		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	40	1.732	12	A	1		22		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07262

LOUIS RICH, Turkey Breast (smoked, portion fat free)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.163		0	A	1		0.091		
18:2 undifferentiated.....g	0.156	0.018	10	A	1		0.087		
18:3 undifferentiated.....g	0.007	0.002	10	A	1		0.004		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	41	2.000	9	A	1		23		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07256

LOUIS RICH, Turkey Breast and White Turkey (oven roasted)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.75	0.050	103	A	1		20.93		
Energy.....kcal	99		1	JO	11		28		
Energy.....kj	410				9		115		
Protein (N x 6.25).....g	17.10	0.600	103	A	1		4.79		
Total lipid (fat).....g	2.00	0.100	103	A	1		0.56		
Ash.....g	2.95	0.350	12	A	1		0.83		
Carbohydrate, by difference.....g	3.25		1	JO	11		0.91		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.80	0.100	4	A	1		0.22		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6	1.000	9	A	1		2		
Iron, Fe.....mg	0.99	0.087	9	A	1		0.28		
Magnesium, Mg.....mg	22	1.800	9	MA	12		6		
Phosphorus, P.....mg	251	10.000	9	MA	12		70		
Potassium, K.....mg	222	4.427	10	MA	12		62		
Sodium, Na.....mg	966	138.500	15	A	1		270		
Zinc, Zn.....mg	0.95	0.053	9	MA	12		0.27		
Copper, Cu.....mg	0.170	0.030	9	MA	12		0.048		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<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.....mcg	6		0	BFZN	4		2		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	6		0	BFZN	4		2		
Folate, DFE.....mcg_DFE	6		0	NC	4		2		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.468		0	A	1		0.131		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.006	0.002	9	A	1		0.002		
13:0.....g									
14:0.....g	0.018	0.004	9	A	1		0.005		
15:0.....g									
16:0.....g	0.334	0.041	9	A	1		0.094		
17:0.....g									
18:0.....g	0.111	0.018	9	A	1		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.585		0	A	1		0.164		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.059	0.010	9	A	1		0.017		

NDB No. 07256

LOUIS RICH, Turkey Breast and White Turkey (oven roasted)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	0.527	0.068	9	A	1		0.148		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.410		0	A	1		0.115		
18:2 undifferentiated.....g	0.392	0.043	9	A	1		0.110		
18:3 undifferentiated.....g	0.018	0.002	9	A	1		0.005		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	41	2.650	24	A	1		11		
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

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07257

LOUIS RICH, Turkey Breast and White Turkey (smoked sliced)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.510		0	A	1		0.143		
18:2 undifferentiated.....g	0.470	0.045	6	A	1		0.132		
18:3 undifferentiated.....g	0.040	0.016	6	A	1		0.011		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	42	2.449	6	A	1		12		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)





NDB No. 07264

LOUIS RICH, Turkey Ham (10% water added)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.700		0	A	1		0.196		
18:2 undifferentiated.....g	0.670	0.075	11	A	1		0.188		
18:3 undifferentiated.....g	0.030	0.003	11	A	1		0.008		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67	2.840	15	A	1		19		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07265

LOUIS RICH, Turkey Nuggets/Sticks (breaded)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.480		0	A	1		1.534	4.658	
18:2 undifferentiated.....g	4.840	0.476	7	A	1		1.355	4.114	
18:3 undifferentiated.....g	0.640	0.212	7	A	1		0.179	0.544	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	40	1.512	7	A	1		11	34	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 piece

Measure 2 = 85g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07266**  
**LOUIS RICH, Turkey Salami**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.342		0	A	1		0.656		
18:2 undifferentiated.....g	2.291	0.164	4	A	1		0.641		
18:3 undifferentiated.....g	0.052	0.035	4	A	1		0.015		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	76	1.000	4	A	1		21		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07267**  
**LOUIS RICH, Turkey Salami Cotto**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.330		0	A	1		0.652		
18:2 undifferentiated.....g	2.220	0.065	4	A	1		0.622		
18:3 undifferentiated.....g	0.110	0.040	4	A	1		0.031		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	77	2.041	6	A	1		22		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07268**  
**LOUIS RICH, Turkey Smoked Sausage**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	69.10	0.000	34	A	1		38.70		
Energy.....kcal	161		1	JO	11		90		
Energy.....kj	669				9		375		
Protein (N x 6.25).....g	14.80	0.400	34	A	1		8.29		
Total lipid (fat).....g	9.90	0.300	34	A	1		5.54		
Ash.....g	3.00	0.100	10	A	1		1.68		
Carbohydrate, by difference.....g	3.15		1	JO	11		1.76		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	2.80	0.224	5	A	1		1.57		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26	6.000	9	A	1		15		
Iron, Fe.....mg	1.38	0.040	9	A	1		0.77		
Magnesium, Mg.....mg	21	1.330	9	MA	12		12		
Phosphorus, P.....mg	204	18.333	9	MA	12		114		
Potassium, K.....mg	201	5.667	9	MA	12		113		
Sodium, Na.....mg	946	25.500	10	A	1		529		
Zinc, Zn.....mg	2.15	0.060	9	MA	12		1.20		
Copper, Cu.....mg	0.170	0.033	9	MA	12		0.095		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<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.....mcg	6		0	BFZN	4		3		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	6		0	BFZN	4		3		
Folate, DFE.....mcg_DFE	6		0	NC	4		3		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.670		0	A	1		1.495		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.010	0.003	9	A	1		0.006		
13:0.....g									
14:0.....g	0.100	0.010	9	A	1		0.056		
15:0.....g									
16:0.....g	1.840	0.097	9	A	1		1.030		
17:0.....g									
18:0.....g	0.720	0.030	9	A	1		0.403		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.560		0	A	1		1.994		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410	0.050	9	A	1		0.230		

NDB No. 07268

LOUIS RICH, Turkey Smoked Sausage

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	3.150	0.187	9	A	1		1.764		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.680		0	A	1		1.501		
18:2 undifferentiated.....g	2.420	0.160	9	A	1		1.355		
18:3 undifferentiated.....g	0.260	0.053	9	A	1		0.146		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	66	1.650	8	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 = 56g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07039**  
**Lebanon bologna, beef**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	63.29	2.485	12	JO	11		36.07		
Energy.....kcal	196		0	NC	4		112		
Energy.....kj	821		0	NC	4		468		
Protein (N x 6.25).....g	19.17	0.135	12	JO	11		10.92		
Total lipid (fat).....g	13.20	0.814	12		1		7.52		
Ash.....g	4.16	0.160	7	JO	11		2.37		
Carbohydrate, by difference.....g	0.19		0	NC	4		0.11		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	2.56		0	MC	9		1.46		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17	3.745	4	JO	11		10		
Iron, Fe.....mg	2.31	0.160	9	JO	11		1.32		
Magnesium, Mg.....mg	18	1.870	7	JO	11		10		
Phosphorus, P.....mg	171	20.800	7	JO	11		97		
Potassium, K.....mg	315	15.100	7	JO	11		180		
Sodium, Na.....mg	1356	18.000	12	JO	11		773		
Zinc, Zn.....mg	3.91	0.072	7	JO	11		2.23		
Copper, Cu.....mg	0.082	0.009	4	JO	11		0.046		
Manganese, Mn.....mg	0.040	0.017	4	JO	11		0.023		
Selenium, Se.....mcg	13.5		0	BFZN	4		7.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0		
Thiamin.....mg	0.081	0.019	8	JO	11		0.046		
Riboflavin.....mg	0.176	0.012	9	JO	11		0.101		
Niacin.....mg	3.793	0.570	9	JO	11		2.162		
Pantothenic acid.....mg	0.425	0.105	7	JO	11		0.242		
Vitamin B-6.....mg	0.315	0.075	9	JO	11		0.180		
Folate, total.....mcg	5	1.612	3	JO	11		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	5	1.612	3	JO	11		3		
Folate, DFE.....mcg_DFE	5		0	NC	4		3		
Vitamin B-12.....mcg	2.73	0.176	9	JO	11		1.55		
Vitamin A, IU.....IU	20		0	JO	11		11		
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		3		
Retinol.....mcg	6		0	NR	4		3		
Vitamin E.....mg_ATE	0.570		0	BFZN	4		0.325		
Vitamin D.....IU	31.550		0	BFZN	4		17.984		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.840		0		1		3.329		
4:0.....g	0.000		7		1		0.000		
6:0.....g	0.000		7		1		0.000		
8:0.....g	0.000		7		1		0.000		
10:0.....g	0.030		7		1		0.017		
12:0.....g	0.040		7		1		0.023		
13:0.....g									
14:0.....g	0.380		7		1		0.217		
15:0.....g									
16:0.....g	3.090		7		1		1.761		
17:0.....g									
18:0.....g	2.090		7		1		1.191		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.940		0		1		3.386		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.890		7		1		0.507		

**NDB No. 07039**  
**Lebanon bologna, beef**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	5.050		7		1		2.879		
20:1.....g	0.000		7		1		0.000		
22:1 undifferentiated.....g	0.000		7		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.610		0		1		0.348		
18:2 undifferentiated.....g	0.460		7		1		0.262		
18:3 undifferentiated.....g	0.150		7		1		0.086		
18:4.....g	0.000		7		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		7		1		0.000		
20:5 n-3.....g	0.000		7		1		0.000		
22:5 n-3.....g	0.000	0.000	7		1		0.000		
22:6 n-3.....g	0.000		7		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	62	7.615	7	JO	11		36		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.138		0	BFZN	4		0.079		
Threonine.....g	0.432		0	BFZN	4		0.246		
Isoleucine.....g	0.639		0	BFZN	4		0.364		
Leucine.....g	0.874		0	BFZN	4		0.498		
Lysine.....g	1.010		0	BFZN	4		0.576		
Methionine.....g	0.276		0	BFZN	4		0.157		
Cystine.....g	0.225		0	BFZN	4		0.128		
Phenylalanine.....g	0.501		0	BFZN	4		0.286		
Tyrosine.....g	0.490		0	BFZN	4		0.279		
Valine.....g	0.639		0	BFZN	4		0.364		
Arginine.....g	0.942		0	BFZN	4		0.537		
Histidine.....g	0.314		0	BFZN	4		0.179		
Alanine.....g	0.848		0	BFZN	4		0.483		
Aspartic acid.....g	1.218		0	BFZN	4		0.694		
Glutamic acid.....g	1.618		0	BFZN	4		0.922		
Glycine.....g	1.039		0	BFZN	4		0.592		
Proline.....g	0.687		0	BFZN	4		0.392		
Serine.....g	0.530		0	BFZN	4		0.302		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		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 = 57g: 2 oz (2 slices)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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.....mcg	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.....mcg	104		1		1		29	40	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	104		1		1		29	40	
Folate, DFE.....mcg_DFE	104		0	NC	4		29	40	
Vitamin B-12.....mcg	24.55	1.117	6		1		6.96	9.33	
Vitamin A, IU.....IU	17490	408.231	6		1		4958	6646	
Vitamin A, RAE.....mcg_RAE	5252	122.592	6		1		1489	1996	
Retinol.....mcg	5252	122.592	6		1		1489	1996	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
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	

**NDB No. 07040**  
**Liver cheese, pork**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		7		1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	7		1		0.000	0.000	
22:6 n-3.....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									

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 slice

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

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		14.77	9.38	
Energy.....kcal	326		0	NC	4		92	59	
Energy.....kj	1364				4		387	246	
Protein (N x 6.25).....g	14.10	0.275	8		1		4.00	2.54	
Total lipid (fat).....g	28.50	0.448	7		1		8.08	5.13	
Ash.....g	3.10	0.387	5		1		0.88	0.56	
Carbohydrate, by difference.....g	2.20		0	NC	4		0.62	0.40	
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		7	5	
Iron, Fe.....mg	6.40		1		1		1.81	1.15	
Magnesium, Mg.....mg	12		0		1		3	2	
Phosphorus, P.....mg	230		1		1		65	41	
Potassium, K.....mg	170		0		1		48	31	
Sodium, Na.....mg	860		0		1		244	155	
Zinc, Zn.....mg	2.30		0		1		0.65	0.41	
Copper, Cu.....mg	0.240		0		1		0.068	0.043	
Manganese, Mn.....mg	0.155		0		1		0.044	0.028	
Selenium, Se.....mcg	58.0	6.667	9	A	1		16.4	10.4	
<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		0.077	0.049	
Riboflavin.....mg	1.030	0.139	5		1		0.292	0.185	
Niacin.....mg	4.300		0		1		1.219	0.774	
Pantothenic acid.....mg	2.950		2		1		0.836	0.531	
Vitamin B-6.....mg	0.190		0		1		0.054	0.034	
Folate, total.....mcg	30	3.853	3		1		9	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	30	3.853	3		1		9	5	
Folate, DFE.....mcg_DFE	30		0	NC	4		9	5	
Vitamin B-12.....mcg	13.46		1		1		3.82	2.42	
Vitamin A, IU.....IU	27667		0		1		7844	4980	
Vitamin A, RAE.....mcg_RAE	8308		0		1		2355	1496	
Retinol.....mcg	8308		0	NR	4		2355	1496	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.600		0		1		3.005	1.908	
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		0.122	0.077	
15:0.....g									
16:0.....g	6.850		1		1		1.942	1.233	
17:0.....g									
18:0.....g	3.310		1		1		0.938	0.596	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.340		0		1		3.782	2.401	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.060		1		1		0.301	0.191	

**NDB No. 07041**  
**Liver sausage, liverwurst, pork**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	12.050		1		1		3.416	2.169	
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		0.737	0.468	
18:2 undifferentiated.....g	2.450		1		1		0.695	0.441	
18:3 undifferentiated.....g	0.140		1		1		0.040	0.025	
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.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		1		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	158		2		1		45	28	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.151		0		1		0.043	0.027	
Threonine.....g	0.671		0		1		0.190	0.121	
Isoleucine.....g	0.653		0		1		0.185	0.118	
Leucine.....g	1.139		0		1		0.323	0.205	
Lysine.....g	1.155		0		1		0.327	0.208	
Methionine.....g	0.285		0		1		0.081	0.051	
Cystine.....g	0.149		0		1		0.042	0.027	
Phenylalanine.....g	0.617		0		1		0.175	0.111	
Tyrosine.....g	0.362		0		1		0.103	0.065	
Valine.....g	0.857		0		1		0.243	0.154	
Arginine.....g	0.812		0		1		0.230	0.146	
Histidine.....g	0.448		0		1		0.127	0.081	
Alanine.....g	0.830		0		1		0.235	0.149	
Aspartic acid.....g	1.164		0		1		0.330	0.210	
Glutamic acid.....g	2.195		0		1		0.622	0.395	
Glycine.....g	1.096		0		1		0.311	0.197	
Proline.....g	0.850		0		1		0.241	0.153	
Serine.....g	0.694		0		1		0.197	0.125	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



**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	302		0	NC	4		166		
Energy.....kj	1264		0	NC	4		695		
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.....mcg	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.....mcg	30		0	BFZN	4		17		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	30		0	BFZN	4		17		
Folate, DFE.....mcg_DFE	30		0	NC	4		17		
Vitamin B-12.....mcg	13.46		0	BFZN	4		7.40		
Vitamin A, IU.....IU	13636		0	MC	9		7500		
Vitamin A, RAE.....mcg_RAE	4095		0	NR	4		2252		
Retinol.....mcg	4095		0	NR	4		2252		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.000		0	MC	9		4.950		
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	0.430		0	BFZN	4		0.236		
15:0.....g									
16:0.....g	6.850		0	BFZN	4		3.767		
17:0.....g									
18:0.....g	3.310		0	BFZN	4		1.820		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.340		0	BFZN	4		7.337		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.060		0	BFZN	4		0.583		

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	12.050		0	BFZN	4		6.627		
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	2.600		0	BFZN	4		1.430		
18:2 undifferentiated.....g	2.450		0	BFZN	4		1.347		
18:3 undifferentiated.....g	0.140		0	BFZN	4		0.077		
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.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....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		

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

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07042**  
**Luncheon meat, beef, loaved**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	52.50	1.937	3		1		14.70	29.93	
Energy.....kcal	308		0	NC	4		86	176	
Energy.....kj	1289				4		361	735	
Protein (N x 6.25).....g	14.40	0.636	3		1		4.03	8.21	
Total lipid (fat).....g	26.20	2.455	3		1		7.34	14.93	
Ash.....g	4.00	0.153	3		1		1.12	2.28	
Carbohydrate, by difference.....g	2.90		0	NC	4		0.81	1.65	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	0.667	3		1		3	6	
Iron, Fe.....mg	2.32	0.303	3		1		0.65	1.32	
Magnesium, Mg.....mg	14	0.577	3		1		4	8	
Phosphorus, P.....mg	119	4.484	3		1		33	68	
Potassium, K.....mg	208	15.452	3		1		58	119	
Sodium, Na.....mg	1329	36.129	3		1		372	758	
Zinc, Zn.....mg	2.53	0.066	3		1		0.71	1.44	
Copper, Cu.....mg	0.120	0.009	3		1		0.034	0.068	
Manganese, Mn.....mg	0.045	0.006	3		1		0.013	0.026	
Selenium, Se.....mcg	22.3		0	BENN	4		6.2	12.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.110	0.006	3		1		0.031	0.063	
Riboflavin.....mg	0.220	0.021	3		1		0.062	0.125	
Niacin.....mg	3.660	0.318	3		1		1.025	2.086	
Pantothenic acid.....mg	0.520		1		1		0.146	0.296	
Vitamin B-6.....mg	0.190	0.012	3		1		0.053	0.108	
Folate, total.....mcg	5		1		1		1	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		1		1		1	3	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	3	
Vitamin B-12.....mcg	3.89	0.240	3		1		1.09	2.22	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.220		0		4		0.062	0.125	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.180		0		1		3.130	6.373	
4:0.....g	0.000		3		1		0.000	0.000	
6:0.....g	0.000		3		1		0.000	0.000	
8:0.....g	0.000		3		1		0.000	0.000	
10:0.....g	0.030		3		1		0.008	0.017	
12:0.....g	0.010		3		1		0.003	0.006	
13:0.....g									
14:0.....g	0.750		3		1		0.210	0.428	
15:0.....g									
16:0.....g	6.310		3		1		1.767	3.597	
17:0.....g									
18:0.....g	4.070		3		1		1.140	2.320	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.230		0		1		3.424	6.971	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.540		3		1		0.431	0.878	

**NDB No. 07042**  
**Luncheon meat, beef, loaved**

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
17:1.....g									
18:1 undifferentiated.....g	10.700		3		1		2.996	6.099	
20:1.....g	0.000		3		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		3		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.870		0		1		0.244	0.496	
18:2 undifferentiated.....g	0.650		3		1		0.182	0.371	
18:3 undifferentiated.....g	0.210		3		1		0.059	0.120	
18:4.....g	0.000		3		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		3		1		0.000	0.000	
20:5 n-3.....g	0.000		3		1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3		1		0.000	0.000	
22:6 n-3.....g	0.000		3		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	64	9.387	3		1		18	36	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.103		0		1		0.029	0.059	
Threonine.....g	0.561		0		1		0.157	0.320	
Isoleucine.....g	0.540		0		1		0.151	0.308	
Leucine.....g	0.993		0		1		0.278	0.566	
Lysine.....g	1.104		0		1		0.309	0.629	
Methionine.....g	0.317		0		1		0.089	0.181	
Cystine.....g	0.149		0		1		0.042	0.085	
Phenylalanine.....g	0.508		0		1		0.142	0.290	
Tyrosine.....g	0.386		0		1		0.108	0.220	
Valine.....g	0.623		0		1		0.174	0.355	
Arginine.....g	0.996		0		1		0.279	0.568	
Histidine.....g	0.377		0		1		0.106	0.215	
Alanine.....g	0.989		0		1		0.277	0.564	
Aspartic acid.....g	1.223		0		1		0.342	0.697	
Glutamic acid.....g	1.987		0		1		0.556	1.133	
Glycine.....g	1.361		0		1		0.381	0.776	
Proline.....g	0.943		0		1		0.264	0.538	
Serine.....g	0.575		0		1		0.161	0.328	
Hydroxyproline.....g									
<b><u>Others:</u></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 = 57g: 2 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.68**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07043

Luncheon meat, beef, thin 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	58.10	1.082	24		1		16.47	12.20	
Energy.....kcal	177		0	NC	4		50	37	
Energy.....kj	741				4		210	156	
Protein (N x 6.25).....g	28.11	0.597	24		1		7.97	5.90	
Total lipid (fat).....g	3.84	0.270	9		1		1.09	0.81	
Ash.....g	4.24	0.105	10		1		1.20	0.89	
Carbohydrate, by difference.....g	5.71		0	NC	4		1.62	1.20	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	1.194	7		1		3	2	
Iron, Fe.....mg	2.70	0.144	10		1		0.77	0.57	
Magnesium, Mg.....mg	19	0.198	10		1		5	4	
Phosphorus, P.....mg	168	15.496	3		1		48	35	
Potassium, K.....mg	429	18.054	10		1		122	90	
Sodium, Na.....mg	1439	53.346	10		1		408	302	
Zinc, Zn.....mg	3.98	0.218	10		1		1.13	0.84	
Copper, Cu.....mg	0.034	0.013	10		1		0.010	0.007	
Manganese, Mn.....mg	0.038	0.008	3		1		0.011	0.008	
Selenium, Se.....mcg	28.2		1	A	1		8.0	5.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.080	0.006	3		1		0.023	0.017	
Riboflavin.....mg	0.190	0.023	3		1		0.054	0.040	
Niacin.....mg	5.270	0.341	3		1		1.494	1.107	
Pantothenic acid.....mg	0.590		1		1		0.167	0.124	
Vitamin B-6.....mg	0.340	0.115	3		1		0.096	0.071	
Folate, total.....mcg	11		0		4		3	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11		0		4		3	2	
Folate, DFE.....mcg_DFE	11		0	NC	4		3	2	
Vitamin B-12.....mcg	2.57	0.439	3		1		0.73	0.54	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.190		0		4		0.054	0.040	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.650		0		1		0.468	0.347	
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	0.010	0.009	3		1		0.003	0.002	
12:0.....g	0.010	0.007	3		1		0.003	0.002	
13:0.....g									
14:0.....g	0.090	0.031	3		1		0.026	0.019	
15:0.....g									
16:0.....g	0.870	0.104	3		1		0.247	0.183	
17:0.....g									
18:0.....g	0.610	0.087	3		1		0.173	0.128	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.680		0		1		0.476	0.353	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220	0.055	3		1		0.062	0.046	

**NDB No. 07043**  
**Luncheon meat, beef, thin sliced**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	1.460	0.159	3		1		0.414	0.307	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.200		0		1		0.057	0.042	
18:2 undifferentiated.....g	0.170	0.055	3		1		0.048	0.036	
18:3 undifferentiated.....g	0.020	0.007	3		1		0.006	0.004	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	41	5.541	4		1		12	9	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.229		0		1		0.065	0.048	
Threonine.....g	1.178		0		1		0.334	0.247	
Isoleucine.....g	1.151		0		1		0.326	0.242	
Leucine.....g	2.100		0		1		0.595	0.441	
Lysine.....g	2.293		0		1		0.650	0.482	
Methionine.....g	0.679		0		1		0.192	0.143	
Cystine.....g	0.333		0		1		0.094	0.070	
Phenylalanine.....g	1.052		0		1		0.298	0.221	
Tyrosine.....g	0.850		0		1		0.241	0.179	
Valine.....g	1.291		0		1		0.366	0.271	
Arginine.....g	1.898		0		1		0.538	0.399	
Histidine.....g	0.814		0		1		0.231	0.171	
Alanine.....g	1.857		0		1		0.526	0.390	
Aspartic acid.....g	2.496		0		1		0.708	0.524	
Glutamic acid.....g	4.052		0		1		1.149	0.851	
Glycine.....g	2.087		0		1		0.592	0.438	
Proline.....g	1.529		0		1		0.433	0.321	
Serine.....g	1.147		0		1		0.325	0.241	
Hydroxyproline.....g									
<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 = 28.35g: 1 oz

Measure 2 = 21g: 5 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07047**  
**Luncheon meat, 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	49.28	0.535	5		1		13.80	28.09	
Energy.....kcal	353		0	NC	4		99	201	
Energy.....kj	1477				4		414	842	
Protein (N x 6.25).....g	12.59	0.304	5		1		3.53	7.18	
Total lipid (fat).....g	32.16	0.521	5		1		9.00	18.33	
Ash.....g	3.64	0.075	5		1		1.02	2.07	
Carbohydrate, by difference.....g	2.33		0	NC	4		0.65	1.33	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.860	5		1		3	5	
Iron, Fe.....mg	0.86	0.195	5		1		0.24	0.49	
Magnesium, Mg.....mg	14	1.613	6		1		4	8	
Phosphorus, P.....mg	86	8.820	5		1		24	49	
Potassium, K.....mg	202	6.116	5		1		57	115	
Sodium, Na.....mg	1293	42.492	5		1		362	737	
Zinc, Zn.....mg	1.66	0.140	5		1		0.46	0.95	
Copper, Cu.....mg	0.040	0.011	5		1		0.011	0.023	
Manganese, Mn.....mg	0.029	0.005	4		1		0.008	0.017	
Selenium, Se.....mcg	28.6		0	BENN	4		8.0	16.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.314	0.022	5		1		0.088	0.179	
Riboflavin.....mg	0.152	0.006	5		1		0.043	0.087	
Niacin.....mg	2.830	0.159	5		1		0.792	1.613	
Pantothenic acid.....mg	0.630	0.050	3		1		0.176	0.359	
Vitamin B-6.....mg	0.200	0.012	5		1		0.056	0.114	
Folate, total.....mcg	6	1.400	4		1		2	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	1.400	4		1		2	3	
Folate, DFE.....mcg_DFE	6		0	NC	4		2	3	
Vitamin B-12.....mcg	1.28	0.163	4		1		0.36	0.73	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.220		0		4		0.062	0.125	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.590		0		1		3.245	6.606	
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	0.080		2		1		0.022	0.046	
12:0.....g	0.050		2		1		0.014	0.029	
13:0.....g									
14:0.....g	0.480	0.027	5		1		0.134	0.274	
15:0.....g									
16:0.....g	7.090	0.215	5		1		1.985	4.041	
17:0.....g									
18:0.....g	3.890	0.165	5		1		1.089	2.217	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.090		0		1		4.225	8.601	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.350	0.075	5		1		0.378	0.770	

**NDB No. 07047**  
**Luncheon meat, pork, beef**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	13.740	0.273	5		1		3.847	7.832	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.740		0		1		1.047	2.132	
18:2 undifferentiated.....g	3.160	0.106	5		1		0.885	1.801	
18:3 undifferentiated.....g	0.580	0.100	5		1		0.162	0.331	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	55	10.975	3		1		15	31	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.133		1		1		0.037	0.076	
Threonine.....g	0.544		1		1		0.152	0.310	
Isoleucine.....g	0.643		1		1		0.180	0.367	
Leucine.....g	1.048		1		1		0.293	0.597	
Lysine.....g	1.185		2		1		0.332	0.675	
Methionine.....g	0.288		2		1		0.081	0.164	
Cystine.....g	0.230		1		1		0.064	0.131	
Phenylalanine.....g	0.510		1		1		0.143	0.291	
Tyrosine.....g	0.502		1		1		0.141	0.286	
Valine.....g	0.713		1		1		0.200	0.406	
Arginine.....g	0.925		1		1		0.259	0.527	
Histidine.....g	0.405		1		1		0.113	0.231	
Alanine.....g	0.806		0		1		0.226	0.459	
Aspartic acid.....g	1.312		1		1		0.367	0.748	
Glutamic acid.....g	1.769		1		1		0.495	1.008	
Glycine.....g	0.985		1		1		0.276	0.561	
Proline.....g	0.729		1		1		0.204	0.416	
Serine.....g	0.528		1		1		0.148	0.301	
Hydroxyproline.....g									
<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)

