

NDB No. 07269

BUTCHER BOY MEATS, INC., Turkey Franks

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

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

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	7.600		0	BFZN	4		2.128		
17:0.....g									
18:0.....g	4.000		0	BFZN	4		1.120		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	21.900		1	A	1		6.132		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.690		0	BFZN	4		0.473		
17:1.....g									
18:1 undifferentiated.....g	15.400		0	BFZN	4		4.312		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	4.300		1	A	1		1.204		
18:2 undifferentiated.....g	2.870		0	BFZN	4		0.804		
18:3 undifferentiated.....g	0.330		0	BFZN	4		0.092		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.210		0	BFZN	4		0.059		
Threonine.....g	0.959		0	BFZN	4		0.269		
Isoleucine.....g	0.971		0	BFZN	4		0.272		
Leucine.....g	1.732		0	BFZN	4		0.485		
Lysine.....g	1.824		0	BFZN	4		0.511		
Methionine.....g	0.593		0	BFZN	4		0.166		
Cystine.....g	0.262		0	BFZN	4		0.073		
Phenylalanine.....g	0.868		0	BFZN	4		0.243		
Tyrosine.....g	0.710		0	BFZN	4		0.199		
Valine.....g	1.083		0	BFZN	4		0.303		
Arginine.....g	1.516		0	BFZN	4		0.424		
Histidine.....g	0.699		0	BFZN	4		0.196		
Alanine.....g	1.480		0	BFZN	4		0.414		
Aspartic acid.....g	2.073		0	BFZN	4		0.580		
Glutamic acid.....g	3.383		0	BFZN	4		0.947		
Glycine.....g	1.641		0	BFZN	4		0.459		
Proline.....g	1.188		0	BFZN	4		0.333		
Serine.....g	0.942		0	BFZN	4		0.264		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07921
Bacon and beef sticks

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

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

Common Measures:

Measure 1 = 28g: 1 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	1.890	0.246	5		1		0.536	0.435	
17:0.....g									
18:0.....g	1.090	0.134	5		1		0.309	0.251	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	4.140		0		1		1.174	0.952	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350	0.033	5		1		0.099	0.081	
17:1.....g									
18:1 undifferentiated.....g	3.800	0.491	5		1		1.077	0.874	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.810		0		1		0.230	0.186	
18:2 undifferentiated.....g	0.720	0.056	5		1		0.204	0.166	
18:3 undifferentiated.....g	0.090	0.015	5		1		0.026	0.021	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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	
Amino Acids:									
Tryptophan.....g	0.171		0		4		0.048	0.039	
Threonine.....g	0.684		0		4		0.194	0.157	
Isoleucine.....g	0.732		0		4		0.208	0.168	
Leucine.....g	1.283		0		4		0.364	0.295	
Lysine.....g	1.319		0		4		0.374	0.303	
Methionine.....g	0.395		0		4		0.112	0.091	
Cystine.....g	0.196		0		4		0.056	0.045	
Phenylalanine.....g	0.640		0		4		0.181	0.147	
Tyrosine.....g	0.539		0		4		0.153	0.124	
Valine.....g	0.795		0		4		0.225	0.183	
Arginine.....g	0.972		0		4		0.276	0.224	
Histidine.....g	0.517		0		4		0.147	0.119	
Alanine.....g	0.886		0		4		0.251	0.204	
Aspartic acid.....g	1.399		0		4		0.397	0.322	
Glutamic acid.....g	2.522		0		4		0.715	0.580	
Glycine.....g	0.837		0		4		0.237	0.193	
Proline.....g	0.914		0		4		0.259	0.210	
Serine.....g	0.677		0		4		0.192	0.156	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 07001
Barbecue loaf, pork, beef