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

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07045**  
**Luncheon meat, pork, 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	51.50	0.442	8		1		14.60	10.82	
Energy.....kcal	334		0	NC	4		95	70	
Energy.....kj	1397				4		396	293	
Protein (N x 6.25).....g	12.50	0.179	8		1		3.54	2.63	
Total lipid (fat).....g	30.30	0.451	8		1		8.59	6.36	
Ash.....g	3.60	0.033	8		1		1.02	0.76	
Carbohydrate, by difference.....g	2.10		0	NC	4		0.60	0.44	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	6		1		1		2	1	
Iron, Fe.....mg	0.72	0.077	8		1		0.20	0.15	
Magnesium, Mg.....mg	10	0.463	8		1		3	2	
Phosphorus, P.....mg	82	5.835	8		1		23	17	
Potassium, K.....mg	215	8.026	8		1		61	45	
Sodium, Na.....mg	1289	8.677	8		1		365	271	
Zinc, Zn.....mg	1.48	0.053	8		1		0.42	0.31	
Copper, Cu.....mg	0.037	0.008	8		1		0.010	0.008	
Manganese, Mn.....mg	0.024		1		1		0.007	0.005	
Selenium, Se.....mcg	28.0		2	A	1		7.9	5.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0	0.567	8		1		0.3	0.2	
Thiamin.....mg	0.367	0.031	8		1		0.104	0.077	
Riboflavin.....mg	0.194	0.023	8		1		0.055	0.041	
Niacin.....mg	3.126	0.236	8		1		0.886	0.656	
Pantothenic acid.....mg	0.473	0.089	3		1		0.134	0.099	
Vitamin B-6.....mg	0.210	0.016	8		1		0.060	0.044	
Folate, total.....mcg	6		1		1		2	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		1		1		2	1	
Folate, DFE.....mcg_DFE	6		0	NC	4		2	1	
Vitamin B-12.....mcg	0.90	0.039	8		1		0.26	0.19	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.260		0		4		0.074	0.055	
Vitamin D.....IU									
<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	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		8		1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	8		1		0.000	0.000	
22:6 n-3.....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	
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 Nutrient Database for Standard Reference, Release 15 (2002)

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		16.62	13.48	
Energy.....kcal	260		0	NC	4		74	60	
Energy.....kj	1088				4		308	250	
Protein (N x 6.25).....g	15.38	0.490	6		1		4.36	3.54	
Total lipid (fat).....g	20.90	0.625	6		1		5.93	4.81	
Ash.....g	3.52	0.105	6		1		1.00	0.81	
Carbohydrate, by difference.....g	1.58		0	NC	4		0.45	0.36	
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		4	3	
Iron, Fe.....mg	1.43	0.048	6		1		0.41	0.33	
Magnesium, Mg.....mg	14	0.543	6		1		4	3	
Phosphorus, P.....mg	122	7.342	6		1		35	28	
Potassium, K.....mg	245	9.888	6		1		69	56	
Sodium, Na.....mg	1182	32.498	6		1		335	272	
Zinc, Zn.....mg	2.45	0.152	6		1		0.69	0.56	
Copper, Cu.....mg	0.080	0.011	6		1		0.023	0.018	
Manganese, Mn.....mg	0.042	0.005	4		1		0.012	0.010	
Selenium, Se.....mcg	15.4		0	BENN	4		4.4	3.5	
<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		0.062	0.050	
Riboflavin.....mg	0.195	0.009	6		1		0.055	0.045	
Niacin.....mg	3.527	0.202	6		1		1.000	0.811	
Pantothenic acid.....mg	0.370		2		1		0.105	0.085	
Vitamin B-6.....mg	0.200	0.018	6		1		0.057	0.046	
Folate, total.....mcg	3		0		4		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		1	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	1	
Vitamin B-12.....mcg	1.96	0.153	6		1		0.56	0.45	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.620		0		1		2.160	1.753	
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		0.006	0.005	
12:0.....g	0.020	0.003	6		1		0.006	0.005	
13:0.....g									
14:0.....g	0.300	0.009	6		1		0.085	0.069	
15:0.....g									
16:0.....g	4.630	0.151	6		1		1.313	1.065	
17:0.....g									
18:0.....g	2.650	0.076	6		1		0.751	0.610	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.930		0		1		2.815	2.284	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.830	0.018	6		1		0.235	0.191	

**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
17:1.....g									
18:1 undifferentiated.....g	9.110	0.311	6		1		2.583	2.095	
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		0.581	0.472	
18:2 undifferentiated.....g	1.770	0.067	6		1		0.502	0.407	
18:3 undifferentiated.....g	0.280	0.032	6		1		0.079	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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	64	3.565	6		1		18	15	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.162		0		1		0.046	0.037	
Threonine.....g	0.664		0		1		0.188	0.153	
Isoleucine.....g	0.785		0		1		0.223	0.181	
Leucine.....g	1.280		0		1		0.363	0.294	
Lysine.....g	1.447		0		1		0.410	0.333	
Methionine.....g	0.352		0		1		0.100	0.081	
Cystine.....g	0.281		0		1		0.080	0.065	
Phenylalanine.....g	0.623		0		1		0.177	0.143	
Tyrosine.....g	0.613		0		1		0.174	0.141	
Valine.....g	0.871		0		1		0.247	0.200	
Arginine.....g	1.130		0		1		0.320	0.260	
Histidine.....g	0.495		0		1		0.140	0.114	
Alanine.....g	0.984		0		1		0.279	0.226	
Aspartic acid.....g	1.602		0		1		0.454	0.368	
Glutamic acid.....g	2.161		0		1		0.613	0.497	
Glycine.....g	1.203		0		1		0.341	0.277	
Proline.....g	0.891		0		1		0.253	0.205	
Serine.....g	0.645		0		1		0.183	0.148	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice (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 Nutrient Database for Standard Reference, Release 15 (2002)

**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.....mcg	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.....mcg	2		1		1		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		1		1		1	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12.....mcg	1.37	0.245	4		1		0.38	0.78	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU	28.000		0	T	4		7.840	15.960	
<b>Lipids:</b>									
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	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		4		1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	4		1		0.000	0.000	
22:6 n-3.....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>Amino Acids:</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.

**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 Nutrient Database for Standard Reference, Release 15 (2002)

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	230		0	NC	4		87		
Energy.....kj	961		0	NC	4		365		
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	11.94		0	NC	4		4.54		
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			FLA	4		10		
Phosphorus, P.....mg	173			FLA	4		66		
Potassium, K.....mg	313			FLA	4		119		
Sodium, Na.....mg	3	0.046	8	A	1		1		
Zinc, Zn.....mg	1.51			FLA	4		0.57		
Copper, Cu.....mg	0.110			FLA	4		0.042		
Manganese, Mn.....mg	0.277			FLA	4		0.105		
Selenium, Se.....mcg	23.0			FLA	4		8.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.7			FLA	4		6.4		
Thiamin.....mg	0.237			FLA	4		0.090		
Riboflavin.....mg	0.249			FLA	4		0.094		
Niacin.....mg	2.840			FLA	4		1.079		
Pantothenic acid.....mg	0.528			FLA	4		0.201		
Vitamin B-6.....mg	0.329			FLA	4		0.125		
Folate, total.....mcg	24			FLA	4		9		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	24		0	NR	4		9		
Folate, DFE.....mcg_DFE	24		0	NC	4		9		
Vitamin B-12.....mcg	0.68			FLA	4		0.26		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.131			FLA	4		0.050		
Vitamin D.....IU	20.472			FLA	4		7.779		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.614		1	A	1		2.133		
4:0.....g	0.002			FLA	4		0.001		
6:0.....g	0.000			FLA	4		0.000		
8:0.....g	0.000			FLA	4		0.000		
10:0.....g	0.022			FLA	4		0.008		
12:0.....g	0.025			FLA	4		0.009		
13:0.....g									
14:0.....g	0.273			FLA	4		0.104		
15:0.....g									
16:0.....g	3.595			FLA	4		1.366		
17:0.....g									
18:0.....g	1.635			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			FLA	4		0.269		

NDB No. 07940

Macaroni and cheese loaf, chicken, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	6.764			FLA	4		2.570		
20:1.....g	0.115			FLA	4		0.044		
22:1 undifferentiated.....g	0.000			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			FLA	4		0.556		
18:3 undifferentiated.....g	0.143			FLA	4		0.055		
18:4.....g	0.000			FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030			FLA	4		0.011		
20:5 n-3.....g	0.001			FLA	4		0.000		
22:5 n-3.....g	0.002			FLA	4		0.001		
22:6 n-3.....g	0.003			FLA	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	44		1	A	1		17		
Phytosterols.....mg	0			FLA	4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.144			FLA	4		0.055		
Threonine.....g	0.444			FLA	4		0.169		
Isoleucine.....g	0.541			FLA	4		0.206		
Leucine.....g	0.904			FLA	4		0.343		
Lysine.....g	0.722			FLA	4		0.274		
Methionine.....g	0.266			FLA	4		0.101		
Cystine.....g	0.178			FLA	4		0.068		
Phenylalanine.....g	0.497			FLA	4		0.189		
Tyrosine.....g	0.380			FLA	4		0.144		
Valine.....g	0.591			FLA	4		0.225		
Arginine.....g	0.638			FLA	4		0.243		
Histidine.....g	0.323			FLA	4		0.123		
Alanine.....g	0.516			FLA	4		0.196		
Aspartic acid.....g	0.876			FLA	4		0.333		
Glutamic acid.....g	2.481			FLA	4		0.943		
Glycine.....g	0.510			FLA	4		0.194		
Proline.....g	0.828			FLA	4		0.315		
Serine.....g	0.505			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		

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

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)



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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	52.30	0.710	14		1		14.83	7.85	
Energy.....kcal	311		0	NC	4		88	47	
Energy.....kj	1301				4		369	195	
Protein (N x 6.25).....g	16.37	0.937	14		1		4.64	2.46	
Total lipid (fat).....g	25.39	1.139	14		1		7.20	3.81	
Ash.....g	2.89	0.156	12		1		0.82	0.43	
Carbohydrate, by difference.....g	3.05		0	NC	4		0.86	0.46	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18	1.828	5		1		5	3	
Iron, Fe.....mg	1.40	0.079	5		1		0.40	0.21	
Magnesium, Mg.....mg	11	0.246	5		1		3	2	
Phosphorus, P.....mg	97	2.237	5		1		27	15	
Potassium, K.....mg	163	17.175	4		1		46	24	
Sodium, Na.....mg	1246	65.485	4		1		353	187	
Zinc, Zn.....mg	2.10	0.090	4		1		0.60	0.32	
Copper, Cu.....mg	0.060	0.010	4		1		0.017	0.009	
Manganese, Mn.....mg	0.030		1		1		0.009	0.005	
Selenium, Se.....mcg	22.6		0	RF	4		6.4	3.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.119	0.004	27		1		0.034	0.018	
Riboflavin.....mg	0.153	0.006	27		1		0.043	0.023	
Niacin.....mg	2.673	0.185	6		1		0.758	0.401	
Pantothenic acid.....mg	0.440		0		4		0.125	0.066	
Vitamin B-6.....mg	0.130	0.030	4		1		0.037	0.020	
Folate, total.....mcg	3		0		4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		1	0	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	0	
Vitamin B-12.....mcg	1.48	0.065	4		1		0.42	0.22	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.220		0		4		0.062	0.033	
Vitamin D.....IU									
<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	

**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
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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	
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 Nutrient Database for Standard Reference, Release 15 (2002)

**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.....mcg	35.1		0	BENN	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.....mcg	8		0		4		2	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0		4		2	2	
Folate, DFE.....mcg_DFE	8		0	NC	4		2	2	
Vitamin B-12.....mcg	1.05	0.141	3		1		0.30	0.22	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU	40.000		0	T	4		11.340	8.400	
<b>Lipids:</b>									
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	

**NDB No. 07061**  
**Mother's 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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.

**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 Nutrient Database for Standard Reference, Release 15 (2002)

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		18.93	15.36	
Energy.....kcal	161		0	NC	4		46	37	
Energy.....kj	674				4		191	155	
Protein (N x 6.25).....g	17.27	0.284	38		1		4.90	3.97	
Total lipid (fat).....g	7.58	0.122	6		1		2.15	1.74	
Ash.....g	3.55	0.129	6		1		1.01	0.82	
Carbohydrate, by difference.....g	4.83		0	NC	4		1.37	1.11	
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		0.27	0.22	
Magnesium, Mg.....mg	16	0.654	6		1		5	4	
Phosphorus, P.....mg	136	12.213	6		1		39	31	
Potassium, K.....mg	321	10.124	6		1		91	74	
Sodium, Na.....mg	1220	84.892	6		1		346	281	
Zinc, Zn.....mg	2.70	0.195	6		1		0.77	0.62	
Copper, Cu.....mg	0.100	0.020	6		1		0.028	0.023	
Manganese, Mn.....mg	0.036	0.006	5		1		0.010	0.008	
Selenium, Se.....mcg	19.2		0	BFNN	4		5.4	4.4	
<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		0.181	0.147	
Riboflavin.....mg	0.248	0.005	6		1		0.070	0.057	
Niacin.....mg	3.478	0.278	6		1		0.986	0.800	
Pantothenic acid.....mg	0.680		2		1		0.193	0.156	
Vitamin B-6.....mg	0.360	0.095	6		1		0.102	0.083	
Folate, total.....mcg	7	1.856	3		1		2	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	1.856	3		1		2	2	
Folate, DFE.....mcg_DFE	7		0	NC	4		2	2	
Vitamin B-12.....mcg	1.34	0.107	6		1		0.38	0.31	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	NR	4		0	0	
Vitamin E.....mg_ATE	0.200		0		4		0.057	0.046	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.560		0		1		0.726	0.589	
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	0.010	0.003	6		1		0.003	0.002	
12:0.....g	0.010	0.002	6		1		0.003	0.002	
13:0.....g									
14:0.....g	0.100	0.006	6		1		0.028	0.023	
15:0.....g									
16:0.....g	1.620	0.029	6		1		0.459	0.373	
17:0.....g									
18:0.....g	0.830	0.015	6		1		0.235	0.191	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.640		0		1		1.032	0.837	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300	0.012	6		1		0.085	0.069	

NDB No. 07091

New england brand sausage, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	3.330	0.060	6		1		0.944	0.766	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.720		0		1		0.204	0.166	
18:2 undifferentiated.....g	0.640	0.033	6		1		0.181	0.147	
18:3 undifferentiated.....g	0.090	0.014	6		1		0.026	0.021	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	49	4.152	5		1		14	11	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.193		0		1		0.055	0.044	
Threonine.....g	0.757		0		1		0.215	0.174	
Isoleucine.....g	0.761		0		1		0.216	0.175	
Leucine.....g	1.363		0		1		0.386	0.313	
Lysine.....g	1.511		0		1		0.428	0.348	
Methionine.....g	0.446		0		1		0.126	0.103	
Cystine.....g	0.246		0		1		0.070	0.057	
Phenylalanine.....g	0.684		0		1		0.194	0.157	
Tyrosine.....g	0.533		0		1		0.151	0.123	
Valine.....g	0.803		0		1		0.228	0.185	
Arginine.....g	1.201		0		1		0.340	0.276	
Histidine.....g	0.652		0		1		0.185	0.150	
Alanine.....g	1.039		0		1		0.295	0.239	
Aspartic acid.....g	1.639		0		1		0.465	0.377	
Glutamic acid.....g	2.585		0		1		0.733	0.595	
Glycine.....g	0.946		0		1		0.268	0.218	
Proline.....g	0.761		0		1		0.216	0.175	
Serine.....g	0.686		0		1		0.194	0.158	
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 28.35g: 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07202

OSCAR MAYER, Bologna (beef light)

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	65.00	0.000	31	A	1		18.20		
Energy.....kcal	200		0	MC	9		56		
Energy.....kj	835		0	MC	9		234		
Protein (N x 6.25).....g	11.75	0.050	31	A	1		3.29		
Total lipid (fat).....g	14.50	0.300	31	A	1		4.06		
Ash.....g	3.20	0.000	14	A	1		0.90		
Carbohydrate, by difference.....g	5.60		0	MC	9		1.57		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	2.30		2	A	1		0.64		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.816	6	A	1		4		
Iron, Fe.....mg	1.22	0.086	6	A	1		0.34		
Magnesium, Mg.....mg	14	0.694	6	MA	12		4		
Phosphorus, P.....mg	178	4.899	6	MA	12		50		
Potassium, K.....mg	156	2.858	6	MA	12		44		
Sodium, Na.....mg	1151	29.500	7	A	1		322		
Zinc, Zn.....mg	1.91	0.061	6	MA	12		0.53		
Copper, Cu.....mg	0.210	0.012	6	MA	12		0.059		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	13		0	BFZN	4		4		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	13		0	BFZN	4		4		
Folate, DFE.....mcg_DFE	13		0	NC	4		4		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	JO	11		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.820		0	A	1		1.630		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.040	0.008	6	A	1		0.011		
13:0.....g									
14:0.....g	0.460	0.029	6	A	1		0.129		
15:0.....g									
16:0.....g	3.610	0.192	6	A	1		1.011		
17:0.....g									
18:0.....g	1.710	0.090	6	A	1		0.479		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.160		0	A	1		2.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.690	0.053	6	A	1		0.193		

NDB No. 07202

OSCAR MAYER, Bologna (beef light)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	6.470	0.241	6	A	1		1.812		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0	A	1		0.132		
18:2 undifferentiated.....g	0.450	0.029	6	A	1		0.126		
18:3 undifferentiated.....g	0.020	0.004	6	A	1		0.006		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	44	0.600	7	A	1		12		
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**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07201  
 OSCAR MAYER, 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	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.....mcg									
<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.....mcg	13	5.268	5	MA	12		4		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13	5.268	5	MA	12		4		
Folate, DFE.....mcg_DFE	13		0	NC	4		4		
Vitamin B-12.....mcg	1.43	0.075	11	MA	12		0.40		
Vitamin A, IU.....IU	0		1	JO	11		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU	32.000	1.633	6	MA	12		8.960		
<b>Lipids:</b>									
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		

NDB No. 07201  
 OSCAR MAYER, Bologna (beef)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g									
22:5 n-3.....g									
22:6 n-3.....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 Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07200

OSCAR MAYER, Bologna (chicken, pork, beef)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.930		0	A	1		1.100		
18:2 undifferentiated.....g	3.590	0.104	3	A	1		1.005		
18:3 undifferentiated.....g	0.340	0.023	3	A	1		0.095		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	103	1.732	3	A	1		29		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0	A	1		0.036		
18:2 undifferentiated.....g	0.109	0.016	5	A	1		0.031		
18:3 undifferentiated.....g	0.018	0.008	5	A	1		0.005		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	25	2.236	5	A	1		7		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07205

OSCAR MAYER, Bologna Light (pork, chicken, beef)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.75	0.350	31	A	1		18.13		
Energy.....kcal	202		1	JO	11		56		
Energy.....kj	843		0	JO	11		236		
Protein (N x 6.25).....g	11.50	0.000	31	A	1		3.22		
Total lipid (fat).....g	14.75	0.250	31	A	1		4.13		
Ash.....g	3.35	0.050	7	A	1		0.94		
Carbohydrate, by difference.....g	5.70		1	JO	11		1.60		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	2.60	0.327	6	A	1		0.73		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	50	6.532	6	A	1		14		
Iron, Fe.....mg	1.39	0.004	6	A	1		0.39		
Magnesium, Mg.....mg	20	0.245	6	MA	12		6		
Phosphorus, P.....mg	185	4.491	6	MA	12		52		
Potassium, K.....mg	163	2.041	6	MA	12		46		
Sodium, Na.....mg	1117	3.000	7	A	1		313		
Zinc, Zn.....mg	1.61	0.053	6	MA	12		0.45		
Copper, Cu.....mg	0.200	0.004	6	MA	12		0.056		
Manganese, Mn.....mg	0.155			FLM	4		0.043		
Selenium, Se.....mcg	5.6			FLM	4		1.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.159			FLM	4		0.044		
Riboflavin.....mg	0.097			FLM	4		0.027		
Niacin.....mg	3.072			FLM	4		0.860		
Pantothenic acid.....mg	0.340			FLM	4		0.095		
Vitamin B-6.....mg	0.163			FLM	4		0.046		
Folate, total.....mcg	18			FLM	4		5		
Folic acid.....mcg	0			FLM	4		0		
Folate, food.....mcg	18			FLM	4		5		
Folate, DFE.....mcg_DFE	18		0	NC	4		5		
Vitamin B-12.....mcg	0.29			FLM	4		0.08		
Vitamin A, IU.....IU	0		1	JO	11		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.620		0	A	1		1.574		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.010	0.000	6	A	1		0.003		
13:0.....g									
14:0.....g	0.260	0.016	6	A	1		0.073		
15:0.....g									
16:0.....g	3.690	0.057	6	A	1		1.033		
17:0.....g									
18:0.....g	1.660	0.033	6	A	1		0.465		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.300		0	A	1		2.044		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460	0.020	6	A	1		0.129		

NDB No. 07205

OSCAR MAYER, Bologna Light (pork, chicken, beef)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	6.840	0.167	6	A	1		1.915		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.540		0	A	1		0.431		
18:2 undifferentiated.....g	1.480	0.065	6	A	1		0.414		
18:3 undifferentiated.....g	0.060	0.012	6	A	1		0.017		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	56	2.250	7	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**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07208

OSCAR MAYER, Braunschweiger Liver Sausage (saren tube)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	49.60	0.108	31	A	1		27.78		
Energy.....kcal	341		0	MC	9		191		
Energy.....kj	1427				9		799		
Protein.....g	14.20	0.072	31	A	1		7.95		
Total lipid (fat).....g	30.60	0.126	31	A	1		17.14		
Ash.....g	3.40	0.025	16	A	1		1.90		
Carbohydrate, by difference.....g	2.30		0	MC	9		1.29		
Fiber, total dietary.....g	0.1		0	MC	9		0.1		
Sugars, total.....g	0.70		2	A	1		0.39		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.750	16	A	1		5		
Iron, Fe.....mg	9.74	0.460	16	A	1		5.45		
Magnesium, Mg.....mg	12	0.500	16	MA	12		7		
Phosphorus, P.....mg	194	7.250	16	MA	12		109		
Potassium, K.....mg	184	6.000	16	MA	12		103		
Sodium, Na.....mg	1118	20.851	23	A	1		626		
Zinc, Zn.....mg	3.16	0.103	16	MA	12		1.77		
Copper, Cu.....mg	0.400	0.043	16	MA	12		0.224		
Manganese, Mn.....mg	0.090	0.030	9	MA	12		0.050		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.0		1	A	1		5.0		
Thiamin.....mg	0.230	0.003	10	MA	12		0.129		
Riboflavin.....mg	1.550	0.063	10	MA	12		0.868		
Niacin.....mg	8.280	0.297	10	MA	12		4.637		
Pantothenic acid.....mg	2.880	0.110	6	MA	12		1.613		
Vitamin B-6.....mg	0.340	0.035	10	MA	12		0.190		
Folate, total.....mcg	61	9.580	9	MA	12		34		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	61	9.580	9	MA	12		34		
Folate, DFE.....mcg_DFE	61		0	NC	4		34		
Vitamin B-12.....mcg	18.52	1.186	10	MA	12		10.37		
Vitamin A, IU.....IU	16670		0	MC	9		9335		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E.....mg_ATE									
Vitamin D.....IU	33.000	5.814	5	MA	12		18.480		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.890		0	A	1		6.098		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.040	0.014	13	A	1		0.022		
13:0.....g									
14:0.....g	0.420	0.025	13	A	1		0.235		
15:0.....g									
16:0.....g	6.960	0.186	13	A	1		3.898		
17:0.....g									
18:0.....g	3.470	0.083	13	A	1		1.943		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.570		0	A	1		8.719		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.200	0.078	13	A	1		0.672		

NDB No. 07208

OSCAR MAYER, Braunschweiger Liver Sausage (saren tube)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	14.370	0.322	13	A	1		8.047		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.760		0	A	1		2.106		
18:2 undifferentiated.....g	3.440	0.086	13	A	1		1.926		
18:3 undifferentiated.....g	0.320	0.050	13	A	1		0.179		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	160	5.893	18	A	1		90		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07207

OSCAR MAYER, Braunschweiger Liver Sausage (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	50.50	0.100	31	A	1		14.14		
Energy.....kcal	331		0	MC	9		93		
Energy.....kj	1387		0	MC	9		388		
Protein (N x 6.25).....g	14.25	0.250	31	A	1		3.99		
Total lipid (fat).....g	29.35	0.850	31	A	1		8.22		
Ash.....g	3.35	0.050	21	A	1		0.94		
Carbohydrate, by difference.....g	2.60		0	MC	9		0.73		
Fiber, total dietary.....g	0.2		0	MC	9		0.1		
Sugars, total.....g	1.20		2	A	1		0.34		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.750	16	A	1		3		
Iron, Fe.....mg	10.51	0.695	17	A	1		2.94		
Magnesium, Mg.....mg	14	1.175	16	MA	12		4		
Phosphorus, P.....mg	199	7.250	16	MA	12		56		
Potassium, K.....mg	202	4.500	16	MA	12		57		
Sodium, Na.....mg	1159	1.500	17	A	1		324		
Zinc, Zn.....mg	3.40	0.138	16	MA	12		0.95		
Copper, Cu.....mg	0.500	0.078	16	MA	12		0.140		
Manganese, Mn.....mg	0.148	0.009	8	MA	12		0.041		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.0		1	A	1		2.5		
Thiamin.....mg	0.230	0.007	9	MA	12		0.064		
Riboflavin.....mg	1.600	0.063	9	MA	12		0.448		
Niacin.....mg	9.190	0.593	9	MA	12		2.573		
Pantothenic acid.....mg	3.450	0.481	8	MA	12		0.966		
Vitamin B-6.....mg	0.330	0.023	9	MA	12		0.092		
Folate, total.....mcg	47	5.614	8	MA	12		13		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	47	5.614	8	MA	12		13		
Folate, DFE.....mcg_DFE	47		0	NC	4		13		
Vitamin B-12.....mcg	18.78	1.020	9	MA	12		5.26		
Vitamin A, IU.....IU	15728		0	MC	9		4404		
Vitamin A, RAE.....mcg_RAE	4723		0	NC	4		1322		
Retinol.....mcg	4723		0	NR	4		1322		
Vitamin E.....mg_ATE									
Vitamin D.....IU	44.000	4.919	5	MA	12		12.320		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.940		0	A	1		3.063		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.040	0.010	16	A	1		0.011		
13:0.....g									
14:0.....g	0.420	0.020	16	A	1		0.118		
15:0.....g									
16:0.....g	6.990	0.115	16	A	1		1.957		
17:0.....g									
18:0.....g	3.490	0.113	16	A	1		0.977		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.480		0	A	1		4.334		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.210	0.060	16	A	1		0.339		

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
17:1.....g									
18:1 undifferentiated.....g	14.271	0.235	16	A	1		3.996		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.730		0	A	1		1.044		
18:2 undifferentiated.....g	3.370	0.085	16	A	1		0.944		
18:3 undifferentiated.....g	0.360	0.058	16	A	1		0.101		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	178	2.500	15	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 = 28g: 1 serving (1 slice)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07209

OSCAR MAYER, Chicken Breast (honey glazed)

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	3.90		0	MC	9		2.03		
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.....mcg									
<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.....mcg	4		0	BFZN	4		2		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	4		0	BFZN	4		2		
Folate, DFE.....mcg_DFE	4		0	NC	4		2		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	JO	11		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
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		

NDB No. 07209

OSCAR MAYER, Chicken Breast (honey glazed)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g									
22:5 n-3.....g									
22:6 n-3.....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**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07210

OSCAR MAYER, Chicken Breast (oven roasted, fat free)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0	A	1		0.031	0.008	
18:2 undifferentiated.....g	0.060	0.008	6	A	1		0.031	0.008	
18:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	44	0.816	6	A	1		23	6	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 52g: 1 serving

Measure 2 = 13.0g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)





NDB No. 07217

OSCAR MAYER, Ham (40% ham/water product, smoked, fat free)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.136		0	A	1		0.064	0.022	
18:2 undifferentiated.....g	0.128	0.020	3	A	1		0.060	0.020	
18:3 undifferentiated.....g	0.009	0.005	3	A	1		0.004	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	38	5.196	3	A	1		18	6	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 47g: 1 serving

Measure 2 = 16g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07212

OSCAR MAYER, Ham (chopped with natural juice)

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.....mcg									
<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.....mcg	3		0	BFZN	4		1		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	3		0	BFZN	4		1		
Folate, DFE.....mcg_DFE	3		0	NC	4		1		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	JO	11		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
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		

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
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.....g									
22:5 n-3.....g									
22:6 n-3.....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**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07213

OSCAR MAYER, Ham (water added, baked cooked 96% fat free)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	74.45	0.350	5	A	1		46.90		
Energy.....kcal	104		0	MC	9		66		
Energy.....kj	435		0	MC	9		274		
Protein (N x 6.25).....g	16.30	0.200	5	A	1		10.27		
Total lipid (fat).....g	3.52	0.180	5	A	1		2.22		
Ash.....g	3.90		2	A	1		2.46		
Carbohydrate, by difference.....g	1.83		0	MC	9		1.15		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.00		1	A	1		0.63		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		1	A	1		6		
Iron, Fe.....mg	1.30		1	A	1		0.82		
Magnesium, Mg.....mg	31		1	MA	12		20		
Phosphorus, P.....mg	233		1	MA	12		147		
Potassium, K.....mg	268		1	MA	12		169		
Sodium, Na.....mg	1242		2	A	1		782		
Zinc, Zn.....mg	1.81		1	MA	12		1.14		
Copper, Cu.....mg	0.240		1	MA	12		0.151		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<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.....mcg	4		0	BFZN	4		3		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	4		0	BFZN	4		3		
Folate, DFE.....mcg_DFE	4		0	NC	4		3		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	JO	11		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.851		0	A	1		0.536		
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	0.040		1	A	1		0.025		
15:0.....g									
16:0.....g	0.571		1	A	1		0.360		
17:0.....g									
18:0.....g	0.240		1	A	1		0.151		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.165		0	A	1		0.734		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		1	A	1		0.047		

NDB No. 07213

OSCAR MAYER, Ham (water added, baked cooked 96% fat free)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	1.091		1	A	1		0.687		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.314		0	A	1		0.828		
18:2 undifferentiated.....g	0.223		1	A	1		0.140		
18:3 undifferentiated.....g	1.091		1	A	1		0.687		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	48		1	A	1		30		
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 = 63g: 1 serving (3 slices)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07214

OSCAR MAYER, Ham (water added, boiled)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.356		0	A	1		0.224	0.075	
18:2 undifferentiated.....g	0.321		2	A	1		0.202	0.067	
18:3 undifferentiated.....g	0.036		2	A	1		0.023	0.008	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	47		2	A	1		30	10	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 63g: 1 serving

Measure 2 = 21g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)





NDB No. 07215

OSCAR MAYER, Ham (water added, honey)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.314		0	A	1		0.198	0.066	
18:2 undifferentiated.....g	0.305	0.009	4	A	1		0.192	0.064	
18:3 undifferentiated.....g	0.009	0.000	4	A	1		0.006	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	45	1.789	5	A	1		28	9	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 63g: 1 serving

Measure 2 = 21g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07216

OSCAR MAYER, Ham (water added, smoked, cooked)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.345		0	A	1		0.217	0.072	
18:2 undifferentiated.....g	0.320	0.045	4	A	1		0.202	0.067	
18:3 undifferentiated.....g	0.025	0.008	4	A	1		0.016	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	48	2.000	4	A	1		30	10	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 63g: 1 serving

Measure 2 = 21g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07211

OSCAR MAYER, Ham and Cheese Loaf

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	0.200	31	A	1		16.94	16.94	
Energy.....kcal	234		0	NC	4		66	66	
Energy.....kj	980		0	NC	4		274	274	
Protein (N x 6.25).....g	13.85	0.250	31	A	1		3.88	3.88	
Total lipid (fat).....g	18.20	0.500	31	A	1		5.10	5.10	
Ash.....g	3.70	0.300	26	A	1		1.04	1.04	
Carbohydrate, by difference.....g	3.75		0	NC	4		1.05	1.05	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	3.30	0.520	3	A	1		0.92	0.92	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	67	3.624	22	A	1		19	19	
Iron, Fe.....mg	0.86	0.036	22	A	1		0.24	0.24	
Magnesium, Mg.....mg	19	0.704	22	MA	12		5	5	
Phosphorus, P.....mg	270	7.036	22	MA	12		76	76	
Potassium, K.....mg	265	7.036	22	MA	12		74	74	
Sodium, Na.....mg	1167	86.500	31	A	1		327	327	
Zinc, Zn.....mg	1.81	0.038	22	MA	12		0.51	0.51	
Copper, Cu.....mg	0.120	0.011	22	MA	12		0.034	0.034	
Manganese, Mn.....mg	0.018	0.013	7	MA	12		0.005	0.005	
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.580	0.032	8	MA	12		0.162	0.162	
Riboflavin.....mg	0.190	0.014	8	MA	12		0.053	0.053	
Niacin.....mg	3.480	0.230	8	MA	12		0.974	0.974	
Pantothenic acid.....mg	0.440	0.133	3	MA	12		0.123	0.123	
Vitamin B-6.....mg	0.250	0.021	8	MA	12		0.070	0.070	
Folate, total.....mcg	3	0.335	3	MA	12		1	1	
Folic acid.....mcg	0		0	NR	4		0	0	
Folate, food.....mcg	3	0.335	3	MA	12		1	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		1	1	
Vitamin B-12.....mcg	0.76	0.032	8	MA	12		0.21	0.21	
Vitamin A, IU.....IU	0		1	A	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	NR	4		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU	42.000	8.500	4	MA	12		11.760	11.760	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.561		0	A	1		1.837	1.837	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.073	0.011	20	A	1		0.020	0.020	
13:0.....g									
14:0.....g	0.397	0.015	20	A	1		0.111	0.111	
15:0.....g									
16:0.....g	4.115	0.117	20	A	1		1.152	1.152	
17:0.....g									
18:0.....g	1.976	0.089	20	A	1		0.553	0.553	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.278		0	A	1		2.318	2.318	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.608	0.034	20	A	1		0.170	0.170	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	7.671	0.195	20	A	1		2.148	2.148	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.798		0	A	1		0.503	0.503	
18:2 undifferentiated.....g	1.604	0.070	20	A	1		0.449	0.449	
18:3 undifferentiated.....g	0.194	0.031	20	A	1		0.054	0.054	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	62	4.250	31	A	1		17	17	
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.226			FLA	4		0.063	0.063	
Threonine.....g	0.673			FLA	4		0.188	0.188	
Isoleucine.....g	0.783			FLA	4		0.219	0.219	
Leucine.....g	1.418			FLA	4		0.397	0.397	
Lysine.....g	1.593			FLA	4		0.446	0.446	
Methionine.....g	0.440			FLA	4		0.123	0.123	
Cystine.....g	0.168			FLA	4		0.047	0.047	
Phenylalanine.....g	0.757			FLA	4		0.212	0.212	
Tyrosine.....g	0.732			FLA	4		0.205	0.205	
Valine.....g	0.960			FLA	4		0.269	0.269	
Arginine.....g	0.919			FLA	4		0.257	0.257	
Histidine.....g	0.673			FLA	4		0.189	0.189	
Alanine.....g	0.751			FLA	4		0.210	0.210	
Aspartic acid.....g	1.336			FLA	4		0.374	0.374	
Glutamic acid.....g	3.009			FLA	4		0.843	0.843	
Glycine.....g	0.632			FLA	4		0.177	0.177	
Proline.....g	1.167			FLA	4		0.327	0.327	
Serine.....g	0.754			FLA	4		0.211	0.211	
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 = 28g: 1 slice (1 serving)

Measure 2 = 28g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07218  
 OSCAR MAYER, Head 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	67.50	0.335	20	A	1		18.90		
Energy.....kcal	185		0	MC	9		52		
Energy.....kj	774				9		217		
Protein.....g	15.70	0.179	20	A	1		4.40		
Total lipid (fat).....g	13.50	0.335	20	A	1		3.78		
Ash.....g	3.30	0.103	15	A	1		0.92		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		2	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21	3.474	14	A	1		6		
Iron, Fe.....mg	1.63	0.192	14	A	1		0.46		
Magnesium, Mg.....mg	11	1.283	14	MA	12		3		
Phosphorus, P.....mg	63	2.405	14	MA	12		18		
Potassium, K.....mg	29	5.612	14	MA	12		8		
Sodium, Na.....mg	1073		2	A	1		300		
Zinc, Zn.....mg	1.19	0.078	14	MA	12		0.33		
Copper, Cu.....mg	0.200	0.027	14	MA	12		0.056		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.040	0.004	7	MA	12		0.011		
Riboflavin.....mg	0.170	0.011	7	MA	12		0.048		
Niacin.....mg	0.970	0.106	7	MA	12		0.272		
Pantothenic acid.....mg	0.220		2	MA	12		0.062		
Vitamin B-6.....mg	0.130	0.064	7	MA	12		0.036		
Folate, total.....mcg	1		2	MA	12		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1		2	MA	12		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Vitamin B-12.....mcg	0.95	0.083	7	MA	12		0.27		
Vitamin A, IU.....IU	100		0	MC	9		28		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E.....mg_ATE									
Vitamin D.....IU	46.000	6.500	4	MA	12		12.880		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.299		0	A	1		1.204		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.018	0.007	13	A	1		0.005		
13:0.....g									
14:0.....g	0.193	0.020	13	A	1		0.054		
15:0.....g									
16:0.....g	2.835	0.095	13	A	1		0.794		
17:0.....g									
18:0.....g	1.252	0.066	13	A	1		0.351		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.913		0	A	1		1.936		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.635	0.030	13	A	1		0.178		

NDB No. 07218  
 OSCAR MAYER, Head Cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	6.278	0.265	13	A	1		1.758		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.344		0	A	1		0.376		
18:2 undifferentiated.....g	1.178	0.051	13	A	1		0.330		
18:3 undifferentiated.....g	0.166	0.030	13	A	1		0.046		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	91	6.682	14	A	1		25		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07220

OSCAR MAYER, Liver Cheese (pork fat wrapped)

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	0.100	32	A	1		20.37		
Energy.....kcal	299		0	MC	9		114		
Energy.....kj	1250		0	MC	9		475		
Protein (N x 6.25).....g	15.45	0.350	32	A	1		5.87		
Total lipid (fat).....g	25.40	0.600	32	A	1		9.65		
Ash.....g	3.50	0.100	19	A	1		1.33		
Carbohydrate, by difference.....g	2.05		0	MC	9		0.78		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.30		2	A	1		0.49		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9	0.775	15	A	1		3		
Iron, Fe.....mg	12.60	0.700	16	A	1		4.79		
Magnesium, Mg.....mg	14	0.904	15	MA	12		5		
Phosphorus, P.....mg	233	14.717	15	MA	12		89		
Potassium, K.....mg	216	4.243	18	MA	12		82		
Sodium, Na.....mg	1132	28.500	31	A	1		430		
Zinc, Zn.....mg	3.96	0.150	15	MA	12		1.50		
Copper, Cu.....mg	0.520	0.057	15	MA	12		0.198		
Manganese, Mn.....mg	0.196	0.011	8	MA	12		0.074		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0	0.949	10	A	1		1.1		
Thiamin.....mg	0.210	0.003	9	MA	12		0.080		
Riboflavin.....mg	2.200	0.053	9	MA	12		0.836		
Niacin.....mg	12.010	1.183	9	MA	12		4.564		
Pantothenic acid.....mg	3.730	0.103	8	MA	12		1.417		
Vitamin B-6.....mg	0.450	0.057	9	MA	12		0.171		
Folate, total.....mcg	113	12.339	8	MA	12		43		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	113	12.339	8	MA	12		43		
Folate, DFE.....mcg_DFE	113		0	NC	4		43		
Vitamin B-12.....mcg	24.29	1.240	9	MA	12		9.23		
Vitamin A, IU.....IU	22604	62.667	9	MA	12		8590		
Vitamin A, RAE.....mcg_RAE	4440		0	NC	4		1687		
Retinol.....mcg	4440		0	NR	4		1687		
Vitamin E.....mg_ATE									
Vitamin D.....IU	49.000	6.124	6	MA	12		18.620		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.300		0	A	1		3.534		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.040	0.015	15	A	1		0.015		
13:0.....g									
14:0.....g	0.350	0.021	15	A	1		0.133		
15:0.....g									
16:0.....g	5.850	0.111	15	A	1		2.223		
17:0.....g									
18:0.....g	3.060	0.116	15	A	1		1.163		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.850		0	A	1		4.883		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.950	0.036	15	A	1		0.361		

NDB No. 07220

OSCAR MAYER, Liver Cheese (pork fat wrapped)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	11.900	0.235	15	A	1		4.522		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.480		0	A	1		1.322		
18:2 undifferentiated.....g	3.210	0.070	15	A	1		1.220		
18:3 undifferentiated.....g	0.270	0.036	15	A	1		0.103		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	207	3.500	31	A	1		78		
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 = 38g: 1 serving (1 slice)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07221

OSCAR MAYER, Luncheon Loaf (spiced)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.789		0	A	1		0.781		
18:2 undifferentiated.....g	2.587	0.157	6	A	1		0.724		
18:3 undifferentiated.....g	0.202	0.045	6	A	1		0.057		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	67	1.250	16	A	1		19		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07222

OSCAR MAYER, Old Fashioned Loaf

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.640		0	A	1		0.739		
18:2 undifferentiated.....g	2.520	0.106	7	A	1		0.706		
18:3 undifferentiated.....g	0.120	0.008	7	A	1		0.034		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	61	1.871	14	A	1		17		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07223

OSCAR MAYER, Olive Loaf (chicken, pork, turkey)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.630		0	A	1		0.736		
18:2 undifferentiated.....g	2.490	0.086	6	A	1		0.697		
18:3 undifferentiated.....g	0.140	0.020	6	A	1		0.039		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71	2.858	6	A	1		20		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)





NDB No. 07224

OSCAR MAYER, Pickle Pimiento Loaf (with chicken)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.810		0	A	1		0.787		
18:2 undifferentiated.....g	2.670	0.110	4	A	1		0.748		
18:3 undifferentiated.....g	0.140	0.020	4	A	1		0.039		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80	2.500	4	A	1		22		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 28g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07225

OSCAR MAYER, Pork Sausage Links (cooked)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.680		0	A	1		0.883	1.766	
18:2 undifferentiated.....g	3.130	0.163	6	A	1		0.751	1.502	
18:3 undifferentiated.....g	0.550	0.212	6	A	1		0.132	0.264	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	77	5.307	6	A	1		18	37	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 24g: 1 link  
 Measure 2 = 48g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07229**  
**OSCAR MAYER, Salami (Genoa)**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.710		0	A	1		0.732	0.244	
18:2 undifferentiated.....g	2.550	0.230	9	A	1		0.689	0.230	
18:3 undifferentiated.....g	0.160	0.050	9	A	1		0.043	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	102	2.921	30	A	1		28	9	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 27g: 1 serving  
 Measure 2 = 9.0g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07228

OSCAR MAYER, Salami (for beer)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.896		0	A	1		0.872	0.436	
18:2 undifferentiated.....g	1.683	0.058	10	A	1		0.774	0.387	
18:3 undifferentiated.....g	0.213	0.025	10	A	1		0.098	0.049	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	69	1.461	30	A	1		32	16	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 46g: 1 serving

Measure 2 = 23g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07230  
 OSCAR MAYER, Salami (hard)

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		
Energy.....kcal	368		0	MC	9		99		
Energy.....kj	1541		0	MC	9		416		
Protein (N x 6.25).....g	25.90	1.500	47	A	1		6.99		
Total lipid (fat).....g	28.70	2.100	47	A	1		7.75		
Ash.....g	5.55	0.150	15	A	1		1.50		
Carbohydrate, by difference.....g	1.65		0	MC	9		0.45		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.20		2	A	1		0.05		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12	2.405	14	A	1		3		
Iron, Fe.....mg	1.83	0.136	14	A	1		0.49		
Magnesium, Mg.....mg	21	2.111	14	MA	12		6		
Phosphorus, P.....mg	180	9.087	14	MA	12		49		
Potassium, K.....mg	356	11.759	14	MA	12		96		
Sodium, Na.....mg	1976	94.000	31	A	1		534		
Zinc, Zn.....mg	3.16	0.227	14	MA	12		0.85		
Copper, Cu.....mg	0.190	0.045	14	MA	12		0.051		
Manganese, Mn.....mg	0.039	0.004	6	MA	12		0.011		
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.570	0.029	6	MA	12		0.154		
Riboflavin.....mg	0.260	0.016	6	MA	12		0.070		
Niacin.....mg	5.050	0.163	6	MA	12		1.364		
Pantothenic acid.....mg	1.060	0.017	3	MA	12		0.286		
Vitamin B-6.....mg	0.440	0.086	6	MA	12		0.119		
Folate, total.....mcg	3		2	MA	12		1		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		2	MA	12		1		
Folate, DFE.....mcg_DFE	3		0	NC	4		1		
Vitamin B-12.....mcg	1.88	0.131	6	MA	12		0.51		
Vitamin A, IU.....IU	33		0	NC	4		9		
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		0		
Retinol.....mcg	3		0	NR	4		1		
Vitamin E.....mg_ATE									
Vitamin D.....IU	62.000	8.500	4	MA	12		16.740		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.085		0	A	1		2.993		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.085	0.041	13	A	1		0.023		
13:0.....g									
14:0.....g	0.554	0.060	13	A	1		0.150		
15:0.....g									
16:0.....g	6.923	0.138	13	A	1		1.869		
17:0.....g									
18:0.....g	3.523	0.117	13	A	1		0.951		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.011		0	A	1		4.053		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.296	0.097	13	A	1		0.350		

NDB No. 07230  
 OSCAR MAYER, Salami (hard)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	13.715	0.263	13	A	1		3.703		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.856		0	A	1		0.771		
18:2 undifferentiated.....g	2.593	0.146	13	A	1		0.700		
18:3 undifferentiated.....g	0.263	0.052	13	A	1		0.071		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	97	0.900	31	A	1		26		
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 = 27g: 1 serving (3 slices)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07226

OSCAR MAYER, Salami Beef Cotto

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.780		0	A	1		0.359	0.179	
18:2 undifferentiated.....g	0.590	0.026	12	A	1		0.271	0.136	
18:3 undifferentiated.....g	0.190	0.023	12	A	1		0.087	0.044	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	83	1.643	30	A	1		38	19	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 46g: 1 serving

Measure 2 = 23g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07227

OSCAR MAYER, Salami Cotto (beef, pork, chicken)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.670		0	A	1		0.768	0.384	
18:2 undifferentiated.....g	1.610	0.150	3	A	1		0.741	0.370	
18:3 undifferentiated.....g	0.060	0.000	3	A	1		0.028	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80	4.619	3	A	1		37	18	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 46g: 1 serving

Measure 2 = 23g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07231

OSCAR MAYER, Sandwich Spread (pork, chicken, beef)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.483		0	A	1		0.745		
18:2 undifferentiated.....g	2.243		2	A	1		0.673		
18:3 undifferentiated.....g	0.240		2	A	1		0.072		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	45		2	A	1		14		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 30g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)





NDB No. 07232

OSCAR MAYER, Smokie Links Sausage

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.780		0	A	1		1.195		
18:2 undifferentiated.....g	2.550	0.083	13	A	1		1.097		
18:3 undifferentiated.....g	0.230	0.053	13	A	1		0.099		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	63	1.643	30	A	1		27		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 43g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07233  
 OSCAR MAYER, Smokies (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	56.30	0.200	31	A	1		24.21		
Energy.....kcal	296		1	JO	11		127		
Energy.....kj	1240		0	JO	11		533		
Protein (N x 6.25).....g	12.25	0.150	31	A	1		5.27		
Total lipid (fat).....g	26.65	0.150	31	A	1		11.46		
Ash.....g	2.90	0.200	20	A	1		1.25		
Carbohydrate, by difference.....g	1.95		1	JO	11		0.84		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.40		2	A	1		0.60		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	11	1.890	7	A	1		5		
Iron, Fe.....mg	1.75	0.076	7	A	1		0.75		
Magnesium, Mg.....mg	15	1.398	7	MA	12		6		
Phosphorus, P.....mg	230	21.544	7	MA	12		99		
Potassium, K.....mg	173	3.162	10	MA	12		74		
Sodium, Na.....mg	967	21.000	31	A	1		416		
Zinc, Zn.....mg	2.96	0.231	7	MA	12		1.27		
Copper, Cu.....mg	0.200	0.034	7	MA	12		0.086		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<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.....mcg	11		0	BFZN	4		5		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	11		0	BFZN	4		5		
Folate, DFE.....mcg_DFE	11		0	NC	4		5		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	JO	11		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.250		0	A	1		4.838		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.010	0.004	7	A	1		0.004		
13:0.....g									
14:0.....g	0.850	0.064	7	A	1		0.366		
15:0.....g									
16:0.....g	6.570	0.299	7	A	1		2.825		
17:0.....g									
18:0.....g	3.820	0.110	7	A	1		1.643		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.800		0	A	1		5.504		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.200	0.057	7	A	1		0.516		

NDB No. 07233  
 OSCAR MAYER, Smokies (beef)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	11.600	0.212	7	A	1		4.988		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0	A	1		0.387		
18:2 undifferentiated.....g	0.700	0.038	7	A	1		0.301		
18:3 undifferentiated.....g	0.200	0.060	7	A	1		0.086		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	62	1.750	31	A	1		27		
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 = 43g: 1 serving (1 link)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07234**  
**OSCAR MAYER, Smokies (cheese)**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.700		0	A	1		1.161		
18:2 undifferentiated.....g	2.360	0.087	9	A	1		1.015		
18:3 undifferentiated.....g	0.340	0.053	9	A	1		0.146		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	70	1.461	30	A	1		30		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 43g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07235

OSCAR MAYER, Smokies Sausage Little (pork, turkey)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.870		0	A	1		0.258	1.636	
18:2 undifferentiated.....g	2.537		1	A	1		0.228	1.446	
18:3 undifferentiated.....g	0.333		1	A	1		0.030	0.190	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64		1	A	1		6	36	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 9.0g: 1 link

Measure 2 = 57g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)





NDB No. 07236

OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 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.....g									
22:5 n-3.....g									
22:6 n-3.....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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07237

OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	52.50	0.177	32	A	1		24.15	12.08	
Energy.....kcal	309		0	MC	9		142	71	
Energy.....kj	1293				9		595	297	
Protein.....g	14.60	0.106	32	A	1		6.72	3.36	
Total lipid (fat).....g	27.00	0.177	32	A	1		12.42	6.21	
Ash.....g	4.10	0.027	14	A	1		1.89	0.94	
Carbohydrate, by difference.....g	1.90		0	MC	9		0.87	0.44	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	1.10		2	A	1		0.51	0.25	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8	1.069	14	A	1		4	2	
Iron, Fe.....mg	2.49	0.123	14	A	1		1.15	0.57	
Magnesium, Mg.....mg	15	1.096	14	MA	12		7	3	
Phosphorus, P.....mg	121	6.949	14	MA	12		56	28	
Potassium, K.....mg	233	2.673	14	MA	12		107	54	
Sodium, Na.....mg	1424	19.959	19	A	1		655	328	
Zinc, Zn.....mg	2.34	0.094	14	MA	12		1.08	0.54	
Copper, Cu.....mg	0.190	0.035	14	MA	12		0.087	0.044	
Manganese, Mn.....mg	0.032	0.003	7	MA	12		0.015	0.007	
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.150	0.008	7	MA	12		0.069	0.035	
Riboflavin.....mg	0.330	0.011	7	MA	12		0.152	0.076	
Niacin.....mg	4.310	0.302	7	MA	12		1.983	0.991	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.260	0.008	7	MA	12		0.120	0.060	
Folate, total.....mcg	5		1	MA	12		2	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		1	MA	12		2	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		2	1	
Vitamin B-12.....mcg	5.50	0.257	7	MA	12		2.53	1.27	
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E.....mg_ATE									
Vitamin D.....IU	40.000	4.158	7	MA	12		18.400	9.200	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.800		0	A	1		5.428	2.714	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.050	0.014	12	A	1		0.023	0.012	
13:0.....g									
14:0.....g	0.830	0.029	12	A	1		0.382	0.191	
15:0.....g									
16:0.....g	6.620	0.156	12	A	1		3.045	1.523	
17:0.....g									
18:0.....g	4.300	0.092	12	A	1		1.978	0.989	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.900		0	A	1		5.934	2.967	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.540	0.136	12	A	1		0.708	0.354	

NDB No. 07237

OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	11.360	0.312	12	A	1		5.226	2.613	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.130		0	A	1		0.520	0.260	
18:2 undifferentiated.....g	0.930	0.110	12	A	1		0.428	0.214	
18:3 undifferentiated.....g	0.200	0.029	12	A	1		0.092	0.046	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80	3.750	16	A	1		37	18	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 46g: 1 serving

Measure 2 = 23g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07238

OSCAR MAYER, Summer Sausage Thuringer Cervalat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	53.30	0.130	38	A	1		24.52	12.26	
Energy.....kcal	304		0	MC	9		140	70	
Energy.....kj	1272				9		585	293	
Protein.....g	14.90	0.097	38	A	1		6.85	3.43	
Total lipid (fat).....g	26.70	0.162	38	A	1		12.28	6.14	
Ash.....g	4.10	0.027	14	A	1		1.89	0.94	
Carbohydrate, by difference.....g	0.90		0	MC	9		0.41	0.21	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	0.50		2	A	1		0.23	0.12	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9	1.069	14	A	1		4	2	
Iron, Fe.....mg	2.24	0.163	14	A	1		1.03	0.52	
Magnesium, Mg.....mg	15	1.096	14	MA	12		7	3	
Phosphorus, P.....mg	130	6.414	14	MA	12		60	30	
Potassium, K.....mg	228	6.949	14	MA	12		105	52	
Sodium, Na.....mg	1430	17.892	30	A	1		658	329	
Zinc, Zn.....mg	2.13	0.099	14	MA	12		0.98	0.49	
Copper, Cu.....mg	0.170	0.027	14	MA	12		0.078	0.039	
Manganese, Mn.....mg	0.031	0.004	6	MA	12		0.014	0.007	
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.230	0.015	7	MA	12		0.106	0.053	
Riboflavin.....mg	0.290	0.034	7	MA	12		0.133	0.067	
Niacin.....mg	4.390	0.170	7	MA	12		2.019	1.010	
Pantothenic acid.....mg	0.550		2	MA	12		0.253	0.127	
Vitamin B-6.....mg	0.300	0.057	7	MA	12		0.138	0.069	
Folate, total.....mcg	5		2	MA	12		2	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		2	MA	12		2	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		2	1	
Vitamin B-12.....mcg	3.76	0.567	7	MA	12		1.73	0.86	
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E.....mg_ATE									
Vitamin D.....IU	47.000	5.000	4	MA	12		21.620	10.810	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.727		0	A	1		4.934	2.467	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.037	0.010	13	A	1		0.017	0.009	
13:0.....g									
14:0.....g	0.564	0.029	13	A	1		0.259	0.130	
15:0.....g									
16:0.....g	6.298	0.103	13	A	1		2.897	1.449	
17:0.....g									
18:0.....g	3.829	0.090	13	A	1		1.761	0.881	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.142		0	A	1		5.585	2.793	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.156	0.092	13	A	1		0.532	0.266	