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07956
Beef sausage, fresh, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	51.12		1	A	1				
Energy.....kcal	332		0	NC	4				
Energy.....kj	1387		0	NC	4				
Protein (N x 6.25).....g	18.21		1	A	1				
Total lipid (fat).....g	27.98		1	A	1				
Ash.....g	2.34		1	A	1				
Carbohydrate, by difference.....g	0.35		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		1	A	1				
Iron, Fe.....mg	1.57		1	A	1				
Magnesium, Mg.....mg	14		1	A	1				
Phosphorus, P.....mg	141		1	A	1				
Potassium, K.....mg	258		1	A	1				
Sodium, Na.....mg	652		1	A	1				
Zinc, Zn.....mg	4.38		1	A	1				
Copper, Cu.....mg	0.069		1	A	1				
Manganese, Mn.....mg	0.000		1	A	1				
Selenium, Se.....mcg	0.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1				
Thiamin.....mg	0.048		1	A	1				
Riboflavin.....mg	0.150		1	A	1				
Niacin.....mg	3.600		1	A	1				
Pantothenic acid.....mg	0.515		1	A	1				
Vitamin B-6.....mg	0.313		1	A	1				
Folate, total.....mcg	3		1	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	3		1	A	1				
Folate, DFE.....mcg_DFE	3		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	2.01		1	A	1				
Vitamin A, IU.....IU	81		0	AS	1				
Vitamin A, RAE.....mcg_RAE	13		0	AS	1				
Retinol.....mcg	11		1	A	1				
Vitamin E (alpha-tocopherol).....mg	0.24		2	A	1				
Tocopherol, beta.....mg	0.00		2	A	1				
Tocopherol, gamma.....mg	0.08		2	A	1				
Tocopherol, delta.....mg	0.00		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		2	A	1				
Lipids:									
Fatty acids, total saturated.....g	10.905		1	A	1				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.000		1	A	1				
15:0.....g	0.130		1	A	1				

NDB No. 07956
Beef sausage, fresh, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	6.325		1	A	1				
17:0.....g									
18:0.....g	3.260		1	A	1				
20:0.....g	0.000		1	A	1				
22:0.....g	0.000		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated..... g	12.639		1	A	1				
14:1.....g	0.255		1	A	1				
15:1.....g	0.030		1	A	1				
16:1 undifferentiated.....g	0.000		0	Z	7				
17:1.....g									
18:1 undifferentiated.....g	11.202		1	A	1				
20:1.....g	0.101		1	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.813		0	NC	4				
18:2 undifferentiated.....g	0.568		1	A	1				
18:3 undifferentiated.....g	0.100		0	AS	1				
18:3 n-6 c,c,c.....g	0.050		1	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.000		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.045		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	1.440		1	A	1				
Cholesterol.....mg	82		1	A	1				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.118		1	A	1				
Threonine.....g	0.805		1	A	1				
Isoleucine.....g	0.864		1	A	1				
Leucine.....g	1.492		1	A	1				
Lysine.....g	1.607		1	A	1				
Methionine.....g	0.408		1	A	1				
Cystine.....g	0.208		1	A	1				
Phenylalanine.....g	0.752		1	A	1				
Tyrosine.....g	0.579		1	A	1				
Valine.....g	0.989		1	A	1				
Arginine.....g	1.209		1	A	1				
Histidine.....g	0.653		1	A	1				
Alanine.....g	1.257		1	A	1				
Aspartic acid.....g	1.768		1	A	1				
Glutamic acid.....g	2.986		1	A	1				
Glycine.....g	1.280		1	A	1				
Proline.....g	0.921		1	A	1				
Serine.....g	0.770		1	A	1				
Hydroxyproline.....g	0.283		1	A	1				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				

NDB No. 07956
Beef sausage, fresh, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z		7			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	15		1	A		1			
Carotene, alpha.....mcg	11		1	A		1			
Cryptoxanthin, beta.....mcg	11		1	A		1			
Lycopene.....mcg	11		1	A		1			
Lutein + zeaxanthin.....mcg	11		1	A		1			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07954
Beef sausage, pre-cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	43.75		1	A	1				
Energy.....kcal	405		0	NC	4				
Energy.....kj	1695		0	NC	4				
Protein (N x 6.25).....g	15.50		1	A	1				
Total lipid (fat).....g	37.57		1	A	1				
Ash.....g	3.16		1	A	1				
Carbohydrate, by difference.....g	0.03		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		1	A	1				
Iron, Fe.....mg	1.53		1	A	1				
Magnesium, Mg.....mg	13		1	A	1				
Phosphorus, P.....mg	185		1	A	1				
Potassium, K.....mg	234		1	A	1				
Sodium, Na.....mg	910		1	A	1				
Zinc, Zn.....mg	2.92		1	A	1				
Copper, Cu.....mg	0.066		1	A	1				
Manganese, Mn.....mg	0.042		1	A	1				
Selenium, Se.....mcg	0.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1				
Thiamin.....mg	0.028		1	A	1				
Riboflavin.....mg	0.117		1	A	1				
Niacin.....mg	3.210		1	A	1				
Pantothenic acid.....mg	0.401		1	A	1				
Vitamin B-6.....mg	0.192		1	A	1				
Folate, total.....mcg	5		1	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	5		1	A	1				
Folate, DFE.....mcg_DFE	5		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	2.03		1	A	1				
Vitamin A, IU.....IU	114		0	AS	1				
Vitamin A, RAE.....mcg_RAE	25		0	AS	1				
Retinol.....mcg	23		1	A	1				
Vitamin E (alpha-tocopherol).....mg	0.49		2	A	1				
Tocopherol, beta.....mg	0.00		2	A	1				
Tocopherol, gamma.....mg	0.10		2	A	1				
Tocopherol, delta.....mg	0.00		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1		2	A	1				
Lipids:									
Fatty acids, total saturated.....g	15.098		1	A	1				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	1.222		1	A	1				
15:0.....g	0.194		1	A	1				