NDB No. 07238

OSCAR MAYER, Summer Sausage Thuringer Cervalat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	10.986	0.208	13	A	1		5.054	2.527	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.229		0	A	1		1.025	0.513	
18:2 undifferentiated.....g	1.942	0.072	13	A	1		0.893	0.447	
18:3 undifferentiated.....g	0.287	0.033	13	A	1		0.132	0.066	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	84	2.556	30	A	1		39	19	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 46g: 1 serving

Measure 2 = 23g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07239

OSCAR MAYER, Turkey Breast (smoked, fat free)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0	A	1		0.057	0.014	
18:2 undifferentiated.....g	0.100	0.025	8	A	1		0.052	0.013	
18:3 undifferentiated.....g	0.010	0.004	8	A	1		0.005	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	31	1.414	8	A	1		16	4	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 52g: 1 serving

Measure 2 = 13.0g: 1 slice

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)





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
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g	0.222		1	A	1		0.100	4.249	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.360		0	A	1		0.612	26.030	
18:2 undifferentiated.....g	0.951	0.100	31	A	1		0.428	18.193	
18:3 undifferentiated.....g	0.239	0.072	31	A	1		0.107	4.565	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	56	9.461	31	A	1		25	1063	
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 = 1914g: 1 composite

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07242

OSCAR MAYER, Wieners (beef franks, bun length)

hot dog, frank, frankfurter

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	0.450	121	A	1		30.30		
Energy.....kcal	324		0	MC	9		185		
Energy.....kj	1354		0	MC	9		772		
Protein (N x 6.25).....g	11.10	0.100	121	A	1		6.33		
Total lipid (fat).....g	30.10	0.500	121	A	1		17.16		
Ash.....g	2.85	0.050	10	A	1		1.62		
Carbohydrate, by difference.....g	2.65		0	MC	9		1.51		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.80		2	A	1		1.03		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13	1.000	9	A	1		7		
Iron, Fe.....mg	1.56	0.040	9	A	1		0.89		
Magnesium, Mg.....mg	15	0.967	9	MA	12		9		
Phosphorus, P.....mg	105	5.333	9	MA	12		60		
Potassium, K.....mg	158	2.667	9	MA	12		90		
Sodium, Na.....mg	1025	15.000	17	A	1		584		
Zinc, Zn.....mg	2.25	0.120	9	MA	12		1.28		
Copper, Cu.....mg	0.150	0.023	9	MA	12		0.086		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<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.....mcg	11		0	BFZN	4		6		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	11		0	BFZN	4		6		
Folate, DFE.....mcg_DFE	11		0	NC	4		6		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	JO	11		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.530		0	A	1		7.142		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.020	0.003	9	A	1		0.011		
13:0.....g									
14:0.....g	0.980	0.030	9	A	1		0.559		
15:0.....g									
16:0.....g	7.400	0.147	9	A	1		4.218		
17:0.....g									
18:0.....g	4.130	0.107	9	A	1		2.354		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.620		0	A	1		8.333		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.460	0.123	9	A	1		0.832		

NDB No. 07242

OSCAR MAYER, Wieners (beef franks, bun length)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	13.160	0.093	9	A	1		7.501		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.960		0	A	1		0.547		
18:2 undifferentiated.....g	0.790	0.043	9	A	1		0.450		
18:3 undifferentiated.....g	0.170	0.050	9	A	1		0.097		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59	1.850	12	A	1		34		
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 (1 link)

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07243

OSCAR MAYER, Wieners (beef franks, fat free)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.049		0	A	1		0.025		
18:2 undifferentiated.....g	0.042	0.006	5	A	1		0.021		
18:3 undifferentiated.....g	0.007	0.003	5	A	1		0.004		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	30	1.789	5	A	1		15		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 50g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07244

OSCAR MAYER, Wieners (beef franks, light)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.990		0	A	1		0.564		
18:2 undifferentiated.....g	0.890	0.362	5	A	1		0.507		
18:3 undifferentiated.....g	0.100	0.036	5	A	1		0.057		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	49	1.789	5	A	1		28		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 57g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)





NDB No. 07245

OSCAR MAYER, Wieners (cheese hot dogs with turkey)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.849		0	A	1		1.732		
18:2 undifferentiated.....g	3.611	0.090	5	A	1		1.625		
18:3 undifferentiated.....g	0.238	0.058	5	A	1		0.107		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	74	1.206	11	A	1		33		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 45g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07246

OSCAR MAYER, Wieners (fat free hot dogs)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0	A	1		0.055		
18:2 undifferentiated.....g	0.100	0.013	10	A	1		0.050		
18:3 undifferentiated.....g	0.010	0.000	10	A	1		0.005		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	29	1.581	10	A	1		15		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 50g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07247

OSCAR MAYER, Wieners (light pork, turkey, beef)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.044		0	A	1		1.165		
18:2 undifferentiated.....g	1.920	0.061	6	A	1		1.094		
18:3 undifferentiated.....g	0.124	0.026	6	A	1		0.071		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	62	4.158	7	A	1		35		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 57g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07240

OSCAR MAYER, Wieners (pork, turkey)

hot dog, frank, frankfurter

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	53.35	0.050	123	A	1		24.01		
Energy.....kcal	324		0	MC	9		146		
Energy.....kj	1354		0	MC	9		609		
Protein (N x 6.25).....g	10.95	0.050	123	A	1		4.93		
Total lipid (fat).....g	29.90	0.300	123	A	1		13.46		
Ash.....g	3.15	0.050	9	A	1		1.42		
Carbohydrate, by difference.....g	2.70		0	MC	9		1.22		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.80	0.058	3	A	1		0.81		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	60	4.950	8	A	1		27		
Iron, Fe.....mg	1.16	0.074	8	A	1		0.52		
Magnesium, Mg.....mg	17	1.131	8	MA	12		8		
Phosphorus, P.....mg	137	7.778	8	MA	12		62		
Potassium, K.....mg	162	5.303	8	MA	12		73		
Sodium, Na.....mg	988	22.000	9	A	1		445		
Zinc, Zn.....mg	1.72	0.053	8	MA	12		0.77		
Copper, Cu.....mg	0.260	0.025	8	MA	12		0.117		
Manganese, Mn.....mg	0.009			FLA	4		0.004		
Selenium, Se.....mcg	15.1			FLA	4		6.8		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.261			FLA	4		0.117		
Riboflavin.....mg	0.130			FLA	4		0.059		
Niacin.....mg	2.506			FLA	4		1.127		
Pantothenic acid.....mg	0.385			FLA	4		0.173		
Vitamin B-6.....mg	0.220			FLA	4		0.099		
Folate, total.....mcg	4			FLA	4		2		
Folic acid.....mcg	0			FLA	4		0		
Folate, food.....mcg	4			FLA	4		2		
Folate, DFE.....mcg_DFE	4		0	NC	4		2		
Vitamin B-12.....mcg	0.38			FLA	4		0.17		
Vitamin A, IU.....IU	0		1	JO	11		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU	6.597			FLA	4		2.969		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.467		0	A	1		4.260		
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	0.017			FLA	4		0.008		
12:0.....g	0.019	0.000	8	A	1		0.009		
13:0.....g									
14:0.....g	0.362	0.013	8	A	1		0.163		
15:0.....g									
16:0.....g	6.466	0.092	8	A	1		2.910		
17:0.....g									
18:0.....g	2.620	0.151	8	A	1		1.179		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.806		0	A	1		6.213		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.031	0.069	8	A	1		0.464		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	12.775	0.315	8	A	1		5.749		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.255		0	A	1		1.915		
18:2 undifferentiated.....g	4.023	0.171	8	A	1		1.810		
18:3 undifferentiated.....g	0.232	0.020	8	A	1		0.104		
18:4.....g	0.000			FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.082			FLA	4		0.037		
20:5 n-3.....g	0.000			FLA	4		0.000		
22:5 n-3.....g	0.003			FLA	4		0.001		
22:6 n-3.....g	0.003			FLA	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	72	4.025	5	A	1		32		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.129			FLA	4		0.058		
Threonine.....g	0.486			FLA	4		0.219		
Isoleucine.....g	0.535			FLA	4		0.241		
Leucine.....g	0.875			FLA	4		0.394		
Lysine.....g	0.980			FLA	4		0.441		
Methionine.....g	0.294			FLA	4		0.132		
Cystine.....g	0.127			FLA	4		0.057		
Phenylalanine.....g	0.438			FLA	4		0.197		
Tyrosine.....g	0.403			FLA	4		0.181		
Valine.....g	0.590			FLA	4		0.265		
Arginine.....g	0.711			FLA	4		0.320		
Histidine.....g	0.372			FLA	4		0.167		
Alanine.....g	0.651			FLA	4		0.293		
Aspartic acid.....g	1.016			FLA	4		0.457		
Glutamic acid.....g	1.752			FLA	4		0.788		
Glycine.....g	0.591			FLA	4		0.266		
Proline.....g	0.527			FLA	4		0.237		
Serine.....g	0.476			FLA	4		0.214		
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0			FLA	4		0.0		
Caffeine.....mg	0			FLA	4		0		
Theobromine.....mg	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 = 45g: 1 serving (1 link)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA Nutrient Database for Standard Reference, Release 15 (2002)





NDB No. 07248

OSCAR MAYER, Wieners Little (pork, turkey)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.670		0	A	1		0.240	1.522	
18:2 undifferentiated.....g	2.380		1	A	1		0.214	1.357	
18:3 undifferentiated.....g	0.290		1	A	1		0.026	0.165	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	55		1	A	1		5	31	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 9.0g: 1 piece  
 Measure 2 = 57g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07206

OSCAR MAYER. Bologna (Wisconsin made ring)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.970		0	A	1		1.103		
18:2 undifferentiated.....g	1.670	0.128	13	A	1		0.935		
18:3 undifferentiated.....g	0.300	0.047	13	A	1		0.168		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	62	2.496	13	A	1		35		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 56g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07051**  
**Olive 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	58.20	0.694	4		1		16.30	33.17	
Energy.....kcal	235		0	NC	4		66	134	
Energy.....kj	983		4		4		275	560	
Protein (N x 6.25).....g	11.80	0.084	4		1		3.30	6.73	
Total lipid (fat).....g	16.50	0.503	4		1		4.62	9.41	
Ash.....g	4.30	0.075	4		1		1.20	2.45	
Carbohydrate, by difference.....g	9.20		0	NC	4		2.58	5.24	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	109	9.232	4		1		31	62	
Iron, Fe.....mg	0.54	0.177	4		1		0.15	0.31	
Magnesium, Mg.....mg	19	1.000	4		1		5	11	
Phosphorus, P.....mg	127	7.487	4		1		36	72	
Potassium, K.....mg	297	10.086	4		1		83	169	
Sodium, Na.....mg	1484	68.005	4		1		416	846	
Zinc, Zn.....mg	1.38	0.025	4		1		0.39	0.79	
Copper, Cu.....mg	0.050	0.014	4		1		0.014	0.029	
Manganese, Mn.....mg	0.035	0.007	3		1		0.010	0.020	
Selenium, Se.....mcg	16.4		0	BENN	4		4.6	9.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.295	0.012	4		1		0.083	0.168	
Riboflavin.....mg	0.260	0.014	4		1		0.073	0.148	
Niacin.....mg	1.835	0.096	4		1		0.514	1.046	
Pantothenic acid.....mg	0.770		2		1		0.216	0.439	
Vitamin B-6.....mg	0.230	0.058	4		1		0.064	0.131	
Folate, total.....mcg	2		1		1		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		1		1		1	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12.....mcg	1.26	0.155	4		1		0.35	0.72	
Vitamin A, IU.....IU	200		1		1		56	114	
Vitamin A, RAE.....mcg_RAE	10		1		1		3	6	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.250		0		4		0.070	0.143	
Vitamin D.....IU	44.000		0	T	4		12.320	25.080	
<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	

**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		4		1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	4		1		0.000	0.000	
22:6 n-3.....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><u>Amino Acids:</u></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><u>Others:</u></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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07935**  
**Oven-roasted chicken breast roll**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.014			FLA	4		0.008		
22:5 n-3.....g	0.007			FLA	4		0.004		
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Nutrient Database for Standard Reference, Release 15 (2002)



**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.....mcg	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.....mcg	7		0	BFZN	4		4		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	7		0	BFZN	4		4		
Folate, DFE.....mcg_DFE	7		0	NC	4		4		
Vitamin B-12.....mcg	1.76		0	BFZN	4		1.00		
Vitamin A, IU.....IU	0		1	A	1		0		
Vitamin A, RAE.....mcg_RAE	0		1	A	1		0		
Retinol.....mcg	0		0	BFZN	4		0		
Vitamin E.....mg_ATE	0.250		0	BFZN	4		0.143		
Vitamin D.....IU									
<b>Lipids:</b>									
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>Amino Acids:</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		

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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>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: 6 slices

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07052**  
**Pastrami, 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	70.64	1.807	4		1		160.35	40.26	
Energy.....kcal	141		0	NC	4		320	80	
Energy.....kj	590				4		1339	336	
Protein (N x 6.25).....g	18.36	0.491	6		1		41.68	10.47	
Total lipid (fat).....g	6.21	0.608	6		1		14.10	3.54	
Ash.....g	3.13	0.347	4		1		7.11	1.78	
Carbohydrate, by difference.....g	1.66		0	NC	4		3.77	0.95	
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	1.153	4		1		20	5	
Iron, Fe.....mg	1.66	0.385	4		1		3.77	0.95	
Magnesium, Mg.....mg	14		1		1		32	8	
Phosphorus, P.....mg	200		1		1		454	114	
Potassium, K.....mg	260		2		1		590	148	
Sodium, Na.....mg	1045	296.500	4		1		2372	596	
Zinc, Zn.....mg	2.16		1		1		4.90	1.23	
Copper, Cu.....mg	0.050		1		1		0.114	0.029	
Manganese, Mn.....mg	0.013		0		4		0.030	0.007	
Selenium, Se.....mcg	16.1		0	RF	4		36.5	9.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.055		2		1		0.125	0.031	
Riboflavin.....mg	0.250		2		1		0.568	0.143	
Niacin.....mg	3.527		0		1		8.006	2.010	
Pantothenic acid.....mg	0.580		0		4		1.317	0.331	
Vitamin B-6.....mg	0.270		0		4		0.613	0.154	
Folate, total.....mcg	5		0		4		11	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		4		11	3	
Folate, DFE.....mcg_DFE	5		0	NC	4		11	3	
Vitamin B-12.....mcg	0.24		0		4		0.54	0.14	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.216		0		4		0.490	0.123	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.810		0		1		4.109	1.032	
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		0.023	0.006	
13:0.....g									
14:0.....g	0.040		0		1		0.091	0.023	
15:0.....g									
16:0.....g	1.110		0		1		2.520	0.633	
17:0.....g									
18:0.....g	0.450		0		1		1.022	0.257	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.050		0		1		4.654	1.169	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		0		1		0.772	0.194	

**NDB No. 07052**  
**Pastrami, turkey**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	1.660		0		1		3.768	0.946	
20:1.....g	0.010		0		1		0.023	0.006	
22:1 undifferentiated.....g	0.010		0		1		0.023	0.006	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.590		0		1		3.609	0.906	
18:2 undifferentiated.....g	1.320		0		1		2.996	0.752	
18:3 undifferentiated.....g	0.070		0		1		0.159	0.040	
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		0.272	0.068	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.045	0.011	
22:6 n-3.....g	0.020		0		1		0.045	0.011	
Fatty acids, total trans.....g									
Cholesterol.....mg	54		0		4		123	31	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.203		0		1		0.461	0.116	
Threonine.....g	0.798		0		1		1.811	0.455	
Isoleucine.....g	0.918		0		1		2.084	0.523	
Leucine.....g	1.421		0		1		3.226	0.810	
Lysine.....g	1.662		0		1		3.773	0.947	
Methionine.....g	0.512		0		1		1.162	0.292	
Cystine.....g	0.206		0		1		0.468	0.117	
Phenylalanine.....g	0.715		0		1		1.623	0.408	
Tyrosine.....g	0.694		0		1		1.575	0.396	
Valine.....g	0.952		0		1		2.161	0.543	
Arginine.....g	1.290		0		1		2.928	0.735	
Histidine.....g	0.549		0		1		1.246	0.313	
Alanine.....g	1.166		0		1		2.647	0.665	
Aspartic acid.....g	1.761		0		1		3.997	1.004	
Glutamic acid.....g	2.920		0		1		6.628	1.664	
Glycine.....g	1.103		0		1		2.504	0.629	
Proline.....g	0.850		0		1		1.930	0.485	
Serine.....g	0.806		0		1		1.830	0.459	
Hydroxyproline.....g									
<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 = 227g: 1 package (8 oz)

Measure 2 = 57g: 2 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07053**  
**Pate, chicken liver, 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	65.64		0		4		8.53	18.61	
Energy.....kcal	201		0	NC	4		26	57	
Energy.....kj	841				4		109	238	
Protein (N x 6.25).....g	13.45	0.093	5		1		1.75	3.81	
Total lipid (fat).....g	13.10	0.154	5		1		1.70	3.71	
Ash.....g	1.26		0		4		0.16	0.36	
Carbohydrate, by difference.....g	6.55		5		9		0.85	1.86	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10	0.462	5		1		1	3	
Iron, Fe.....mg	9.19	0.158	5		1		1.19	2.61	
Magnesium, Mg.....mg	13		0		4		2	4	
Phosphorus, P.....mg	175		0		4		23	50	
Potassium, K.....mg	95		0		4		12	27	
Sodium, Na.....mg	386		0		4		50	109	
Zinc, Zn.....mg	2.14		0		4		0.28	0.61	
Copper, Cu.....mg	0.180		0		4		0.023	0.051	
Manganese, Mn.....mg	0.162		0		4		0.021	0.046	
Selenium, Se.....mcg	46.1		0	RF	4		6.0	13.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.0	0.481	5		1		1.3	2.8	
Thiamin.....mg	0.052	0.003	5		1		0.007	0.015	
Riboflavin.....mg	1.401	0.032	5		1		0.182	0.397	
Niacin.....mg	7.517	0.065	5		1		0.977	2.131	
Pantothenic acid.....mg	2.620		0		4		0.341	0.743	
Vitamin B-6.....mg	0.260		0		4		0.034	0.074	
Folate, total.....mcg	321		0		4		42	91	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	321		0		4		42	91	
Folate, DFE.....mcg_DFE	321		0	NC	4		42	91	
Vitamin B-12.....mcg	8.07		0		4		1.05	2.29	
Vitamin A, IU.....IU	724	34.698	5		1		94	205	
Vitamin A, RAE.....mcg_RAE	217	10.420	5		1		28	62	
Retinol.....mcg	217	10.420	5		1		28	62	
Vitamin E.....mg_ATE	0.981		0		4		0.128	0.278	
Vitamin D.....IU									
<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	

**NDB No. 07053**  
**Pate, chicken liver, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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	
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 Nutrient Database for Standard Reference, Release 15 (2002)

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.....mcg	44.0		0	BENN	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.....mcg	60		0		4		8	17	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	60		0		4		8	17	
Folate, DFE.....mcg_DFE	60		0	NC	4		8	17	
Vitamin B-12.....mcg	9.40		2		1		1.22	2.66	
Vitamin A, IU.....IU	3333		0		4		433	945	
Vitamin A, RAE.....mcg_RAE	1001		0		4		130	284	
Retinol.....mcg	1001		0		4		130	284	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
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	

NDB No. 07054

Pate, goose liver, smoked, canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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.

**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 Nutrient Database for Standard Reference, Release 15 (2002)



**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.....mcg	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.....mcg	60		1		1		8	17	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	60		1		1		8	17	
Folate, DFE.....mcg_DFE	60		0	NC	4		8	17	
Vitamin B-12.....mcg	3.20		1		1		0.42	0.91	
Vitamin A, IU.....IU	3300	939.196	10		1		429	936	
Vitamin A, RAE.....mcg_RAE	991	282.041	10		1		129	281	
Retinol.....mcg	991		0	NR	4		129	281	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
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	

**NDB No. 07055**  
**Pate, liver, not specified, canned**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Nutrient Database for Standard Reference, Release 15 (2002)

**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.....mcg	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.....mcg	60		0	BFZN	4		34		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	60		0	BFZN	4		34		
Folate, DFE.....mcg_DFE	60		0	NC	4		34		
Vitamin B-12.....mcg	3.20		0	BFZN	4		1.79		
Vitamin A, IU.....IU	15000		1	A	1		8400		
Vitamin A, RAE.....mcg_RAE	4505		0	AS	1		2523		
Retinol.....mcg	991		0	BFZN	4		555		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
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		

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....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.

**Common Measures:**

Measure 1 = 56g: 2 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07056**  
**Peppered 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	67.37	0.536	3		1		38.40	18.86	67.37
Energy.....kcal	145		0	NC	4		83	41	145
Energy.....kj	606		0	NC	4		345	170	606
Protein (N x 6.25).....g	17.27	0.120	3		1		9.84	4.84	17.27
Total lipid (fat).....g	6.37	0.233	3		1		3.63	1.78	6.37
Ash.....g	4.40	0.208	3		1		2.51	1.23	4.40
Carbohydrate, by difference.....g	4.59		0	NC	4		2.62	1.29	4.59
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	4.61		0	MC	9		2.63	1.29	4.61
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54	5.608	3		1		31	15	54
Iron, Fe.....mg	1.07	0.050	3		1		0.61	0.30	1.07
Magnesium, Mg.....mg	20	0.882	3		1		11	6	20
Phosphorus, P.....mg	170	16.643	3		1		97	48	170
Potassium, K.....mg	394	23.096	3		1		225	110	394
Sodium, Na.....mg	1523	20.276	3		1		868	426	1523
Zinc, Zn.....mg	3.23	0.233	3		1		1.84	0.90	3.23
Copper, Cu.....mg	0.120	0.023	3		1		0.068	0.034	0.120
Manganese, Mn.....mg	0.064	0.014	3		1		0.036	0.018	0.064
Selenium, Se.....mcg	21.0		0	RF	4		12.0	5.9	21.0
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.377	0.084	3		1		0.215	0.106	0.377
Riboflavin.....mg	0.303	0.009	3		1		0.173	0.085	0.303
Niacin.....mg	3.080	0.139	3		1		1.756	0.862	3.080
Pantothenic acid.....mg	0.530		2		1		0.302	0.148	0.530
Vitamin B-6.....mg	0.270	0.015	3		1		0.154	0.076	0.270
Folate, total.....mcg	2		0		4		1	1	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	2		0		4		1	1	2
Folate, DFE.....mcg_DFE	2		0	NC	4		1	1	2
Vitamin B-12.....mcg	1.96	0.279	3		1		1.12	0.55	1.96
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	NR	4		0	0	0
Vitamin E.....mg_ATE	0.220		0		4		0.125	0.062	0.220
Vitamin D.....IU	32.000		0	MC	9		18.240	8.960	32.000
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.280		0	NC	4		1.300	0.638	2.280
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.030	0.014	3		1		0.017	0.008	0.030
12:0.....g	0.010	0.005	3		1		0.006	0.003	0.010
13:0.....g									
14:0.....g	0.090	0.008	3		1		0.051	0.025	0.090
15:0.....g									
16:0.....g	1.360	0.049	3		1		0.775	0.381	1.360
17:0.....g									
18:0.....g	0.790	0.038	3		1		0.450	0.221	0.790
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.000		0	NC	4		1.710	0.840	3.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280	0.013	3		1		0.160	0.078	0.280

**NDB No. 07056**  
**Peppered loaf, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	2.720	0.099	3		1		1.550	0.762	2.720
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500		0	NC	4		0.285	0.140	0.500
18:2 undifferentiated.....g	0.430	0.029	3		1		0.245	0.120	0.430
18:3 undifferentiated.....g	0.070	0.006	3		1		0.040	0.020	0.070
18:4.....g	0.000		0		1		0.000	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	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	46	2.906	3		1		26	13	46
Phytosterols.....mg	0		0		4		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.190		0	BFZN	4		0.108	0.053	0.190
Threonine.....g	0.683		0	BFZN	4		0.389	0.191	0.683
Isoleucine.....g	0.703		0	BFZN	4		0.401	0.197	0.703
Leucine.....g	1.207		0	BFZN	4		0.688	0.338	1.207
Lysine.....g	1.342		0	BFZN	4		0.765	0.376	1.342
Methionine.....g	0.393		0	BFZN	4		0.224	0.110	0.393
Cystine.....g	0.194		0	BFZN	4		0.111	0.054	0.194
Phenylalanine.....g	0.603		0	BFZN	4		0.344	0.169	0.603
Tyrosine.....g	0.519		0	BFZN	4		0.296	0.145	0.519
Valine.....g	0.814		0	BFZN	4		0.464	0.228	0.814
Arginine.....g	0.935		0	BFZN	4		0.533	0.262	0.935
Histidine.....g	0.582		0	BFZN	4		0.332	0.163	0.582
Alanine.....g	0.869		0	BFZN	4		0.496	0.243	0.869
Aspartic acid.....g	1.397		0	BFZN	4		0.796	0.391	1.397
Glutamic acid.....g	2.316		0	BFZN	4		1.320	0.648	2.316
Glycine.....g	0.749		0	BFZN	4		0.427	0.210	0.749
Proline.....g	0.624		0	BFZN	4		0.355	0.175	0.624
Serine.....g	0.622		0	BFZN	4		0.355	0.174	0.622
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	MC	9		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

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

**Common Measures:**

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

Measure 2 = 28g: 1 slice

Measure 3 = 100g: 3.52 slices

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	27.06	1.030	18		1		67.92	1.49	
Energy.....kcal	497		0	NC	4		1247	27	
Energy.....kj	2079				4		5219	114	
Protein (N x 6.25).....g	20.97	0.075	18		1		52.63	1.15	
Total lipid (fat).....g	43.97	0.899	18		1		110.36	2.42	
Ash.....g	5.17	0.126	15		1		12.98	0.28	
Carbohydrate, by difference.....g	2.84		0	NC	4		7.13	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	10		1		1		25	1	
Iron, Fe.....mg	1.40		1		1		3.51	0.08	
Magnesium, Mg.....mg	16		1		1		40	1	
Phosphorus, P.....mg	119		1		1		299	7	
Potassium, K.....mg	347		1		1		871	19	
Sodium, Na.....mg	2040		1		1		5120	112	
Zinc, Zn.....mg	2.50		1		1		6.28	0.14	
Copper, Cu.....mg	0.070		1		1		0.176	0.004	
Manganese, Mn.....mg	0.038		0		4		0.095	0.002	
Selenium, Se.....mcg	24.1		0	RF	4		60.5	1.3	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.320		1		1		0.803	0.018	
Riboflavin.....mg	0.250		1		1		0.628	0.014	
Niacin.....mg	4.960		1		1		12.450	0.273	
Pantothenic acid.....mg	1.870		1		1		4.694	0.103	
Vitamin B-6.....mg	0.250		1		1		0.628	0.014	
Folate, total.....mcg	4		0		4		10	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		10	0	
Folate, DFE.....mcg_DFE	4		0	NC	4		10	0	
Vitamin B-12.....mcg	2.51		1		1		6.30	0.14	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.220		0		4		0.552	0.012	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	16.130		0		1		40.486	0.887	
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	0.860		0		1		2.159	0.047	
15:0.....g									
16:0.....g	10.290		0		1		25.828	0.566	
17:0.....g									
18:0.....g	4.690		0		1		11.772	0.258	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	21.110		0		1		52.986	1.161	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.770		0		1		4.443	0.097	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	18.920		0		1		47.489	1.041	
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	4.370		0		1		10.969	0.240	
18:2 undifferentiated.....g	3.740		0		1		9.387	0.206	
18:3 undifferentiated.....g	0.410		0		1		1.029	0.023	
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	0.140		0		1		0.351	0.008	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		4		198	4	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.200		0		1		0.502	0.011	
Threonine.....g	0.848		0		1		2.128	0.047	
Isoleucine.....g	0.908		0		1		2.279	0.050	
Leucine.....g	1.578		0		1		3.961	0.087	
Lysine.....g	1.635		0		1		4.104	0.090	
Methionine.....g	0.536		0		1		1.345	0.029	
Cystine.....g	0.247		0		1		0.620	0.014	
Phenylalanine.....g	0.785		0		1		1.970	0.043	
Tyrosine.....g	0.669		0		1		1.679	0.037	
Valine.....g	0.978		0		1		2.455	0.054	
Arginine.....g	1.346		0		1		3.378	0.074	
Histidine.....g	0.664		0		1		1.667	0.037	
Alanine.....g	1.403		0		1		3.522	0.077	
Aspartic acid.....g	1.970		0		1		4.945	0.108	
Glutamic acid.....g	3.245		0		1		8.145	0.178	
Glycine.....g	1.577		0		1		3.958	0.087	
Proline.....g	1.225		0		1		3.075	0.067	
Serine.....g	0.860		0		1		2.159	0.047	
Hydroxyproline.....g									
<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 = 251g: 1 sausage (10-1/4" long x 1-3/8" dia)

Measure 2 = 5.5g: 1 slice (1-3/8" dia x 1/8" thick)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)



**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	57.10	0.382	15		1		15.99	32.55	
Energy.....kcal	262		0	NC	4		73	149	
Energy.....kj	1096				4		307	625	
Protein (N x 6.25).....g	11.50	0.242	15		1		3.22	6.56	
Total lipid (fat).....g	21.10	1.196	15		1		5.91	12.03	
Ash.....g	4.40	0.128	6		1		1.23	2.51	
Carbohydrate, by difference.....g	5.90		0	NC	4		1.65	3.36	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	95	6.423	15		1		27	54	
Iron, Fe.....mg	1.02	0.108	15		1		0.29	0.58	
Magnesium, Mg.....mg	18	0.654	6		1		5	10	
Phosphorus, P.....mg	140	9.781	6		1		39	80	
Potassium, K.....mg	340	13.553	6		1		95	194	
Sodium, Na.....mg	1389	47.968	6		1		389	792	
Zinc, Zn.....mg	1.40	0.086	6		1		0.39	0.80	
Copper, Cu.....mg	0.125	0.032	6		1		0.035	0.071	
Manganese, Mn.....mg	0.029	0.005	5		1		0.008	0.017	
Selenium, Se.....mcg	14.7		0	RF	4		4.1	8.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.293	0.014	15		1		0.082	0.167	
Riboflavin.....mg	0.254	0.009	15		1		0.071	0.145	
Niacin.....mg	2.054	0.055	15		1		0.575	1.171	
Pantothenic acid.....mg	0.793	0.017	3		1		0.222	0.452	
Vitamin B-6.....mg	0.190	0.004	15		1		0.053	0.108	
Folate, total.....mcg	5		1		1		1	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		1		1		1	3	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	3	
Vitamin B-12.....mcg	1.18	0.060	15		1		0.33	0.67	
Vitamin A, IU.....IU	73		1		1		20	42	
Vitamin A, RAE.....mcg_RAE	4		1		1		1	2	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.250		0		4		0.070	0.143	
Vitamin D.....IU	44.000		0	T	4		12.320	25.080	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.840		0		1		2.195	4.469	
4:0.....g	0.000		6		1		0.000	0.000	
6:0.....g	0.000		6		1		0.000	0.000	
8:0.....g	0.000		6		1		0.000	0.000	
10:0.....g	0.070		6		1		0.020	0.040	
12:0.....g	0.040		6		1		0.011	0.023	
13:0.....g									
14:0.....g	0.330		6		1		0.092	0.188	
15:0.....g									
16:0.....g	4.680		6		1		1.310	2.668	
17:0.....g									
18:0.....g	2.710		6		1		0.759	1.545	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.590		0		1		2.685	5.466	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.790		6		1		0.221	0.450	

**NDB No. 07058**  
**Pickle and pimiento 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	8.800		6		1		2.464	5.016	
20:1.....g	0.000		6		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		6		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.590		0		1		0.725	1.476	
18:2 undifferentiated.....g	2.310		6		1		0.647	1.317	
18:3 undifferentiated.....g	0.270		6		1		0.076	0.154	
18:4.....g	0.000		6		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		6		1		0.000	0.000	
20:5 n-3.....g	0.000		6		1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	6		1		0.000	0.000	
22:6 n-3.....g	0.000		6		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	37	5.618	4		1		10	21	
Phytosterols.....mg									
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.116		0		1		0.032	0.066	
Threonine.....g	0.521		0		1		0.146	0.297	
Isoleucine.....g	0.490		0		1		0.137	0.279	
Leucine.....g	0.948		0		1		0.265	0.540	
Lysine.....g	0.895		0		1		0.251	0.510	
Methionine.....g	0.254		0		1		0.071	0.145	
Cystine.....g	0.118		0		1		0.033	0.067	
Phenylalanine.....g	0.438		0		1		0.123	0.250	
Tyrosine.....g	0.390		0		1		0.109	0.222	
Valine.....g	0.556		0		1		0.156	0.317	
Arginine.....g	0.665		0		1		0.186	0.379	
Histidine.....g	0.343		0		1		0.096	0.196	
Alanine.....g	0.668		0		1		0.187	0.381	
Aspartic acid.....g	1.020		0		1		0.286	0.581	
Glutamic acid.....g	1.915		0		1		0.536	1.092	
Glycine.....g	0.768		0		1		0.215	0.438	
Proline.....g	0.836		0		1		0.234	0.477	
Serine.....g	0.567		0		1		0.159	0.323	
Hydroxyproline.....g									
<b><u>Others:</u></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 = 57g: 2 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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.....mcg	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.....mcg	2		0		4		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12.....mcg	1.50	0.059	5		1		0.42	0.86	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU	48.000		0	T	4		13.440	27.360	
<b>Lipids:</b>									
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	

**NDB No. 07062**  
**Picnic loaf, pork, beef**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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.

**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 Nutrient Database for Standard Reference, Release 15 (2002)

**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		15.07	120.65	
Energy.....kcal	326		0	NC	4		92	740	
Energy.....kj	1364		4		4		387	3096	
Protein (N x 6.25).....g	14.10	0.251	6		1		4.00	32.01	
Total lipid (fat).....g	28.72	0.362	6		1		8.14	65.19	
Ash.....g	2.40	0.063	6		1		0.68	5.45	
Carbohydrate, by difference.....g	1.63		0	NC	4		0.46	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		3	27	
Iron, Fe.....mg	1.44	0.051	6		1		0.41	3.27	
Magnesium, Mg.....mg	14	0.601	6		1		4	32	
Phosphorus, P.....mg	136	3.544	6		1		39	309	
Potassium, K.....mg	237	12.054	6		1		67	538	
Sodium, Na.....mg	876	63.285	6		1		248	1989	
Zinc, Zn.....mg	1.93	0.021	6		1		0.55	4.38	
Copper, Cu.....mg	0.090	0.006	6		1		0.026	0.204	
Manganese, Mn.....mg	0.049	0.002	5		1		0.014	0.111	
Selenium, Se.....mcg	17.7	2.258	5	A	1		5.0	40.2	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0	0.000	6		1		0.3	2.3	
Thiamin.....mg	0.502	0.027	6		1		0.142	1.140	
Riboflavin.....mg	0.148	0.012	6		1		0.042	0.336	
Niacin.....mg	3.443	0.088	6		1		0.976	7.816	
Pantothenic acid.....mg	0.450	0.021	3		1		0.128	1.022	
Vitamin B-6.....mg	0.190	0.012	6		1		0.054	0.431	
Folate, total.....mcg	2		0		4		1	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	5	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	5	
Vitamin B-12.....mcg	0.98	0.030	6		1		0.28	2.22	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	NR	4		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.330		0		1		2.929	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		0.020	0.159	
12:0.....g	0.070	0.050	6		1		0.020	0.159	
13:0.....g									
14:0.....g	0.400	0.053	6		1		0.113	0.908	
15:0.....g									
16:0.....g	6.400	0.113	6		1		1.814	14.528	
17:0.....g									
18:0.....g	3.380	0.085	6		1		0.958	7.673	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.520		0		1		3.833	30.690	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.950	0.021	6		1		0.269	2.157	

**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
17:1.....g									
18:1 undifferentiated.....g	12.580	0.269	6		1		3.566	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		0.873	6.992	
18:2 undifferentiated.....g	2.790	0.063	6		1		0.791	6.333	
18:3 undifferentiated.....g	0.290	0.015	6		1		0.082	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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70	2.187	6		1		20	159	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.138		0		1		0.039	0.313	
Threonine.....g	0.591		0		1		0.168	1.342	
Isoleucine.....g	0.611		0		1		0.173	1.387	
Leucine.....g	1.076		0		1		0.305	2.443	
Lysine.....g	1.110		0		1		0.315	2.520	
Methionine.....g	0.379		0		1		0.107	0.860	
Cystine.....g	0.157		0		1		0.045	0.356	
Phenylalanine.....g	0.539		0		1		0.153	1.224	
Tyrosine.....g	0.444		0		1		0.126	1.008	
Valine.....g	0.679		0		1		0.192	1.541	
Arginine.....g	0.925		0		1		0.262	2.100	
Histidine.....g	0.444		0		1		0.126	1.008	
Alanine.....g	0.902		0		1		0.256	2.048	
Aspartic acid.....g	1.293		0		1		0.367	2.935	
Glutamic acid.....g	2.117		0		1		0.600	4.806	
Glycine.....g	0.992		0		1		0.281	2.252	
Proline.....g	0.712		0		1		0.202	1.616	
Serine.....g	0.584		0		1		0.166	1.326	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07065

Pork and 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	44.55	1.167	6		1		5.79	12.03	
Energy.....kcal	396		0	NC	4		51	107	
Energy.....kj	1657		4		4		215	447	
Protein (N x 6.25).....g	13.80	0.756	6		1		1.79	3.73	
Total lipid (fat).....g	36.25	1.774	6		1		4.71	9.79	
Ash.....g	2.70	0.068	6		1		0.35	0.73	
Carbohydrate, by difference.....g	2.70		0	NC	4		0.35	0.73	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		0		4		1	3	
Iron, Fe.....mg	1.13	0.071	6		1		0.15	0.31	
Magnesium, Mg.....mg	12	0.922	6		1		2	3	
Phosphorus, P.....mg	107	5.679	6		1		14	29	
Potassium, K.....mg	189		0		4		25	51	
Sodium, Na.....mg	805	24.732	6		1		105	217	
Zinc, Zn.....mg	1.87	0.109	6		1		0.24	0.50	
Copper, Cu.....mg	0.040	0.008	6		1		0.005	0.011	
Manganese, Mn.....mg	0.037		0		4		0.005	0.010	
Selenium, Se.....mcg	14.4		0	BENN	4		1.9	3.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.357	0.020	6		1		0.046	0.096	
Riboflavin.....mg	0.147	0.007	6		1		0.019	0.040	
Niacin.....mg	3.367	0.126	6		1		0.438	0.909	
Pantothenic acid.....mg	0.480	0.038	6		1		0.062	0.130	
Vitamin B-6.....mg	0.050	0.006	6		1		0.007	0.014	
Folate, total.....mcg	2		0		4		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		0	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	1	
Vitamin B-12.....mcg	0.43	0.062	6		1		0.06	0.12	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.220		0		4		0.029	0.059	
Vitamin D.....IU	28.000		0	T	4		3.640	7.560	
<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	

NDB No. 07065

Pork and beef sausage, fresh, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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	
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 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 Nutrient Database for Standard Reference, Release 15 (2002)



**NDB No. 07064**  
**Pork 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	44.57	1.223	20		1		5.79	12.03	
Energy.....kcal	369		0	NC	4		48	100	
Energy.....kj	1544				4		201	417	
Protein (N x 6.25).....g	19.65	0.735	20		1		2.55	5.31	
Total lipid (fat).....g	31.16	1.248	20		1		4.05	8.41	
Ash.....g	3.60	0.228	20		1		0.47	0.97	
Carbohydrate, by difference.....g	1.03		0	NC	4		0.13	0.28	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32	3.395	15		1		4	9	
Iron, Fe.....mg	1.25	0.072	20		1		0.16	0.34	
Magnesium, Mg.....mg	17	0.473	15		1		2	5	
Phosphorus, P.....mg	184	5.599	15		1		24	50	
Potassium, K.....mg	361	10.939	15		1		47	97	
Sodium, Na.....mg	1294	41.486	15		1		168	349	
Zinc, Zn.....mg	2.50	0.112	20		1		0.33	0.68	
Copper, Cu.....mg	0.140	0.008	20		1		0.018	0.038	
Manganese, Mn.....mg	0.071	0.007	5		1		0.009	0.019	
Selenium, Se.....mcg	18.2	1.042	36	A	1		2.4	4.9	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0	0.270	15		1		0.3	0.5	
Thiamin.....mg	0.741	0.013	15		1		0.096	0.200	
Riboflavin.....mg	0.254	0.015	15		1		0.033	0.069	
Niacin.....mg	4.518	0.214	15		1		0.587	1.220	
Pantothenic acid.....mg	0.720	0.034	5		1		0.094	0.194	
Vitamin B-6.....mg	0.330	0.013	15		1		0.043	0.089	
Folate, total.....mcg	2		0		4		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		0	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	1	
Vitamin B-12.....mcg	1.73	0.102	15		1		0.22	0.47	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.160		0		4		0.021	0.043	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.810		0		1		1.405	2.919	
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	0.023	14		1		0.016	0.032	
12:0.....g	0.090	0.021	14		1		0.012	0.024	
13:0.....g									
14:0.....g	0.450	0.026	14		1		0.059	0.122	
15:0.....g									
16:0.....g	6.530	0.243	14		1		0.849	1.763	
17:0.....g									
18:0.....g	3.620	0.122	14		1		0.471	0.977	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.900		0		1		1.807	3.753	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.090	0.058	14		1		0.142	0.294	

**NDB No. 07064**  
**Pork sausage, fresh, cooked**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	12.810	0.517	14		1		1.665	3.459	
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	3.810		0		1		0.495	1.029	
18:2 undifferentiated.....g	3.280	0.148	14		1		0.426	0.886	
18:3 undifferentiated.....g	0.540	0.078	14		1		0.070	0.146	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	83	3.865	15		1		11	22	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.157		3		1		0.020	0.042	
Threonine.....g	0.777		3		1		0.101	0.210	
Isoleucine.....g	0.717		3		1		0.093	0.194	
Leucine.....g	1.317		3		1		0.171	0.356	
Lysine.....g	1.494		3		1		0.194	0.403	
Methionine.....g	0.478		3		1		0.062	0.129	
Cystine.....g	0.198		3		1		0.026	0.053	
Phenylalanine.....g	0.657		3		1		0.085	0.177	
Tyrosine.....g	0.566		3		1		0.074	0.153	
Valine.....g	0.789		3		1		0.103	0.213	
Arginine.....g	1.160		3		1		0.151	0.313	
Histidine.....g	0.566		3		1		0.074	0.153	
Alanine.....g	1.101		3		1		0.143	0.297	
Aspartic acid.....g	1.635		3		1		0.213	0.441	
Glutamic acid.....g	2.716		3		1		0.353	0.733	
Glycine.....g	1.192		3		1		0.155	0.322	
Proline.....g	0.914		3		1		0.119	0.247	
Serine.....g	0.761		3		1		0.099	0.205	
Hydroxyproline.....g									
<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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07063**  
**Pork sausage, fresh, 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	44.52	0.544	13		1		12.47	25.38	
Energy.....kcal	417		0	NC	4		117	238	
Energy.....kj	1745				4		489	994	
Protein (N x 6.25).....g	11.69	0.163	13		1		3.27	6.66	
Total lipid (fat).....g	40.29	0.490	13		1		11.28	22.97	
Ash.....g	2.49	0.039	13		1		0.70	1.42	
Carbohydrate, by difference.....g	1.02		0	NC	4		0.29	0.58	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18	1.575	13		1		5	10	
Iron, Fe.....mg	0.91	0.110	13		1		0.25	0.52	
Magnesium, Mg.....mg	11	0.219	14		1		3	6	
Phosphorus, P.....mg	118	1.863	13		1		33	67	
Potassium, K.....mg	204	4.643	77		1		57	116	
Sodium, Na.....mg	667	13.257	77		1		187	380	
Zinc, Zn.....mg	1.59	0.035	13		1		0.45	0.91	
Copper, Cu.....mg	0.070	0.005	13		1		0.020	0.040	
Manganese, Mn.....mg	0.028		0		4		0.008	0.016	
Selenium, Se.....mcg	11.5	1.731	5	A	1		3.2	6.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0	0.290	13		1		0.6	1.1	
Thiamin.....mg	0.545	0.014	13		1		0.153	0.311	
Riboflavin.....mg	0.164	0.011	13		1		0.046	0.093	
Niacin.....mg	2.835	0.088	13		1		0.794	1.616	
Pantothenic acid.....mg	0.400		2		1		0.112	0.228	
Vitamin B-6.....mg	0.250	0.009	13		1		0.070	0.143	
Folate, total.....mcg	4	0.550	4		1		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4	0.550	4		1		1	2	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	2	
Vitamin B-12.....mcg	1.13	0.062	13		1		0.32	0.64	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU	52.000		0	T	4		14.560	29.640	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	14.470		0		1		4.052	8.248	
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	0.110	0.019	12		1		0.031	0.063	
12:0.....g	0.080	0.016	12		1		0.022	0.046	
13:0.....g									
14:0.....g	0.570	0.025	12		1		0.160	0.325	
15:0.....g									
16:0.....g	8.870	0.137	12		1		2.484	5.056	
17:0.....g									
18:0.....g	4.850	0.089	12		1		1.358	2.765	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.530		0		1		5.188	10.562	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.450	0.079	12		1		0.406	0.827	

**NDB No. 07063**  
**Pork sausage, fresh, raw**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	17.090	0.255	12		1		4.785	9.741	
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	5.240		0		1		1.467	2.987	
18:2 undifferentiated.....g	4.390	0.109	12		1		1.229	2.502	
18:3 undifferentiated.....g	0.850	0.119	12		1		0.238	0.485	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68	1.807	13		1		19	39	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.094		3		1		0.026	0.054	
Threonine.....g	0.462		3		1		0.129	0.263	
Isoleucine.....g	0.427		3		1		0.120	0.243	
Leucine.....g	0.784		3		1		0.220	0.447	
Lysine.....g	0.889		3		1		0.249	0.507	
Methionine.....g	0.284		3		1		0.080	0.162	
Cystine.....g	0.118		3		1		0.033	0.067	
Phenylalanine.....g	0.391		3		1		0.109	0.223	
Tyrosine.....g	0.337		3		1		0.094	0.192	
Valine.....g	0.469		3		1		0.131	0.267	
Arginine.....g	0.691		3		1		0.193	0.394	
Histidine.....g	0.337		3		1		0.094	0.192	
Alanine.....g	0.655		3		1		0.183	0.373	
Aspartic acid.....g	0.973		3		1		0.272	0.555	
Glutamic acid.....g	1.617		3		1		0.453	0.922	
Glycine.....g	0.709		3		1		0.199	0.404	
Proline.....g	0.544		3		1		0.152	0.310	
Serine.....g	0.452		3		1		0.127	0.258	
Hydroxyproline.....g									

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

**Common Measures:**

Measure 1 = 28g: 1 link (7/8" dia x 4" long)

Measure 2 = 57g: 1 patty (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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07067

Poultry salad sandwich 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	66.17		0		4		8.60	18.76	
Energy.....kcal	200		0	NC	4		26	57	
Energy.....kj	837				4		109	237	
Protein (N x 6.25).....g	11.64		2		1		1.51	3.30	
Total lipid (fat).....g	13.52		2		1		1.76	3.83	
Ash.....g	1.26		0		4		0.16	0.36	
Carbohydrate, by difference.....g	7.41		2		9		0.96	2.10	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		2		1		1	3	
Iron, Fe.....mg	0.61		2		1		0.08	0.17	
Magnesium, Mg.....mg	10		0		4		1	3	
Phosphorus, P.....mg	33		2		1		4	9	
Potassium, K.....mg	183		2		1		24	52	
Sodium, Na.....mg	377		2		1		49	107	
Zinc, Zn.....mg	1.04		0		4		0.14	0.29	
Copper, Cu.....mg	0.030		0		4		0.004	0.009	
Manganese, Mn.....mg	0.009		0		4		0.001	0.003	
Selenium, Se.....mcg	10.9		0	RF	4		1.4	3.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.0		2		1		0.1	0.3	
Thiamin.....mg	0.024		2		1		0.003	0.007	
Riboflavin.....mg	0.071		2		1		0.009	0.020	
Niacin.....mg	1.669		2		1		0.217	0.473	
Pantothenic acid.....mg	0.270		2		1		0.035	0.077	
Vitamin B-6.....mg	0.110		2		1		0.014	0.031	
Folate, total.....mcg	5		2		1		1	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		2		1		1	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	1	
Vitamin B-12.....mcg	0.38		2		1		0.05	0.11	
Vitamin A, IU.....IU	139		2		1		18	39	
Vitamin A, RAE.....mcg_RAE	42		2		1		5	12	
Retinol.....mcg	42		2		1		5	12	
Vitamin E.....mg_ATE	2.195		0		1		0.285	0.622	
Vitamin D.....IU									
<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	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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	
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 Nutrient Database for Standard Reference, Release 15 (2002)

**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.....mcg	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.....mcg	8		0	BFZN	4		5		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	8		0	BFZN	4		5		
Folate, DFE.....mcg_DFE	8		0	NC	4		5		
Vitamin B-12.....mcg	2.38		0	BFZN	4		1.36		
Vitamin A, IU.....IU	1		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NR	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.140		0	BFZN	4		0.080		
Vitamin D.....IU									
<b>Lipids:</b>									
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		

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....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: .25 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)





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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.450		0	NC	4		2.174	5.292	2.679
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.230	0.072	13		1		0.283	0.689	0.349
17:1.....g									
18:1 undifferentiated.....g	8.220	0.278	13		1		1.891	4.603	2.330
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.030		0	NC	4		0.237	0.577	0.292
18:2 undifferentiated.....g	0.800	0.101	13		1		0.184	0.448	0.227
18:3 undifferentiated.....g	0.230	0.038	13		1		0.053	0.129	0.065
18:4.....g	0.000		0		1		0.000	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	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	70		1	A	1		16	39	20
Phytosterols.....mg	0		0		4		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.111		0	BFZN	4		0.026	0.062	0.031
Threonine.....g	0.462		0	BFZN	4		0.106	0.259	0.131
Isoleucine.....g	0.530		0	BFZN	4		0.122	0.297	0.150
Leucine.....g	0.901		0	BFZN	4		0.207	0.505	0.255
Lysine.....g	0.940		0	BFZN	4		0.216	0.526	0.266
Methionine.....g	0.284		0	BFZN	4		0.065	0.159	0.081
Cystine.....g	0.157		0	BFZN	4		0.036	0.088	0.045
Phenylalanine.....g	0.440		0	BFZN	4		0.101	0.246	0.125
Tyrosine.....g	0.401		0	BFZN	4		0.092	0.225	0.114
Valine.....g	0.540		0	BFZN	4		0.124	0.302	0.153
Arginine.....g	0.758		0	BFZN	4		0.174	0.424	0.215
Histidine.....g	0.391		0	BFZN	4		0.090	0.219	0.111
Alanine.....g	0.883		0	BFZN	4		0.203	0.494	0.250
Aspartic acid.....g	1.200		0	BFZN	4		0.276	0.672	0.340
Glutamic acid.....g	1.998		0	BFZN	4		0.460	1.119	0.566
Glycine.....g	1.024		0	BFZN	4		0.236	0.573	0.290
Proline.....g	0.883		0	BFZN	4		0.203	0.494	0.250
Serine.....g	0.494		0	BFZN	4		0.114	0.277	0.140
Hydroxyproline.....g									
<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
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0.000		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0.000		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0.000		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0.000		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0.000		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 56g: 2 oz

Measure 3 = 28.35g: 1 oz

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

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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.....mcg	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.....mcg	2		0	BFZN	4		1		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	2		0	BFZN	4		1		
Folate, DFE.....mcg_DFE	2		0	NC	4		1		
Vitamin B-12.....mcg	2.80		0	BFZN	4		0.78		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	BFZN	4		0		
Vitamin E.....mg_ATE	0.280		0	BFZN	4		0.078		
Vitamin D.....IU									
<b>Lipids:</b>									
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		

**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

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.....mcg	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.....mcg	2		0	BFZN	4		1		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	2		0	BFZN	4		1		
Folate, DFE.....mcg_DFE	2		0	NC	4		1		
Vitamin B-12.....mcg	1.90		0	BFZN	4		0.53		
Vitamin A, IU.....IU	0		1	A	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.280		0	BFZN	4		0.078		
Vitamin D.....IU									
<b>Lipids:</b>									
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		

NDB No. 07941

Salami, Italian, pork and beef, dry, sliced, 50% less sodium

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

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07069**  
**Salami, cooked, beef and 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	60.40	1.329	9		1		17.12	13.89	
Energy.....kcal	250		0	NC	4		71	58	
Energy.....kj	1046				4		297	241	
Protein (N x 6.25).....g	13.92	0.189	9		1		3.95	3.20	
Total lipid (fat).....g	20.11	1.265	9		1		5.70	4.63	
Ash.....g	3.32	0.040	9		1		0.94	0.76	
Carbohydrate, by difference.....g	2.25		0	NC	4		0.64	0.52	
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	2.104	6		1		4	3	
Iron, Fe.....mg	2.67	0.268	9		1		0.76	0.61	
Magnesium, Mg.....mg	15	0.772	9		1		4	3	
Phosphorus, P.....mg	115	7.601	9		1		33	26	
Potassium, K.....mg	198	9.974	9		1		56	46	
Sodium, Na.....mg	1065	41.954	9		1		302	245	
Zinc, Zn.....mg	2.14	0.190	9		1		0.61	0.49	
Copper, Cu.....mg	0.230	0.095	9		1		0.065	0.053	
Manganese, Mn.....mg	0.057	0.010	6		1		0.016	0.013	
Selenium, Se.....mcg	14.6	0.567	33	A	1		4.1	3.4	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.239	0.021	9		1		0.068	0.055	
Riboflavin.....mg	0.376	0.023	9		1		0.107	0.086	
Niacin.....mg	3.553	0.210	9		1		1.007	0.817	
Pantothenic acid.....mg	0.850	0.126	3		1		0.241	0.196	
Vitamin B-6.....mg	0.210	0.024	9		1		0.060	0.048	
Folate, total.....mcg	2		0		4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	0	
Vitamin B-12.....mcg	3.65	0.654	9		1		1.03	0.84	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.220		0		4		0.062	0.051	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.090		0		1		2.294	1.861	
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	0.038	6		1		0.028	0.023	
12:0.....g	0.070	0.024	6		1		0.020	0.016	
13:0.....g									
14:0.....g	0.470	0.094	7		1		0.133	0.108	
15:0.....g									
16:0.....g	4.530	0.261	7		1		1.284	1.042	
17:0.....g									
18:0.....g	2.930	0.296	7		1		0.831	0.674	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.190		0		1		2.605	2.114	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.890	0.117	7		1		0.252	0.205	



**NDB No. 07069**  
**Salami, cooked, beef and pork**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	8.300	0.392	7		1		2.353	1.909	
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	2.020		0		1		0.573	0.465	
18:2 undifferentiated.....g	1.610	0.059	7		1		0.456	0.370	
18:3 undifferentiated.....g	0.410	0.098	7		1		0.116	0.094	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	65	4.874	7		1		18	15	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.114		1		1		0.032	0.026	
Threonine.....g	0.521		1		1		0.148	0.120	
Isoleucine.....g	0.675		1		1		0.191	0.155	
Leucine.....g	0.929		1		1		0.263	0.214	
Lysine.....g	1.107		1		1		0.314	0.255	
Methionine.....g	0.301		1		1		0.085	0.069	
Cystine.....g	0.196		1		1		0.056	0.045	
Phenylalanine.....g	0.481		1		1		0.136	0.111	
Tyrosine.....g	0.552		1		1		0.156	0.127	
Valine.....g	0.668		1		1		0.189	0.154	
Arginine.....g	0.855		1		1		0.242	0.197	
Histidine.....g	0.359		1		1		0.102	0.083	
Alanine.....g	0.880		1		1		0.249	0.202	
Aspartic acid.....g	1.285		1		1		0.364	0.296	
Glutamic acid.....g	1.929		1		1		0.547	0.444	
Glycine.....g	1.189		1		1		0.337	0.273	
Proline.....g	0.831		1		1		0.236	0.191	
Serine.....g	0.537		1		1		0.152	0.124	
Hydroxyproline.....g									
<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 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice (4" dia x 1/8" thick) (10 per 8 oz package)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	65.86	0.642	5		1		149.50	37.54	
Energy.....kcal	196		0	NC	4		445	112	
Energy.....kj	820				4		1862	467	
Protein (N x 6.25).....g	16.37	0.486	7		1		37.16	9.33	
Total lipid (fat).....g	13.80	0.537	7		1		31.33	7.87	
Ash.....g	3.42	0.259	5		1		7.76	1.95	
Carbohydrate, by difference.....g	0.55		0	NC	4		1.25	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	20	2.252	4		1		45	11	
Iron, Fe.....mg	1.61	0.202	4		1		3.65	0.92	
Magnesium, Mg.....mg	15		1		1		34	9	
Phosphorus, P.....mg	106		2		1		241	60	
Potassium, K.....mg	244		2		1		554	139	
Sodium, Na.....mg	1004	180.232	6		1		2279	572	
Zinc, Zn.....mg	1.81		1		1		4.11	1.03	
Copper, Cu.....mg	0.050		1		1		0.114	0.029	
Manganese, Mn.....mg	0.012		0		4		0.027	0.007	
Selenium, Se.....mcg	13.2		0	BENN	4		30.0	7.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.065		2		1		0.148	0.037	
Riboflavin.....mg	0.175		2		1		0.397	0.100	
Niacin.....mg	3.527		0		1		8.006	2.010	
Pantothenic acid.....mg	0.510		0		4		1.158	0.291	
Vitamin B-6.....mg	0.240		0		4		0.545	0.137	
Folate, total.....mcg	4		0		4		9	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		9	2	
Folate, DFE.....mcg_DFE	4		0	NC	4		9	2	
Vitamin B-12.....mcg	0.21		0		4		0.48	0.12	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.570		0		4		1.294	0.325	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.020		0		4		9.125	2.291	
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	0.020		0		4		0.045	0.011	
13:0.....g									
14:0.....g	0.100		0		4		0.227	0.057	
15:0.....g									
16:0.....g	2.460		0		4		5.584	1.402	
17:0.....g									
18:0.....g	0.990		0		4		2.247	0.564	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.550		0		4		10.329	2.594	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.750		0		4		1.703	0.428	

**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
17:1.....g									
18:1 undifferentiated.....g	3.690		0		4		8.376	2.103	
20:1.....g	0.030		0		4		0.068	0.017	
22:1 undifferentiated.....g	0.020		0		4		0.045	0.011	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.520		0		4		7.990	2.006	
18:2 undifferentiated.....g	2.930		0		4		6.651	1.670	
18:3 undifferentiated.....g	0.160		0		4		0.363	0.091	
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	0.280		0		4		0.636	0.160	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.040		0		4		0.091	0.023	
22:6 n-3.....g	0.050		0		4		0.114	0.029	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		1		1		186	47	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.181		0		4		0.411	0.103	
Threonine.....g	0.711		0		4		1.614	0.405	
Isoleucine.....g	0.818		0		4		1.857	0.466	
Leucine.....g	1.267		0		4		2.876	0.722	
Lysine.....g	1.482		0		4		3.364	0.845	
Methionine.....g	0.457		0		4		1.037	0.260	
Cystine.....g	0.184		0		4		0.418	0.105	
Phenylalanine.....g	0.638		0		4		1.448	0.364	
Tyrosine.....g	0.619		0		4		1.405	0.353	
Valine.....g	0.849		0		4		1.927	0.484	
Arginine.....g	1.150		0		4		2.611	0.656	
Histidine.....g	0.489		0		4		1.110	0.279	
Alanine.....g	1.039		0		4		2.359	0.592	
Aspartic acid.....g	1.570		0		4		3.564	0.895	
Glutamic acid.....g	2.603		0		4		5.909	1.484	
Glycine.....g	0.983		0		4		2.231	0.560	
Proline.....g	0.758		0		4		1.721	0.432	
Serine.....g	0.719		0		4		1.632	0.410	
Hydroxyproline.....g									
<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 = 227g: 1 package (8 oz)

Measure 2 = 57g: 2 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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				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.....mcg	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.....mcg	2		0		4		2	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		2	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		2	0	
Vitamin B-12.....mcg	2.80		1		1		3.16	0.28	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.280		0		1		0.316	0.028	
Vitamin D.....IU									
<b>Lipids:</b>									
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	

**NDB No. 07071**  
**Salami, dry or hard, pork**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	14.670		0		1		16.577	1.467	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.740		0		1		4.226	0.374	
18:2 undifferentiated.....g	3.270		0		1		3.695	0.327	
18:3 undifferentiated.....g	0.280		0		1		0.316	0.028	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.181	0.016	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Nutrient Database for Standard Reference, Release 15 (2002)

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	34.70	1.289	19		1		39.21	3.47	
Energy.....kcal	418		0	NC	4		472	42	
Energy.....kj	1749				4		1976	175	
Protein (N x 6.25).....g	22.86	0.478	19		1		25.83	2.29	
Total lipid (fat).....g	34.39	0.818	19		1		38.86	3.44	
Ash.....g	5.47	0.135	19		1		6.18	0.55	
Carbohydrate, by difference.....g	2.59		0	NC	4		2.93	0.26	
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	0.957	4		1		9	1	
Iron, Fe.....mg	1.51	0.348	4		1		1.71	0.15	
Magnesium, Mg.....mg	17	1.130	5		1		19	2	
Phosphorus, P.....mg	142	16.245	4		1		160	14	
Potassium, K.....mg	378	19.150	4		1		427	38	
Sodium, Na.....mg	1860	90.112	4		1		2102	186	
Zinc, Zn.....mg	3.23	0.373	4		1		3.65	0.32	
Copper, Cu.....mg	0.080	0.025	4		1		0.090	0.008	
Manganese, Mn.....mg	0.038	0.007	4		1		0.043	0.004	
Selenium, Se.....mcg	26.1		0	BENN	4		29.5	2.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.600	0.023	4		1		0.678	0.060	
Riboflavin.....mg	0.285	0.015	4		1		0.322	0.029	
Niacin.....mg	4.867	0.182	4		1		5.500	0.487	
Pantothenic acid.....mg	1.060	0.017	3		1		1.198	0.106	
Vitamin B-6.....mg	0.500	0.121	4		1		0.565	0.050	
Folate, total.....mcg	2		0		4		2	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		2	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		2	0	
Vitamin B-12.....mcg	1.90	0.205	4		1		2.15	0.19	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.280		0		1		0.316	0.028	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.200		0		1		13.786	1.220	
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	0.060		2		1		0.068	0.006	
12:0.....g	0.040		2		1		0.045	0.004	
13:0.....g									
14:0.....g	0.510	0.051	4		1		0.576	0.051	
15:0.....g									
16:0.....g	7.600	0.326	4		1		8.588	0.760	
17:0.....g									
18:0.....g	4.000	0.261	4		1		4.520	0.400	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	17.100		0		1		19.323	1.710	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.690	0.153	4		1		1.910	0.169	

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	15.400	0.582	4		1		17.402	1.540	
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	3.210		0		1		3.627	0.321	
18:2 undifferentiated.....g	2.870	0.401	4		1		3.243	0.287	
18:3 undifferentiated.....g	0.330	0.144	4		1		0.373	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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	79	9.815	3		1		89	8	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.210		0		1		0.237	0.021	
Threonine.....g	0.959		0		1		1.084	0.096	
Isoleucine.....g	0.971		0		1		1.097	0.097	
Leucine.....g	1.732		0		1		1.957	0.173	
Lysine.....g	1.824		0		1		2.061	0.182	
Methionine.....g	0.593		0		1		0.670	0.059	
Cystine.....g	0.262		0		1		0.296	0.026	
Phenylalanine.....g	0.868		0		1		0.981	0.087	
Tyrosine.....g	0.710		0		1		0.802	0.071	
Valine.....g	1.083		0		1		1.224	0.108	
Arginine.....g	1.516		0		1		1.713	0.152	
Histidine.....g	0.699		0		1		0.790	0.070	
Alanine.....g	1.480		0		1		1.672	0.148	
Aspartic acid.....g	2.073		0		1		2.342	0.207	
Glutamic acid.....g	3.383		0		1		3.823	0.338	
Glycine.....g	1.641		0		1		1.854	0.164	
Proline.....g	1.188		0		1		1.342	0.119	
Serine.....g	0.942		0		1		1.064	0.094	
Hydroxyproline.....g									
<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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

**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	399		0	MC	9		399		
Energy.....kj	1671		0	MC	9		1671		
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	6.60		0	MC	9		6.60		
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.....mcg	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.....mcg	8		0	MC	9		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	8		0	MC	9		8		
Folate, DFE.....mcg_DFE	8		0	NC	4		8		
Vitamin B-12.....mcg	1.76		0	MC	9		1.76		
Vitamin A, IU.....IU	12		0	MC	9		12		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		4		
Retinol.....mcg	4		0	NR	4		4		
Vitamin E.....mg_ATE	0.220		0	BFZN	4		0.220		
Vitamin D.....IU	32.240		0	MC	9		32.240		
<b>Lipids:</b>									
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		



**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
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.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....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		

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

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07073**  
**Sandwich spread, 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	60.28	0.361	5		1		9.04	17.09	
Energy.....kcal	235		0	NC	4		35	67	
Energy.....kj	983				4		147	279	
Protein (N x 6.25).....g	7.66	0.250	5		1		1.15	2.17	
Total lipid (fat).....g	17.34	0.202	5		1		2.60	4.92	
Ash.....g	2.78	0.038	5		1		0.42	0.79	
Carbohydrate, by difference.....g	11.94		0	NC	4		1.79	3.38	
Fiber, total dietary.....g	0.2		0		4		0.0	0.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12	0.928	5		1		2	3	
Iron, Fe.....mg	0.79	0.115	5		1		0.12	0.22	
Magnesium, Mg.....mg	8	0.200	5		1		1	2	
Phosphorus, P.....mg	59	4.069	5		1		9	17	
Potassium, K.....mg	110	5.819	5		1		17	31	
Sodium, Na.....mg	1013	50.540	5		1		152	287	
Zinc, Zn.....mg	1.02	0.097	5		1		0.15	0.29	
Copper, Cu.....mg	0.130	0.041	5		1		0.020	0.037	
Manganese, Mn.....mg	0.026	0.002	4		1		0.004	0.007	
Selenium, Se.....mcg	9.7		0	RF	4		1.5	2.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.245	5		1		0.0	0.0	
Thiamin.....mg	0.172	0.013	5		1		0.026	0.049	
Riboflavin.....mg	0.134	0.012	5		1		0.020	0.038	
Niacin.....mg	1.730	0.066	5		1		0.260	0.490	
Pantothenic acid.....mg	0.430	0.027	3		1		0.065	0.122	
Vitamin B-6.....mg	0.120	0.012	5		1		0.018	0.034	
Folate, total.....mcg	2		0		4		0	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		0	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		0	1	
Vitamin B-12.....mcg	1.12	0.175	5		1		0.17	0.32	
Vitamin A, IU.....IU	87		0		4		13	25	
Vitamin A, RAE.....mcg_RAE	4		0		4		1	1	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	1.736		0		4		0.260	0.492	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.990		0		1		0.899	1.698	
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		0.008	0.014	
12:0.....g	0.050		2		1		0.008	0.014	
13:0.....g									
14:0.....g	0.290	0.027	5		1		0.044	0.082	
15:0.....g									
16:0.....g	3.580	0.099	5		1		0.537	1.015	
17:0.....g									
18:0.....g	2.020	0.076	5		1		0.303	0.573	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.610		0		1		1.142	2.157	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.710	0.059	5		1		0.107	0.201	

**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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	6.890	0.168	5		1		1.034	1.953	
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	2.560		0		1		0.384	0.726	
18:2 undifferentiated.....g	2.190	0.068	5		1		0.329	0.621	
18:3 undifferentiated.....g	0.380	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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....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><u>Amino Acids:</u></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><u>Others:</u></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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

**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	60.97
Energy.....kcal	230		0	NC	4		53	65	230
Energy.....kj	964		0	NC	4		222	273	964
Protein (N x 6.25).....g	15.27	0.120	3		1		3.51	4.33	15.27
Total lipid (fat).....g	17.20	0.458	3		1		3.96	4.88	17.20
Ash.....g	3.97	0.033	3		1		0.91	1.13	3.97
Carbohydrate, by difference.....g	2.59		0	NC	4		0.60	0.73	2.59
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total.....g	2.35		0	MC	9		0.54	0.67	2.35
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12	2.028	3		1		3	3	12
Iron, Fe.....mg	1.15	0.072	3		1		0.26	0.33	1.15
Magnesium, Mg.....mg	15	1.528	3		1		3	4	15
Phosphorus, P.....mg	130	18.550	3		1		30	37	130
Potassium, K.....mg	283	20.915	3		1		65	80	283
Sodium, Na.....mg	1297	65.659	3		1		298	368	1297
Zinc, Zn.....mg	2.47	0.233	3		1		0.57	0.70	2.47
Copper, Cu.....mg	0.080	0.021	3		1		0.018	0.023	0.080
Manganese, Mn.....mg	0.041	0.012	3		1		0.009	0.012	0.041
Selenium, Se.....mcg	14.1		0	BENN	4		3.2	4.0	14.1
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	0.0
Thiamin.....mg	0.380	0.023	3		1		0.087	0.108	0.380
Riboflavin.....mg	0.213	0.009	3		1		0.049	0.060	0.213
Niacin.....mg	3.110	0.274	3		1		0.715	0.882	3.110
Pantothenic acid.....mg	0.690		0		4		0.159	0.196	0.690
Vitamin B-6.....mg	0.200	0.013	3		1		0.046	0.057	0.200
Folate, total.....mcg	5		0		4		1	1	5
Folic acid.....mcg	0		0	NR	4		0	0	0
Folate, food.....mcg	5		0		4		1	1	5
Folate, DFE.....mcg_DFE	5		0	NC	4		1	1	5
Vitamin B-12.....mcg	2.67	0.352	3		1		0.61	0.76	2.67
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	NR	4		0	0	0
Vitamin E.....mg_ATE	0.200		0	MC	9		0.046	0.057	0.200
Vitamin D.....IU	13.000		0	MC	9		2.990	3.686	13.000
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.080		0	NC	4		1.398	1.724	6.080
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	0.020	0.003	3		1		0.005	0.006	0.020
12:0.....g	0.010	0.000	3		1		0.002	0.003	0.010
13:0.....g									
14:0.....g	0.220	0.017	3		1		0.051	0.062	0.220
15:0.....g									
16:0.....g	3.690	0.107	3		1		0.849	1.046	3.690
17:0.....g									
18:0.....g	2.140	0.019	3		1		0.492	0.607	2.140
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.000		0	NC	4		1.840	2.268	8.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660	0.053	3		1		0.152	0.187	0.660

**NDB No. 07004**  
**Sausage, Berliner, 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	7.340	0.185	3		1		1.688	2.081	7.340
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	1.580		0	NC	4		0.363	0.448	1.580
18:2 undifferentiated.....g	1.400	0.052	3		1		0.322	0.397	1.400
18:3 undifferentiated.....g	0.180	0.005	3		1		0.041	0.051	0.180
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.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	46	1.667	3		1		11	13	46
Phytosterols.....mg	0		0		4		0	0	0
<b>Amino Acids:</b>									
Tryptophan.....g	0.107		0	BFZN	4		0.025	0.030	0.107
Threonine.....g	0.465		0	BFZN	4		0.107	0.132	0.465
Isoleucine.....g	0.485		0	BFZN	4		0.112	0.137	0.485
Leucine.....g	0.810		0	BFZN	4		0.186	0.230	0.810
Lysine.....g	0.903		0	BFZN	4		0.208	0.256	0.903
Methionine.....g	0.364		0	BFZN	4		0.084	0.103	0.364
Cystine.....g	0.105		0	BFZN	4		0.024	0.030	0.105
Phenylalanine.....g	0.405		0	BFZN	4		0.093	0.115	0.405
Tyrosine.....g	0.386		0	BFZN	4		0.089	0.109	0.386
Valine.....g	0.464		0	BFZN	4		0.107	0.132	0.464
Arginine.....g	0.765		0	BFZN	4		0.176	0.217	0.765
Histidine.....g	0.395		0	BFZN	4		0.091	0.112	0.395
Alanine.....g	0.774		0	BFZN	4		0.178	0.219	0.774
Aspartic acid.....g	1.136		0	BFZN	4		0.261	0.322	1.136
Glutamic acid.....g	1.994		0	BFZN	4		0.459	0.565	1.994
Glycine.....g	0.857		0	BFZN	4		0.197	0.243	0.857
Proline.....g	0.673		0	BFZN	4		0.155	0.191	0.673
Serine.....g	0.510		0	BFZN	4		0.117	0.145	0.510
Hydroxyproline.....g									
<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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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
- Measure 3 = 100g: 4.35 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07089**  
**Sausage, Italian, pork, 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	49.95	0.412	4		1		41.46	33.47	
Energy.....kcal	323		0	NC	4		268	216	
Energy.....kj	1351		4		4		1122	905	
Protein (N x 6.25).....g	20.03	0.569	4		1		16.62	13.42	
Total lipid (fat).....g	25.70	0.438	4		1		21.33	17.22	
Ash.....g	2.83	0.086	4		1		2.35	1.90	
Carbohydrate, by difference.....g	1.50		0	NC	4		1.25	1.01	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24	0.958	4		1		20	16	
Iron, Fe.....mg	1.50	0.128	4		1		1.25	1.01	
Magnesium, Mg.....mg	18	1.190	4		1		15	12	
Phosphorus, P.....mg	170	3.440	4		1		141	114	
Potassium, K.....mg	304	9.647	4		1		252	204	
Sodium, Na.....mg	922	34.027	4		1		765	618	
Zinc, Zn.....mg	2.39	0.149	4		1		1.98	1.60	
Copper, Cu.....mg	0.080	0.019	4		1		0.066	0.054	
Manganese, Mn.....mg	0.082	0.014	3		1		0.068	0.055	
Selenium, Se.....mcg	22.0		0	RF	4		18.3	14.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0	0.479	4		1		1.7	1.3	
Thiamin.....mg	0.623	0.032	4		1		0.517	0.417	
Riboflavin.....mg	0.233	0.016	4		1		0.193	0.156	
Niacin.....mg	4.165	0.274	4		1		3.457	2.791	
Pantothenic acid.....mg	0.450		0		4		0.374	0.302	
Vitamin B-6.....mg	0.330	0.014	4		1		0.274	0.221	
Folate, total.....mcg	5		0		4		4	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		4		4	3	
Folate, DFE.....mcg_DFE	5		0	NC	4		4	3	
Vitamin B-12.....mcg	1.30	0.102	4		1		1.08	0.87	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.250		0		4		0.208	0.168	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.070		0		1		7.528	6.077	
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	0.070	0.009	4		1		0.058	0.047	
12:0.....g	0.050	0.006	4		1		0.042	0.034	
13:0.....g									
14:0.....g	0.450	0.041	4		1		0.374	0.302	
15:0.....g									
16:0.....g	5.390	0.150	4		1		4.474	3.611	
17:0.....g									
18:0.....g	3.070	0.110	4		1		2.548	2.057	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.950		0		1		9.919	8.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.180	0.074	4		1		0.979	0.791	

**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
17:1.....g									
18:1 undifferentiated.....g	10.770	0.423	4		1		8.939	7.216	
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	3.290		0		1		2.731	2.204	
18:2 undifferentiated.....g	2.840	0.145	4		1		2.357	1.903	
18:3 undifferentiated.....g	0.440	0.063	4		1		0.365	0.295	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	78	2.646	4		1		65	52	
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	
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 Nutrient Database for Standard Reference, Release 15 (2002)

**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		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.....mcg	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.....mcg	8		0		4		9	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	8		0		4		9	7	
Folate, DFE.....mcg_DFE	8		0	NC	4		9	7	
Vitamin B-12.....mcg	0.91	0.046	4		1		1.03	0.83	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
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	



**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
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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.

**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 Nutrient Database for Standard Reference, Release 15 (2002)

**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.....mcg	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.....mcg	4		0	FLA	4		3		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	4		0	FLA	4		3		
Folate, DFE.....mcg_DFE	4		0	NC	4		3		
Vitamin B-12.....mcg	1.04		0	FLA	4		0.88		
Vitamin A, IU.....IU	2		0	FLA	4		1		
Vitamin A, RAE.....mcg_RAE	1		0	NR	4		0		
Retinol.....mcg	1		0	NR	4		0		
Vitamin E.....mg_ATE	0.050		0	FLA	4		0.042		
Vitamin D.....IU	6.640		0	FLA	4		5.578		
<b>Lipids:</b>									
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		

**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
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.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz, 1 link

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

**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.....mcg	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.....mcg	8		0	FLA	4		5		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	8		0	FLA	4		5		
Folate, DFE.....mcg_DFE	8		0	NC	4		5		
Vitamin B-12.....mcg	0.43		0	FLA	4		0.24		
Vitamin A, IU.....IU	144		1	A	1		81		
Vitamin A, RAE.....mcg_RAE	43		0	AS	1		24		
Retinol.....mcg	43		0	NR	4		24		
Vitamin E.....mg_ATE	0.332		0	FLA	4		0.186		
Vitamin D.....IU	6.640		0	FLA	4		3.718		
<b>Lipids:</b>									
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		

**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
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.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.015		0	FLA	4		0.009		
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Nutrient Database for Standard Reference, Release 15 (2002)

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		
Energy.....kcal	259		0	MC	9		143		
Energy.....kj	1085		0	MC	9		597		
Protein (N x 6.25).....g	17.60		1	A	1		9.68		
Total lipid (fat).....g	19.40		1	A	1		10.67		
Ash.....g	4.20		1	A	1		2.31		
Carbohydrate, by difference.....g	3.60		0	MC	9		1.98		
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		0	BFZN	4		7		
Iron, Fe.....mg	0.88		1	A	1		0.48		
Magnesium, Mg.....mg	14		0	BFZN	4		8		
Phosphorus, P.....mg	136		0	BFZN	4		75		
Potassium, K.....mg	237		0	BFZN	4		130		
Sodium, Na.....mg	1540		1	A	1		847		
Zinc, Zn.....mg	1.93		0	BFZN	4		1.06		
Copper, Cu.....mg	0.090		0	BFZN	4		0.050		
Manganese, Mn.....mg	0.049		0	BFZN	4		0.027		
Selenium, Se.....mcg	17.7		0	BFZN	4		9.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.502		0	BFZN	4		0.276		
Riboflavin.....mg	0.148		0	BFZN	4		0.081		
Niacin.....mg	3.443		0	BFZN	4		1.894		
Pantothenic acid.....mg	0.450		0	BFZN	4		0.248		
Vitamin B-6.....mg	0.190		0	BFZN	4		0.105		
Folate, total.....mcg	2		0	BFZN	4		1		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	2		0	BFZN	4		1		
Folate, DFE.....mcg_DFE	2		0	NC	4		1		
Vitamin B-12.....mcg	0.98		0	BFZN	4		0.54		
Vitamin A, IU.....IU	0		1	A	1		0		
Vitamin A, RAE.....mcg_RAE	0		1	A	1		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.089		0	BFZN	4		0.049		
Vitamin D.....IU	44.000		0	BFZN	4		24.200		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.010		1	A	1		4.406		
Fatty acids, total monounsaturated.....g	9.700		1	A	1		5.335		
Fatty acids, total polyunsaturated.....g	0.790		1	A	1		0.435		
Fatty acids, total trans.....g									
Cholesterol.....mg	66		1	A	1		36		
Phytosterols.....mg	0		0	BFZN	4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.138		0	BFZN	4		0.076		
Threonine.....g	0.591		0	BFZN	4		0.325		
Isoleucine.....g	0.611		0	BFZN	4		0.336		
Leucine.....g	1.076		0	BFZN	4		0.592		
Lysine.....g	1.110		0	BFZN	4		0.611		
Methionine.....g	0.379		0	BFZN	4		0.208		
Cystine.....g	0.157		0	BFZN	4		0.086		
Phenylalanine.....g	0.539		0	BFZN	4		0.296		
Tyrosine.....g	0.444		0	BFZN	4		0.244		
Valine.....g	0.679		0	BFZN	4		0.373		
Arginine.....g	0.925		0	BFZN	4		0.509		

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
Histidine.....g	0.444		0	BFZN	4		0.244		
Alanine.....g	0.902		0	BFZN	4		0.496		
Aspartic acid.....g	1.293		0	BFZN	4		0.711		
Glutamic acid.....g	2.117		0	BFZN	4		1.164		
Glycine.....g	0.992		0	BFZN	4		0.546		
Proline.....g	0.712		0	BFZN	4		0.392		
Serine.....g	0.584		0	BFZN	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 5 pieces

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	313		0	NC	4		238		
Energy.....kj	1308		0	NC	4		994		
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	2.56		0	MC	9		1.95		
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.....mcg	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.....mcg	4		0	MC	9		3		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	4		0	NR	4		3		
Folate, DFE.....mcg_DFE	4		0	NC	4		3		
Vitamin B-12.....mcg	1.51		0	BFZN	4		1.15		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	BFZN	4		0		
Vitamin E.....mg_ATE	0.220		0	BFZN	4		0.167		
Vitamin D.....IU	44.000		0	BFZN	4		33.440		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.540		0	MC	9		8.770		
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	0.049		0	BFZN	4		0.037		
12:0.....g	0.039		0	BFZN	4		0.030		
13:0.....g									
14:0.....g	0.404		0	BFZN	4		0.307		
15:0.....g									
16:0.....g	6.478		0	BFZN	4		4.923		
17:0.....g									
18:0.....g	3.500		0	BFZN	4		2.660		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.190		0	BFZN	4		10.784		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.114		0	BFZN	4		0.847		



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
17:1.....g									
18:1 undifferentiated.....g	12.876		0	BFZN	4		9.786		
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	3.260		0	BFZN	4		2.478		
18:2 undifferentiated.....g	2.840		0	BFZN	4		2.158		
18:3 undifferentiated.....g	0.375		0	BFZN	4		0.285		
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.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2.67 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	8.20		0	MC	9		6.89		
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.....mcg	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.....mcg	6		0	FLM	4		5		
Folic acid.....mcg	0		0	FLM	4		0		
Folate, food.....mcg	6		0	FLM	4		5		
Folate, DFE.....mcg_DFE	6		0	NC	4		5		
Vitamin B-12.....mcg	1.60		0	FLM	4		1.34		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg									
Vitamin E.....mg_ATE	0.046		0	FLM	4		0.038		
Vitamin D.....IU	8.297		0	FLM	4		6.969		
<b>Lipids:</b>									
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		

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
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.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....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		

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

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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	293		0	NC	4		225		
Energy.....kj	1224		0	NC	4		943		
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.....mcg	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.....mcg	3		0	MC	9		2		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	3		0	MC	9		2		
Folate, DFE.....mcg_DFE	3		0	NC	4		2		
Vitamin B-12.....mcg	1.73		0	BFZN	4		1.33		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E.....mg_ATE	0.169		0	BFZN	4		0.130		
Vitamin D.....IU	11.600		0	BFZN	4		8.932		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.470		0	NC	4		8.062		
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		

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
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.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2.7 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

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.....mcg	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.....mcg	7		0	MC	9		2		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	7		0	MC	9		2		
Folate, DFE.....mcg_DFE	7		0	NC	4		2		
Vitamin B-12.....mcg	1.73		0	BFZN	4		0.49		
Vitamin A, IU.....IU	749		0	MC	9		212		
Vitamin A, RAE.....mcg_RAE	225		0	NC	4		64		
Retinol.....mcg	225		0	NR	4		64		
Vitamin E.....mg_ATE	0.169		0	BFZN	4		0.048		
Vitamin D.....IU	11.600		0	BFZN	4		3.289		
<b>Lipids:</b>									
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		

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
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.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....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		

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

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07919

Sausage, turkey, breakfast links, mild

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	63.12	0.126	225	A	1		35.35		
Energy.....kcal	231		0	MC	9		129		
Energy.....kj	965		0	MC	9		541		
Protein (N x 6.25).....g	15.42	0.117	7	A	1		8.64		
Total lipid (fat).....g	18.09	0.163	226	A	1		10.13		
Ash.....g	1.81	0.049	7	A	1		1.01		
Carbohydrate, by difference.....g	1.56		0	MC	9		0.87		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32	6.524	7	A	1		18		
Iron, Fe.....mg	1.07	0.042	7	A	1		0.60		
Magnesium, Mg.....mg	25		0	BFZN	4		14		
Phosphorus, P.....mg	185		0	BFZN	4		104		
Potassium, K.....mg	197		0	BFZN	4		110		
Sodium, Na.....mg	585	22.716	7	A	1		328		
Zinc, Zn.....mg	2.13		0	BFZN	4		1.19		
Copper, Cu.....mg	0.111		0	BFZN	4		0.062		
Manganese, Mn.....mg	0.066		0	BFZN	4		0.037		
Selenium, Se.....mcg	22.2		0	BFZN	4		12.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	30.4		0	BFZN	4		17.0		
Thiamin.....mg	0.071		0	BFZN	4		0.040		
Riboflavin.....mg	0.173		0	BFZN	4		0.097		
Niacin.....mg	3.675		0	BFZN	4		2.058		
Pantothenic acid.....mg	0.797		0	BFZN	4		0.447		
Vitamin B-6.....mg	0.381		0	BFZN	4		0.213		
Folate, total.....mcg	8		0	BFZN	4		5		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	8		0	BFZN	4		5		
Folate, DFE.....mcg_DFE	8		0	NC	4		5		
Vitamin B-12.....mcg	0.43		0	BFZN	4		0.24		
Vitamin A, IU.....IU	0			Z	7		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E.....mg_ATE	0.332		0	BFZN	4		0.186		
Vitamin D.....IU	6.640		0	BFZN	4		3.718		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.770		0	BFZN	4		2.111		
4:0.....g	0.001		0	BFZN	4		0.001		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.001		0	BFZN	4		0.000		
12:0.....g	0.017		0	BFZN	4		0.010		
13:0.....g									
14:0.....g	0.102		0	BFZN	4		0.057		
15:0.....g									
16:0.....g	2.418		0	BFZN	4		1.354		
17:0.....g									
18:0.....g	0.861		0	BFZN	4		0.482		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.380		0	BFZN	4		1.333		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.379		0	BFZN	4		0.212		



NDB No. 07919

Sausage, turkey, breakfast links, mild

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	1.985		0	BFZN	4		1.111		
20:1.....g	0.008		0	BFZN	4		0.004		
22:1 undifferentiated.....g	0.008		0	BFZN	4		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.572		0	BFZN	4		0.880		
18:2 undifferentiated.....g	1.371		0	BFZN	4		0.768		
18:3 undifferentiated.....g	0.085		0	BFZN	4		0.048		
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	0.085		0	BFZN	4		0.048		
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.015		0	BFZN	4		0.009		
22:6 n-3.....g	0.015		0	BFZN	4		0.009		
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	BFZN	4		34		
Phytosterols.....mg	0		0	BFZN	4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.209		0	BFZN	4		0.117		
Threonine.....g	0.817		0	BFZN	4		0.457		
Isoleucine.....g	0.945		0	BFZN	4		0.529		
Leucine.....g	1.467		0	BFZN	4		0.822		
Lysine.....g	1.692		0	BFZN	4		0.947		
Methionine.....g	0.523		0	BFZN	4		0.293		
Cystine.....g	0.204		0	BFZN	4		0.114		
Phenylalanine.....g	0.738		0	BFZN	4		0.413		
Tyrosine.....g	0.717		0	BFZN	4		0.401		
Valine.....g	0.984		0	BFZN	4		0.551		
Arginine.....g	1.293		0	BFZN	4		0.724		
Histidine.....g	0.560		0	BFZN	4		0.314		
Alanine.....g	1.171		0	BFZN	4		0.656		
Aspartic acid.....g	1.788		0	BFZN	4		1.001		
Glutamic acid.....g	3.018		0	BFZN	4		1.690		
Glycine.....g	1.095		0	BFZN	4		0.613		
Proline.....g	0.906		0	BFZN	4		0.507		
Serine.....g	0.832		0	BFZN	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		

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

**Fat 9**

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07929**  
**Sausage, turkey, hot, 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	BFZN	4		14		
Phosphorus, P.....mg	185		0	BFZN	4		104		
Potassium, K.....mg	197		1	A	1		110		
Sodium, Na.....mg	928		1	A	1		520		
Zinc, Zn.....mg	2.13		0	BFZN	4		1.19		
Copper, Cu.....mg	0.111		0	BFZN	4		0.062		
Manganese, Mn.....mg	0.066		0	BFZN	4		0.037		
Selenium, Se.....mcg	22.2		0	BFZN	4		12.4		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	30.4		1	A	1		17.0		
Thiamin.....mg	0.071		0	BFZN	4		0.040		
Riboflavin.....mg	0.173		0	BFZN	4		0.097		
Niacin.....mg	3.675		0	BFZN	4		2.058		
Pantothenic acid.....mg	0.797		0	BFZN	4		0.447		
Vitamin B-6.....mg	0.381		0	BFZN	4		0.213		
Folate, total.....mcg	8		0	BFZN	4		5		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	8		0	BFZN	4		5		
Folate, DFE.....mcg_DFE	8		0	NC	4		5		
Vitamin B-12.....mcg	0.43		0	BFZN	4		0.24		
Vitamin A, IU.....IU	144		1	A	1		81		
Vitamin A, RAE.....mcg_RAE	43		0	AS	1		24		
Retinol.....mcg	43		0	NR	4		24		
Vitamin E.....mg_ATE	0.332		0	BFZN	4		0.186		
Vitamin D.....IU	6.640		0	BFZN	4		3.718		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.401		0	NC	4		1.904		
4:0.....g	0.001		0	BFZN	4		0.001		
6:0.....g	0.000		0	BFZN	4		0.000		
8:0.....g	0.000		0	BFZN	4		0.000		
10:0.....g	0.001		0	BFZN	4		0.000		
12:0.....g	0.017		0	BFZN	4		0.010		
13:0.....g									
14:0.....g	0.102		0	BFZN	4		0.057		
15:0.....g									
16:0.....g	2.418		0	BFZN	4		1.354		
17:0.....g									
18:0.....g	0.861		0	BFZN	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	BFZN	4		0.212		

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	1.985		0	BFZN	4		1.111		
20:1.....g	0.008		0	BFZN	4		0.004		
22:1 undifferentiated.....g	0.008		0	BFZN	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	BFZN	4		0.768		
18:3 undifferentiated.....g	0.085		0	BFZN	4		0.048		
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	0.085		0	BFZN	4		0.048		
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.015		0	BFZN	4		0.009		
22:6 n-3.....g	0.015		0	BFZN	4		0.009		
Fatty acids, total trans.....g									
Cholesterol.....mg	53		1	A	1		29		
Phytosterols.....mg	0		0	BFZN	4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.209		0	BFZN	4		0.117		
Threonine.....g	0.817		0	BFZN	4		0.457		
Isoleucine.....g	0.945		0	BFZN	4		0.529		
Leucine.....g	1.467		0	BFZN	4		0.822		
Lysine.....g	1.692		0	BFZN	4		0.947		
Methionine.....g	0.523		0	BFZN	4		0.293		
Cystine.....g	0.204		0	BFZN	4		0.114		
Phenylalanine.....g	0.738		0	BFZN	4		0.413		
Tyrosine.....g	0.717		0	BFZN	4		0.401		
Valine.....g	0.984		0	BFZN	4		0.551		
Arginine.....g	1.293		0	BFZN	4		0.724		
Histidine.....g	0.560		0	BFZN	4		0.314		
Alanine.....g	1.171		0	BFZN	4		0.656		
Aspartic acid.....g	1.788		0	BFZN	4		1.001		
Glutamic acid.....g	3.018		0	BFZN	4		1.690		
Glycine.....g	1.095		0	BFZN	4		0.613		
Proline.....g	0.906		0	BFZN	4		0.507		
Serine.....g	0.832		0	BFZN	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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07074**  
**Smoked link 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	39.30	1.600	6		1		26.72	6.29	
Energy.....kcal	389		0	NC	4		265	62	
Energy.....kj	1628				4		1107	260	
Protein (N x 6.25).....g	22.20	0.806	6		1		15.10	3.55	
Total lipid (fat).....g	31.70	1.404	6		1		21.56	5.07	
Ash.....g	4.70	0.101	6		1		3.20	0.75	
Carbohydrate, by difference.....g	2.10		0	NC	4		1.43	0.34	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	30	3.010	5		1		20	5	
Iron, Fe.....mg	1.16	0.180	6		1		0.79	0.19	
Magnesium, Mg.....mg	19	1.621	6		1		13	3	
Phosphorus, P.....mg	162	14.052	6		1		110	26	
Potassium, K.....mg	336	17.261	6		1		228	54	
Sodium, Na.....mg	1500	96.609	6		1		1020	240	
Zinc, Zn.....mg	2.82	0.285	6		1		1.92	0.45	
Copper, Cu.....mg	0.072	0.011	6		1		0.049	0.012	
Manganese, Mn.....mg	0.016		1		1		0.011	0.003	
Selenium, Se.....mcg	21.7		0	BFNN	4		14.8	3.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.0	1.276	6		1		1.4	0.3	
Thiamin.....mg	0.700	0.018	6		1		0.476	0.112	
Riboflavin.....mg	0.257	0.015	6		1		0.175	0.041	
Niacin.....mg	4.532	0.365	6		1		3.082	0.725	
Pantothenic acid.....mg	0.780		1		1		0.530	0.125	
Vitamin B-6.....mg	0.350	0.018	6		1		0.238	0.056	
Folate, total.....mcg	5		1		1		3	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		1		1		3	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		3	1	
Vitamin B-12.....mcg	1.63	0.081	6		1		1.11	0.26	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	NR	4		0	0	
Vitamin E.....mg_ATE	0.250		0		4		0.170	0.040	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	11.320		0		1		7.698	1.811	
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	0.040		4		1		0.027	0.006	
12:0.....g	0.040		4		1		0.027	0.006	
13:0.....g									
14:0.....g	0.400		4		1		0.272	0.064	
15:0.....g									
16:0.....g	7.070		4		1		4.808	1.131	
17:0.....g									
18:0.....g	3.760		4		1		2.557	0.602	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.640		0		1		9.955	2.342	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.010		4		1		0.687	0.162	

**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
17:1.....g									
18:1 undifferentiated.....g	13.630		4		1		9.268	2.181	
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	3.760		0		1		2.557	0.602	
18:2 undifferentiated.....g	3.390		4		1		2.305	0.542	
18:3 undifferentiated.....g	0.370		4		1		0.252	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.....g	0.000		4		1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	4		1		0.000	0.000	
22:6 n-3.....g	0.000		4		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68	8.614	5		1		46	11	
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									
<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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07075

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	52.16	0.324	31		1		35.47	8.35	
Energy.....kcal	336		0	NC	4		228	54	
Energy.....kj	1406				4		956	225	
Protein (N x 6.25).....g	13.40	0.181	31		1		9.11	2.14	
Total lipid (fat).....g	30.33	0.365	31		1		20.62	4.85	
Ash.....g	2.69	0.039	21		1		1.83	0.43	
Carbohydrate, by difference.....g	1.43		0	NC	4		0.97	0.23	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10	0.748	17		1		7	2	
Iron, Fe.....mg	1.45	0.079	31		1		0.99	0.23	
Magnesium, Mg.....mg	12	0.327	21		1		8	2	
Phosphorus, P.....mg	107	4.367	21		1		73	17	
Potassium, K.....mg	189	6.349	21		1		129	30	
Sodium, Na.....mg	945	22.228	21		1		643	151	
Zinc, Zn.....mg	2.11	0.070	21		1		1.43	0.34	
Copper, Cu.....mg	0.060	0.008	20		1		0.041	0.010	
Manganese, Mn.....mg	0.037	0.003	9		1		0.025	0.006	
Selenium, Se.....mcg	13.1		0	BFNN	4		8.9	2.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.260	0.009	31		1		0.177	0.042	
Riboflavin.....mg	0.170	0.006	31		1		0.116	0.027	
Niacin.....mg	3.227	0.085	31		1		2.194	0.516	
Pantothenic acid.....mg	0.440	0.050	6		1		0.299	0.070	
Vitamin B-6.....mg	0.170	0.008	31		1		0.116	0.027	
Folate, total.....mcg	2		0		4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	0	
Vitamin B-12.....mcg	1.51	0.079	31		1		1.03	0.24	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.220		0		4		0.150	0.035	
Vitamin D.....IU	44.000		0	T	4		29.920	7.040	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.620		0		1		7.222	1.699	
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	0.012	15		1		0.034	0.008	
12:0.....g	0.040	0.010	15		1		0.027	0.006	
13:0.....g									
14:0.....g	0.410	0.011	19		1		0.279	0.066	
15:0.....g									
16:0.....g	6.570	0.100	19		1		4.468	1.051	
17:0.....g									
18:0.....g	3.550	0.080	19		1		2.414	0.568	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.190		0		1		9.649	2.270	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.130	0.039	19		1		0.768	0.181	

NDB No. 07075

Smoked link sausage, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	13.060	0.200	19		1		8.881	2.090	
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	3.260		0		1		2.217	0.522	
18:2 undifferentiated.....g	2.880	0.060	19		1		1.958	0.461	
18:3 undifferentiated.....g	0.380	0.036	19		1		0.258	0.061	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	71	5.053	18		1		48	11	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.107		2		1		0.073	0.017	
Threonine.....g	0.465		2		1		0.316	0.074	
Isoleucine.....g	0.485		2		1		0.330	0.078	
Leucine.....g	0.810		2		1		0.551	0.130	
Lysine.....g	0.903		2		1		0.614	0.144	
Methionine.....g	0.364		2		1		0.248	0.058	
Cystine.....g	0.105		2		1		0.071	0.017	
Phenylalanine.....g	0.405		2		1		0.275	0.065	
Tyrosine.....g	0.386		2		1		0.262	0.062	
Valine.....g	0.464		2		1		0.316	0.074	
Arginine.....g	0.765		2		1		0.520	0.122	
Histidine.....g	0.395		2		1		0.269	0.063	
Alanine.....g	0.774		2		1		0.526	0.124	
Aspartic acid.....g	1.136		2		1		0.772	0.182	
Glutamic acid.....g	1.994		2		1		1.356	0.319	
Glycine.....g	0.857		2		1		0.583	0.137	
Proline.....g	0.673		2		1		0.458	0.108	
Serine.....g	0.510		2		1		0.347	0.082	
Hydroxyproline.....g									
<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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07076

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	57.40	0.497	8		1		39.03	9.18	
Energy.....kcal	268		0	NC	4		182	43	
Energy.....kj	1121				4		762	179	
Protein (N x 6.25).....g	13.97	0.437	8		1		9.50	2.24	
Total lipid (fat).....g	21.43	0.871	8		1		14.57	3.43	
Ash.....g	3.24	0.112	8		1		2.20	0.52	
Carbohydrate, by difference.....g	3.97		0	NC	4		2.70	0.64	
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	3.182	8		1		12	3	
Iron, Fe.....mg	1.55	0.206	8		1		1.05	0.25	
Magnesium, Mg.....mg	13	0.921	8		1		9	2	
Phosphorus, P.....mg	110	5.976	8		1		75	18	
Potassium, K.....mg	155	8.149	8		1		105	25	
Sodium, Na.....mg	1089	68.721	8		1		741	174	
Zinc, Zn.....mg	2.00	0.182	8		1		1.36	0.32	
Copper, Cu.....mg	0.090	0.016	8		1		0.061	0.014	
Manganese, Mn.....mg	0.052	0.005	8		1		0.035	0.008	
Selenium, Se.....mcg	15.9		0	BFNN	4		10.8	2.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0	1.025	8		1		2.0	0.5	
Thiamin.....mg	0.235	0.015	8		1		0.160	0.038	
Riboflavin.....mg	0.176	0.012	8		1		0.120	0.028	
Niacin.....mg	2.701	0.114	8		1		1.837	0.432	
Pantothenic acid.....mg	0.610		0		4		0.415	0.098	
Vitamin B-6.....mg	0.130	0.007	8		1		0.088	0.021	
Folate, total.....mcg	2		0		4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	0	
Vitamin B-12.....mcg	1.32	0.058	8		1		0.90	0.21	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.220		0		4		0.150	0.035	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.820		0		1		5.318	1.251	
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	0.007	8		1		0.027	0.006	
12:0.....g	0.030	0.008	8		1		0.020	0.005	
13:0.....g									
14:0.....g	0.340	0.023	8		1		0.231	0.054	
15:0.....g									
16:0.....g	4.710	0.202	8		1		3.203	0.754	
17:0.....g									
18:0.....g	2.700	0.135	8		1		1.836	0.432	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.930		0		1		6.752	1.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.820	0.058	8		1		0.558	0.131	



NDB No. 07076

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	9.110	0.347	8		1		6.195	1.458	
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	2.260		0		1		1.537	0.362	
18:2 undifferentiated.....g	1.880	0.118	8		1		1.278	0.301	
18:3 undifferentiated.....g	0.380	0.088	8		1		0.258	0.061	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	87	5.502	7		1		59	14	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.140		0		1		0.095	0.022	
Threonine.....g	0.572		0		1		0.389	0.092	
Isoleucine.....g	0.621		0		1		0.422	0.099	
Leucine.....g	1.076		0		1		0.732	0.172	
Lysine.....g	1.079		0		1		0.734	0.173	
Methionine.....g	0.359		0		1		0.244	0.057	
Cystine.....g	0.162		0		1		0.110	0.026	
Phenylalanine.....g	0.540		0		1		0.367	0.086	
Tyrosine.....g	0.459		0		1		0.312	0.073	
Valine.....g	0.676		0		1		0.460	0.108	
Arginine.....g	0.869		0		1		0.591	0.139	
Histidine.....g	0.434		0		1		0.295	0.069	
Alanine.....g	0.885		0		1		0.602	0.142	
Aspartic acid.....g	1.273		0		1		0.866	0.204	
Glutamic acid.....g	2.252		0		1		1.531	0.360	
Glycine.....g	0.972		0		1		0.661	0.156	
Proline.....g	0.837		0		1		0.569	0.134	
Serine.....g	0.591		0		1		0.402	0.095	
Hydroxyproline.....g									
<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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)

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.....mcg	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.....mcg	2		0		4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	0	
Vitamin B-12.....mcg	1.57	0.043	52		1		1.07	0.25	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
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	

NDB No. 07077

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....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.

**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 Nutrient Database for Standard Reference, Release 15 (2002)

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	306		0	NC	4		236		
Energy.....kj	1281		0	NC	4		987		
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	2.29		0	MC	9		1.76		
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.....mcg	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.....mcg	3		0	MC	9		2		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	3		0	MC	9		2		
Folate, DFE.....mcg_DFE	3		0	NC	4		2		
Vitamin B-12.....mcg	1.73		0	BFZN	4		1.33		
Vitamin A, IU.....IU	334		0	MC	9		257		
Vitamin A, RAE.....mcg_RAE	100		0	AS	1		77		
Retinol.....mcg	100		0	NR	4		77		
Vitamin E.....mg_ATE	0.169		0	BFZN	4		0.130		
Vitamin D.....IU	11.600		0	BFZN	4		8.932		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	10.470		0	NC	4		8.062		
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		

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
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.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2.7 oz

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07078

Thuringer, cervelat, summer sausage, beef, pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	50.76	0.245	42		1		14.39	11.67	
Energy.....kcal	335		0	NC	4		95	77	
Energy.....kj	1402				4		397	322	
Protein (N x 6.25).....g	15.78	0.239	43		1		4.47	3.63	
Total lipid (fat).....g	29.54	0.553	40		1		8.37	6.79	
Ash.....g	3.66	0.113	15		1		1.04	0.84	
Carbohydrate, by difference.....g	0.26		0	NC	4		0.07	0.06	
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	1.031	8		1		4	3	
Iron, Fe.....mg	2.54	0.128	14		1		0.72	0.58	
Magnesium, Mg.....mg	14	0.454	14		1		4	3	
Phosphorus, P.....mg	111	10.961	7		1		31	26	
Potassium, K.....mg	271	12.339	14		1		77	62	
Sodium, Na.....mg	1242	37.877	15		1		352	286	
Zinc, Zn.....mg	2.56	0.130	14		1		0.73	0.59	
Copper, Cu.....mg	0.150	0.015	14		1		0.043	0.035	
Manganese, Mn.....mg	0.049		0		4		0.014	0.011	
Selenium, Se.....mcg	20.3		0	RF	4		5.8	4.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0		7		0.0	0.0	
Thiamin.....mg	0.150	0.008	7		1		0.043	0.035	
Riboflavin.....mg	0.330	0.011	7		1		0.094	0.076	
Niacin.....mg	4.310	0.302	7		1		1.222	0.991	
Pantothenic acid.....mg	0.998		0		4		0.283	0.230	
Vitamin B-6.....mg	0.260	0.008	7		1		0.074	0.060	
Folate, total.....mcg	2		0		4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		4		1	0	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	0	
Vitamin B-12.....mcg	5.50	0.257	7		1		1.56	1.27	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.220		0		4		0.062	0.051	
Vitamin D.....IU	44.000		0	T	4		12.474	10.120	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	12.030		0		1		3.411	2.767	
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	0.039	7		1		0.031	0.025	
12:0.....g	0.080	0.020	7		1		0.023	0.018	
13:0.....g									
14:0.....g	0.800	0.051	7		1		0.227	0.184	
15:0.....g									
16:0.....g	6.350	0.251	7		1		1.800	1.461	
17:0.....g									
18:0.....g	4.170	0.161	7		1		1.182	0.959	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.970		0		1		3.677	2.983	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.760	0.114	7		1		0.499	0.405	

NDB No. 07078

Thuringer, cervelat, summer sausage, beef, pork

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	11.210	0.503	7		1		3.178	2.578	
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	1.200		0		1		0.340	0.276	
18:2 undifferentiated.....g	0.990	0.185	7		1		0.281	0.228	
18:3 undifferentiated.....g	0.210	0.035	7		1		0.060	0.048	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	75	6.047	7		1		21	17	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.144		0		1		0.041	0.033	
Threonine.....g	0.596		0		1		0.169	0.137	
Isoleucine.....g	0.682		0		1		0.193	0.157	
Leucine.....g	1.159		0		1		0.329	0.267	
Lysine.....g	1.209		0		1		0.343	0.278	
Methionine.....g	0.366		0		1		0.104	0.084	
Cystine.....g	0.202		0		1		0.057	0.046	
Phenylalanine.....g	0.568		0		1		0.161	0.131	
Tyrosine.....g	0.515		0		1		0.146	0.118	
Valine.....g	0.694		0		1		0.197	0.160	
Arginine.....g	0.975		0		1		0.276	0.224	
Histidine.....g	0.502		0		1		0.142	0.115	
Alanine.....g	1.136		0		1		0.322	0.261	
Aspartic acid.....g	1.545		0		1		0.438	0.355	
Glutamic acid.....g	2.570		0		1		0.729	0.591	
Glycine.....g	1.318		0		1		0.374	0.303	
Proline.....g	1.136		0		1		0.322	0.261	
Serine.....g	0.636		0		1		0.180	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	
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 = 23g: 1 slice (4-1/8" dia x 1/8" thick) (10 per 8 oz package)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07079**  
**Turkey breast meat**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.85	0.674	4		1		30.90	15.09	
Energy.....kcal	110		0	NC	4		47	23	
Energy.....kj	460		4		4		198	97	
Protein (N x 6.25).....g	22.50	0.589	4		1		9.68	4.73	
Total lipid (fat).....g	1.58	0.236	4		1		0.68	0.33	
Ash.....g	4.18	0.179	4		1		1.80	0.88	
Carbohydrate, by difference.....g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		2		1		3	1	
Iron, Fe.....mg	0.40	0.064	4		1		0.17	0.08	
Magnesium, Mg.....mg	20	0.707	4		1		9	4	
Phosphorus, P.....mg	229	11.030	4		1		98	48	
Potassium, K.....mg	278	13.571	4		1		120	58	
Sodium, Na.....mg	1431	106.478	4		1		615	301	
Zinc, Zn.....mg	1.13	0.085	4		1		0.49	0.24	
Copper, Cu.....mg	0.053	0.009	3		1		0.023	0.011	
Manganese, Mn.....mg	0.015		0		4		0.006	0.003	
Selenium, Se.....mcg	30.8	4.302	5	A	1		13.2	6.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.040	0.008	4		1		0.017	0.008	
Riboflavin.....mg	0.107	0.011	4		1		0.046	0.022	
Niacin.....mg	8.322	0.416	4		1		3.578	1.748	
Pantothenic acid.....mg	0.590		2		1		0.254	0.124	
Vitamin B-6.....mg	0.360	0.050	4		1		0.155	0.076	
Folate, total.....mcg	4		0		4		2	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		2	1	
Folate, DFE.....mcg_DFE	4		0	NC	4		2	1	
Vitamin B-12.....mcg	2.02	0.754	4		1		0.87	0.42	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.090		0		4		0.039	0.019	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.480		0		1		0.206	0.101	
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		3		1		0.000	0.000	
13:0.....g									
14:0.....g	0.020	0.003	3		1		0.009	0.004	
15:0.....g									
16:0.....g	0.300	0.052	3		1		0.129	0.063	
17:0.....g									
18:0.....g	0.150	0.032	3		1		0.065	0.032	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.450		0		1		0.194	0.095	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070	0.017	3		1		0.030	0.015	



**NDB No. 07079**  
**Turkey breast meat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	0.380	0.070	3		1		0.163	0.080	
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	0.280		0		1		0.120	0.059	
18:2 undifferentiated.....g	0.260	0.046	3		1		0.112	0.055	
18:3 undifferentiated.....g	0.020	0.006	3		1		0.009	0.004	
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.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	41	4.750	4		1		18	9	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.256		0		1		0.110	0.054	
Threonine.....g	1.001		0		1		0.430	0.210	
Isoleucine.....g	1.170		0		1		0.503	0.246	
Leucine.....g	1.793		0		1		0.771	0.377	
Lysine.....g	2.120		0		1		0.912	0.445	
Methionine.....g	0.652		0		1		0.280	0.137	
Cystine.....g	0.234		0		1		0.101	0.049	
Phenylalanine.....g	0.893		0		1		0.384	0.188	
Tyrosine.....g	0.889		0		1		0.382	0.187	
Valine.....g	1.195		0		1		0.514	0.251	
Arginine.....g	1.570		0		1		0.675	0.330	
Histidine.....g	0.702		0		1		0.302	0.147	
Alanine.....g	1.393		0		1		0.599	0.293	
Aspartic acid.....g	2.185		0		1		0.940	0.459	
Glutamic acid.....g	3.672		0		1		1.579	0.771	
Glycine.....g	1.116		0		1		0.480	0.234	
Proline.....g	0.936		0		1		0.402	0.197	
Serine.....g	1.001		0		1		0.430	0.210	
Hydroxyproline.....g									
<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 = 43g: 2 slices

Measure 2 = 21g: 1 slice (3-1/2" square; 8 per 6 oz package)

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

**Food Group: 07 Sausages and Luncheon Meats**  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07080

Turkey ham, cured turkey thigh 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	71.38	0.396	6		1		162.03	40.69	
Energy.....kcal	128		0	NC	4		291	73	
Energy.....kj	536				4		1216	305	
Protein (N x 6.25).....g	18.93	0.376	9		1		42.97	10.79	
Total lipid (fat).....g	5.08	0.164	9		1		11.53	2.90	
Ash.....g	4.23	0.321	6		1		9.60	2.41	
Carbohydrate, by difference.....g	0.37		0	NC	4		0.84	0.21	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10	2.630	4		1		23	6	
Iron, Fe.....mg	2.76	0.945	5		1		6.27	1.57	
Magnesium, Mg.....mg	16		0		4		36	9	
Phosphorus, P.....mg	191		1		1		434	109	
Potassium, K.....mg	325		1		1		738	185	
Sodium, Na.....mg	996	209.463	5		1		2261	568	
Zinc, Zn.....mg	2.94		0		4		6.67	1.68	
Copper, Cu.....mg	0.110		0		4		0.250	0.063	
Manganese, Mn.....mg	0.015		0		4		0.034	0.009	
Selenium, Se.....mcg	36.0		0	BENN	4		81.7	20.5	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.052	0.005	4		1		0.118	0.030	
Riboflavin.....mg	0.247	0.013	3		1		0.561	0.141	
Niacin.....mg	3.527		0		1		8.006	2.010	
Pantothenic acid.....mg	0.850		0		4		1.930	0.485	
Vitamin B-6.....mg	0.240		0		4		0.545	0.137	
Folate, total.....mcg	6		0		4		14	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6		0		4		14	3	
Folate, DFE.....mcg_DFE	6		0	NC	4		14	3	
Vitamin B-12.....mcg	0.24		0		4		0.54	0.14	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.640		0		4		1.453	0.365	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.700		0		1		3.859	0.969	
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		0.023	0.006	
13:0.....g									
14:0.....g	0.030		0		1		0.068	0.017	
15:0.....g									
16:0.....g	0.900		0		1		2.043	0.513	
17:0.....g									
18:0.....g	0.510		0		1		1.158	0.291	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.150		0		1		2.611	0.656	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		0		1		0.386	0.097	

NDB No. 07080

Turkey ham, cured turkey thigh meat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	0.950		0		1		2.157	0.542	
20:1.....g	0.020		0		1		0.045	0.011	
22:1 undifferentiated.....g	0.010		0		1		0.023	0.006	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.520		0		1		3.450	0.866	
18:2 undifferentiated.....g	1.230		0		1		2.792	0.701	
18:3 undifferentiated.....g	0.050		0		1		0.114	0.029	
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	0.180		0		1		0.409	0.103	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.068	0.017	
22:6 n-3.....g	0.040		0		1		0.091	0.023	
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		4		127	32	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.215		0		1		0.488	0.123	
Threonine.....g	0.842		0		1		1.911	0.480	
Isoleucine.....g	0.984		0		1		2.234	0.561	
Leucine.....g	1.508		0		1		3.423	0.860	
Lysine.....g	1.784		0		1		4.050	1.017	
Methionine.....g	0.548		0		1		1.244	0.312	
Cystine.....g	0.197		0		1		0.447	0.112	
Phenylalanine.....g	0.751		0		1		1.705	0.428	
Tyrosine.....g	0.748		0		1		1.698	0.426	
Valine.....g	1.006		0		1		2.284	0.573	
Arginine.....g	1.321		0		1		2.999	0.753	
Histidine.....g	0.591		0		1		1.342	0.337	
Alanine.....g	1.172		0		1		2.660	0.668	
Aspartic acid.....g	1.839		0		1		4.175	1.048	
Glutamic acid.....g	3.090		0		1		7.014	1.761	
Glycine.....g	0.939		0		1		2.132	0.535	
Proline.....g	0.788		0		1		1.789	0.449	
Serine.....g	0.842		0		1		1.911	0.480	
Hydroxyproline.....g									
<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 = 227g: 1 package (8 oz)

Measure 2 = 57g: 2 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07082**  
**Turkey roll, light and dark meat**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.15		2		1		19.89	39.99	
Energy.....kcal	149		0	NC	4		42	85	
Energy.....kj	623		4		4		177	355	
Protein (N x 6.25).....g	18.14	0.751	8		1		5.14	10.34	
Total lipid (fat).....g	6.99	0.703	8		1		1.98	3.98	
Ash.....g	2.60		2		1		0.74	1.48	
Carbohydrate, by difference.....g	2.13		0	NC	4		0.60	1.21	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	32	8.737	8		1		9	18	
Iron, Fe.....mg	1.35	0.144	8		1		0.38	0.77	
Magnesium, Mg.....mg	18		1		1		5	10	
Phosphorus, P.....mg	168		1		1		48	96	
Potassium, K.....mg	270	26.242	7		1		77	154	
Sodium, Na.....mg	586	64.326	8		1		166	334	
Zinc, Zn.....mg	2.00		1		1		0.57	1.14	
Copper, Cu.....mg	0.070		1		1		0.020	0.040	
Manganese, Mn.....mg	0.013		0		4		0.004	0.007	
Selenium, Se.....mcg	29.2		0	BFZY	4		8.3	16.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.091	0.006	7		1		0.026	0.052	
Riboflavin.....mg	0.284	0.045	7		1		0.081	0.162	
Niacin.....mg	4.800		1		1		1.361	2.736	
Pantothenic acid.....mg	0.570		0		4		0.162	0.325	
Vitamin B-6.....mg	0.270		0		4		0.077	0.154	
Folate, total.....mcg	5		0		4		1	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0		4		1	3	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	3	
Vitamin B-12.....mcg	0.23		0		4		0.07	0.13	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	NR	4		0	0	
Vitamin E.....mg_ATE	0.339		0		4		0.096	0.193	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.040		0		1		0.578	1.163	
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	0.010		0		1		0.003	0.006	
13:0.....g									
14:0.....g	0.050		0		1		0.014	0.029	
15:0.....g									
16:0.....g	1.250		0		1		0.354	0.713	
17:0.....g									
18:0.....g	0.500		0		1		0.142	0.285	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.300		0		1		0.652	1.311	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0		1		0.108	0.217	

**NDB No. 07082**  
**Turkey roll, light and dark meat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	1.870		0		1		0.530	1.066	
20:1.....g	0.010		0		1		0.003	0.006	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.006	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.780		0		1		0.505	1.015	
18:2 undifferentiated.....g	1.480		0		1		0.420	0.844	
18:3 undifferentiated.....g	0.080		0		1		0.023	0.046	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.040	0.080	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.006	0.011	
22:6 n-3.....g	0.030		0		1		0.009	0.017	
Fatty acids, total trans.....g									
Cholesterol.....mg	55	6.616	7		1		16	31	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.200		0		4		0.057	0.114	
Threonine.....g	0.792		0		4		0.225	0.451	
Isoleucine.....g	0.909		0		4		0.258	0.518	
Leucine.....g	1.409		0		4		0.399	0.803	
Lysine.....g	1.649		0		4		0.467	0.940	
Methionine.....g	0.510		0		4		0.145	0.291	
Cystine.....g	0.200		0		4		0.057	0.114	
Phenylalanine.....g	0.710		0		4		0.201	0.405	
Tyrosine.....g	0.687		0		4		0.195	0.392	
Valine.....g	0.944		0		4		0.268	0.538	
Arginine.....g	1.279		0		4		0.363	0.729	
Histidine.....g	0.545		0		4		0.155	0.311	
Alanine.....g	1.158		0		4		0.328	0.660	
Aspartic acid.....g	1.749		0		4		0.496	0.997	
Glutamic acid.....g	2.893		0		4		0.820	1.649	
Glycine.....g	1.094		0		4		0.310	0.624	
Proline.....g	0.846		0		4		0.240	0.482	
Serine.....g	0.800		0		4		0.227	0.456	
Hydroxyproline.....g									
<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 = 28.35g: 1 oz

Measure 2 = 57g: 2 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

**NDB No. 07081**  
**Turkey roll, light meat**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.55		2		1		20.28	40.78	
Energy.....kcal	147		0	NC	4		42	84	
Energy.....kj	615		4		4		174	351	
Protein (N x 6.25).....g	18.70	0.823	9		1		5.30	10.66	
Total lipid (fat).....g	7.22	0.873	9		1		2.05	4.12	
Ash.....g	2.00		2		1		0.57	1.14	
Carbohydrate, by difference.....g	0.53		0	NC	4		0.15	0.30	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	40	7.383	8		1		11	23	
Iron, Fe.....mg	1.28	0.372	8		1		0.36	0.73	
Magnesium, Mg.....mg	16		1		1		5	9	
Phosphorus, P.....mg	183		1		1		52	104	
Potassium, K.....mg	251	21.944	8		1		71	143	
Sodium, Na.....mg	489	40.345	9		1		139	279	
Zinc, Zn.....mg	1.56		1		1		0.44	0.89	
Copper, Cu.....mg	0.040		1		1		0.011	0.023	
Manganese, Mn.....mg	0.012		0		4		0.003	0.007	
Selenium, Se.....mcg	22.3		0	BENN	4		6.3	12.7	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.089	0.018	7		1		0.025	0.051	
Riboflavin.....mg	0.226	0.038	7		1		0.064	0.129	
Niacin.....mg	7.000		0		1		1.985	3.990	
Pantothenic acid.....mg	0.420		0		4		0.119	0.239	
Vitamin B-6.....mg	0.320		0		4		0.091	0.182	
Folate, total.....mcg	4		0		4		1	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		1	2	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	2	
Vitamin B-12.....mcg	0.24		0		4		0.07	0.14	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.134		0		4		0.038	0.076	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.020		0		1		0.573	1.151	
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		0.003	0.006	
13:0.....g									
14:0.....g	0.050		0		1		0.014	0.029	
15:0.....g									
16:0.....g	1.260		0		1		0.357	0.718	
17:0.....g									
18:0.....g	0.470		0		1		0.133	0.268	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.500		0		1		0.709	1.425	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		0.116	0.234	

**NDB No. 07081**  
**Turkey roll, light meat**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	2.020		0		1		0.573	1.151	
20:1.....g	0.010		0		1		0.003	0.006	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.006	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.740		0		1		0.493	0.992	
18:2 undifferentiated.....g	1.420		0		1		0.403	0.809	
18:3 undifferentiated.....g	0.090		0		1		0.026	0.051	
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	0.140		0		1		0.040	0.080	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.006	0.011	
22:6 n-3.....g	0.020		0		1		0.006	0.011	
Fatty acids, total trans.....g									
Cholesterol.....mg	43	2.485	9		1		12	25	
Phytosterols.....mg	0		0		4		0	0	
<b>Amino Acids:</b>									
Tryptophan.....g	0.206		0		4		0.058	0.117	
Threonine.....g	0.816		0		4		0.231	0.465	
Isoleucine.....g	0.936		0		4		0.265	0.534	
Leucine.....g	1.451		0		4		0.411	0.827	
Lysine.....g	1.698		0		4		0.481	0.968	
Methionine.....g	0.525		0		4		0.149	0.299	
Cystine.....g	0.206		0		4		0.058	0.117	
Phenylalanine.....g	0.731		0		4		0.207	0.417	
Tyrosine.....g	0.708		0		4		0.201	0.404	
Valine.....g	0.973		0		4		0.276	0.555	
Arginine.....g	1.319		0		4		0.374	0.752	
Histidine.....g	0.561		0		4		0.159	0.320	
Alanine.....g	1.195		0		4		0.339	0.681	
Aspartic acid.....g	1.803		0		4		0.511	1.028	
Glutamic acid.....g	2.981		0		4		0.845	1.699	
Glycine.....g	1.135		0		4		0.322	0.647	
Proline.....g	0.876		0		4		0.248	0.499	
Serine.....g	0.825		0		4		0.234	0.470	
Hydroxyproline.....g									
<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 = 28.35g: 1 oz

Measure 2 = 57g: 2 slices

**Calories Factors: Protein 4.27**

**Fat 9.02**

**Carbohydrate 3.87**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)

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.....mcg									
<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 Nutrient Database for Standard Reference, Release 15 (2002)



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					
Energy.....kcal	112		0	MC					
Energy.....kj	468		0	MC					
Protein (N x 6.25).....g	13.50		1	A					
Total lipid (fat).....g	3.00		1	A					
Ash.....g	3.80		0	NC					
Carbohydrate, by difference.....g	7.70		0	MC					
Fiber, total dietary.....g	0.4		1	A					
Sugars, total.....g	4.00		1	A					
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		1	A					
Iron, Fe.....mg	2.20		1	A					
Magnesium, Mg.....mg	20		0	BFZY					
Phosphorus, P.....mg	158		0	BFZY					
Potassium, K.....mg	349		1	A					
Sodium, Na.....mg	1200		1	A					
Zinc, Zn.....mg	2.10		0	BFZY					
Copper, Cu.....mg	0.039		0	BFZY					
Manganese, Mn.....mg	0.020		0	BFZN					
Selenium, Se.....mcg	29.9		0	BFZN					
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.0		1	A					
Thiamin.....mg	0.033		0	BFZY					
Riboflavin.....mg	0.114		0	BFZY					
Niacin.....mg	5.159		0	BFZY					
Pantothenic acid.....mg	0.584		0	BFZN					
Vitamin B-6.....mg	0.294		0	BFZY					
Folate, total.....mcg	4		0	BFZY					
Folic acid.....mcg	0		0	BFZN					
Folate, food.....mcg	4		0	BFZY					
Folate, DFE.....mcg_DFE	4		0	NC					
Vitamin B-12.....mcg	0.22		0	BFZY					
Vitamin A, IU.....IU	8		1	A					
Vitamin A, RAE.....mcg_RAE	2		0	NC					
Retinol.....mcg	2		0	NR					
Vitamin E.....mg_ATE	0.168		0	BFZN					
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.910		1	A					
Fatty acids, total monounsaturated.....g	1.300		1	A					
Fatty acids, total polyunsaturated.....g	0.760		1	A					
Fatty acids, total trans.....g									
Cholesterol.....mg	55		1	A					
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.295		0	BFZN					
Threonine.....g	1.175		0	BFZN					
Isoleucine.....g	1.327		0	BFZN					
Leucine.....g	2.080		0	BFZN					
Lysine.....g	2.412		0	BFZN					
Methionine.....g	0.749		0	BFZN					
Cystine.....g	0.315		0	BFZN					
Phenylalanine.....g	1.058		0	BFZN					
Tyrosine.....g	1.000		0	BFZN					
Valine.....g	1.401		0	BFZN					
Arginine.....g	1.946		0	BFZN					

**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
Histidine.....g	0.796		0	BFZN	4				
Alanine.....g	1.789		0	BFZN	4				
Aspartic acid.....g	2.622		0	BFZN	4				
Glutamic acid.....g	4.279		0	BFZN	4				
Glycine.....g	1.894		0	BFZN	4				
Proline.....g	1.391		0	BFZN	4				
Serine.....g	1.199		0	BFZN	4				
Hydroxyproline.....g									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				

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

**Common Measures:**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group:** 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

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					
Energy.....kcal	231		0	NC					
Energy.....kj	967								
Protein (N x 6.25).....g	14.95		1	A					
Total lipid (fat).....g	18.56		1	A					
Ash.....g	2.20		1	A					
Carbohydrate, by difference.....g	0.00		0	Z					
Fiber, total dietary.....g	0.0		1	A					
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		1	A					
Iron, Fe.....mg	0.99		1	A					
Magnesium, Mg.....mg	17		1	A					
Phosphorus, P.....mg	162		1	A					
Potassium, K.....mg	231		1	A					
Sodium, Na.....mg	507		1	A					
Zinc, Zn.....mg	2.39		1	A					
Copper, Cu.....mg	0.047		0	BFFN					
Manganese, Mn.....mg	0.018		0	BFFN					
Selenium, Se.....mcg	21.7		0	BFZN					
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A					
Thiamin.....mg	0.688		1	A					
Riboflavin.....mg	0.223		1	A					
Niacin.....mg	2.619		1	A					
Pantothenic acid.....mg	0.618		1	A					
Vitamin B-6.....mg	0.234		1	A					
Folate, total.....mcg	3		0	BFFN					
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	3		0	BFFN					
Folate, DFE.....mcg_DFE	3		0	NC					
Vitamin B-12.....mcg	0.84		1	A					
Vitamin A, IU.....IU	40		1	A					
Vitamin A, RAE.....mcg_RAE	12		0	NC					
Retinol.....mcg	12		0	NR					
Vitamin E.....mg_ATE	0.577		1	A					
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.968		1	A					
4:0.....g	0.000		1	A					
6:0.....g	0.000		1	A					
8:0.....g	0.000		1	A					
10:0.....g	0.032		1	A					
12:0.....g	0.016		1	A					
13:0.....g									
14:0.....g	0.161		1	A					
15:0.....g									
16:0.....g	3.218		1	A					
17:0.....g									
18:0.....g	1.382		1	A					
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.061		1	A					
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.484		1	A					

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
17:1.....g									
18:1 undifferentiated.....g	7.439		1	A	1				
20:1.....g	0.126		1	A	1				
22:1 undifferentiated.....g	0.004		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.246		1	A	1				
18:2 undifferentiated.....g	1.722		1	A	1				
18:3 undifferentiated.....g	0.086		1	A	1				
18:4.....g	0.000		1	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		1	A	1				
20:5 n-3.....g	0.003		1	A	1				
22:5 n-3.....g	0.000		1	A	1				
22:6 n-3.....g	0.013		1	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	73		1	A	1				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

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			
Energy.....kcal	267		0	NC		4			
Energy.....kj	1117					4			
Protein (N x 6.25).....g	19.76		1	A		1			
Total lipid (fat).....g	20.26		1	A		1			
Ash.....g	1.92		1	A		1			
Carbohydrate, by difference.....g	0.00		0	Z		7			
Fiber, total dietary.....g	0.0		1	A		1			
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		1	A		1			
Iron, Fe.....mg	1.15		1	A		1			
Magnesium, Mg.....mg	19		1	A		1			
Phosphorus, P.....mg	190		1	A		1			
Potassium, K.....mg	239		1	A		1			
Sodium, Na.....mg	540		1	A		1			
Zinc, Zn.....mg	2.84		1	A		1			
Copper, Cu.....mg	0.104		0	BFSN		4			
Manganese, Mn.....mg	0.053		0	BFSN		4			
Selenium, Se.....mcg	21.7		0	BFZN		4			
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A		1			
Thiamin.....mg	0.732		1	A		1			
Riboflavin.....mg	0.241		1	A		1			
Niacin.....mg	2.796		1	A		1			
Pantothenic acid.....mg	0.703		1	A		1			
Vitamin B-6.....mg	0.280		1	A		1			
Folate, total.....mcg	1		0	BFSN		4			
Folic acid.....mcg	0		0	Z		7			
Folate, food.....mcg	1		0	BFSN		4			
Folate, DFE.....mcg_DFE	1		0	NC		4			
Vitamin B-12.....mcg	0.89		1	A		1			
Vitamin A, IU.....IU	50		1	A		1			
Vitamin A, RAE.....mcg_RAE	15		1	A		1			
Retinol.....mcg	15		0	NR		4			
Vitamin E.....mg_ATE	0.745		1	A		1			
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.532		1	A		1			
4:0.....g	0.000		1	A		1			
6:0.....g	0.000		1	A		1			
8:0.....g	0.007		1	A		1			
10:0.....g	0.022		1	A		1			
12:0.....g	0.015		1	A		1			
13:0.....g									
14:0.....g	0.181		1	A		1			
15:0.....g									
16:0.....g	3.568		1	A		1			
17:0.....g									
18:0.....g	1.576		1	A		1			
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.710		1	A		1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.522		1	A		1			

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
17:1.....g									
18:1 undifferentiated.....g	8.051		1	A	1				
20:1.....g	0.126		1	A	1				
22:1 undifferentiated.....g	0.003		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.312		1	A	1				
18:2 undifferentiated.....g	1.967		1	A	1				
18:3 undifferentiated.....g	0.094		1	A	1				
18:4.....g	0.000		1	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.101		1	A	1				
20:5 n-3.....g	0.003		1	A	1				
22:5 n-3.....g	0.000		1	A	1				
22:6 n-3.....g	0.009		1	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	98		1	A	1				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats  
 USDA Nutrient Database for Standard Reference, Release 15 (2002)

NDB No. 07083

Vienna sausage, canned, beef and 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	59.93	0.524	3		1		9.59	67.72	
Energy.....kcal	279		0	NC	4		45	315	
Energy.....kj	1167				4		187	1319	
Protein (N x 6.25).....g	10.29	0.205	3		1		1.65	11.63	
Total lipid (fat).....g	25.20	0.500	3		1		4.03	28.48	
Ash.....g	2.53	0.033	3		1		0.40	2.86	
Carbohydrate, by difference.....g	2.04		0	NC	4		0.33	2.31	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10	2.028	3		1		2	11	
Iron, Fe.....mg	0.88	0.076	3		1		0.14	0.99	
Magnesium, Mg.....mg	7	0.333	3		1		1	8	
Phosphorus, P.....mg	49	2.186	3		1		8	55	
Potassium, K.....mg	101	4.910	3		1		16	114	
Sodium, Na.....mg	953	18.415	3		1		152	1077	
Zinc, Zn.....mg	1.60	0.058	3		1		0.26	1.81	
Copper, Cu.....mg	0.030	0.007	3		1		0.005	0.034	
Manganese, Mn.....mg	0.029	0.005	3		1		0.005	0.033	
Selenium, Se.....mcg	16.9		0	RF	4		2.7	19.1	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3		1		0.0	0.0	
Thiamin.....mg	0.087	0.017	3		1		0.014	0.098	
Riboflavin.....mg	0.107	0.012	3		1		0.017	0.121	
Niacin.....mg	1.613	0.155	3		1		0.258	1.823	
Pantothenic acid.....mg	0.350		0		4		0.056	0.396	
Vitamin B-6.....mg	0.120	0.027	3		1		0.019	0.136	
Folate, total.....mcg	4		0		4		1	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	4		0		4		1	5	
Folate, DFE.....mcg_DFE	4		0	NC	4		1	5	
Vitamin B-12.....mcg	1.02	0.023	3		1		0.16	1.15	
Vitamin A, IU.....IU	0		0		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E.....mg_ATE	0.220		0		4		0.035	0.249	
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	9.280		0		1		1.485	10.486	
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	0.010	3		1		0.005	0.034	
12:0.....g	0.020	0.014	3		1		0.003	0.023	
13:0.....g									
14:0.....g	0.590	0.028	3		1		0.094	0.667	
15:0.....g									
16:0.....g	5.440	0.214	3		1		0.870	6.147	
17:0.....g									
18:0.....g	3.200	0.092	3		1		0.512	3.616	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	12.550		0		1		2.008	14.182	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.520	0.088	3		1		0.243	1.718	

NDB No. 07083

Vienna sausage, canned, beef and pork

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:1.....g									
18:1 undifferentiated.....g	11.020	0.318	3		1		1.763	12.453	
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	1.680		0		1		0.269	1.898	
18:2 undifferentiated.....g	1.290	0.192	3		1		0.206	1.458	
18:3 undifferentiated.....g	0.390	0.068	3		1		0.062	0.441	
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.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	52	5.686	3		1		8	59	
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		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 = 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 Nutrient Database for Standard Reference, Release 15 (2002)



NDB No. 07930

Yachtwurst, with pistachio nuts, 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	58.20		1	A	1		32.59		
Energy.....kcal	268		0	MC	9		150		
Energy.....kj	1121		0	MC	9		628		
Protein (N x 6.25).....g	14.80		1	A	1		8.29		
Total lipid (fat).....g	22.60		1	A	1		12.66		
Ash.....g	3.00		1	A	1		1.68		
Carbohydrate, by difference.....g	1.40		0	MC	9		0.78		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		1	A	1		0.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19		0	MC	9		10		
Iron, Fe.....mg	1.00		0	MC	9		0.56		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	936		1	A	1		524		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Vitamin E.....mg_ATE									
Vitamin D.....IU									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	7.900		0	MC	9		4.424		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0	MC	9		36		
Phytosterols.....mg									
<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

**NDB No. 07930**

**Yachtwurst, with pistachio nuts, cooked**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

USDA Nutrient Database for Standard Reference, Release 15 (2002)