NDB No. 07954
Beef sausage, pre-cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	8.565		1	A	1				
17:0.....g	0.486		1	A	1				
18:0.....g	4.631		1	A	1				
20:0.....g	0.000		1	A	1				
22:0.....g	0.000		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated..... g	16.387		1	A	1				
14:1.....g	0.316		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	1.271		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	14.670		1	A	1				
20:1.....g	0.130		1	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.025		0	NC	4				
18:2 undifferentiated.....g	0.773		1	A	1				
18:3 undifferentiated.....g	0.066		0	AS	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.040		1	A	1				
20:3 undifferentiated.....g	0.040		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.040		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	2.420		1	A	1				
Cholesterol.....mg	83		1	A	1				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.097		1	A	1				
Threonine.....g	0.585		1	A	1				
Isoleucine.....g	0.609		1	A	1				
Leucine.....g	1.089		1	A	1				
Lysine.....g	1.141		1	A	1				
Methionine.....g	0.260		1	A	1				
Cystine.....g	0.146		1	A	1				
Phenylalanine.....g	0.551		1	A	1				
Tyrosine.....g	0.425		1	A	1				
Valine.....g	0.725		1	A	1				
Arginine.....g	0.940		1	A	1				
Histidine.....g	0.466		1	A	1				
Alanine.....g	0.984		1	A	1				
Aspartic acid.....g	0.000		1	A	1				
Glutamic acid.....g	2.229		1	A	1				
Glycine.....g	1.161		1	A	1				
Proline.....g	0.796		1	A	1				
Serine.....g	0.590		1	A	1				
Hydroxyproline.....g	0.323		1	A	1				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				

NDB No. 07954
Beef sausage, pre-cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z		7			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	11		1	A		1			
Carotene, alpha.....mcg	11		1	A		1			
Cryptoxanthin, beta.....mcg	11		1	A		1			
Lycopene.....mcg	15		1	A		1			
Lutein + zeaxanthin.....mcg	11		1	A		1			

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

Common Measures:

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

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 43384
Beef, bologna, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.821				4		1.133	0.230	0.353
15:0.....g									
16:0.....g	6.559				4		9.051	1.837	2.820
17:0.....g									
18:0.....g	4.196				4		5.790	1.175	1.804
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.299				4		18.353	3.724	5.719
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.562				4		2.156	0.437	0.672
17:1.....g									
18:1 undifferentiated.....g	11.736				4		16.196	3.286	5.046
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.051				4		1.450	0.294	0.452
18:2 undifferentiated.....g	0.811				4		1.119	0.227	0.349
18:3 undifferentiated.....g	0.240				4		0.331	0.067	0.103
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	56				4		77	16	24
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	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
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		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 = 138g: 1 cup pieces
- Measure 2 = 28g: 1 slice, medium
- Measure 3 = 43g: 1 slice, thick

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.420	0.025	8		1		0.088	0.119	
15:0.....g									
16:0.....g	3.040	0.139	8		1		0.638	0.862	
17:0.....g									
18:0.....g	2.290	0.116	8		1		0.481	0.649	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	5.960		0		1		1.252	1.690	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.800	0.085	8		1		0.168	0.227	
17:1.....g									
18:1 undifferentiated.....g	5.000	0.276	8		1		1.050	1.418	
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		0.132	0.179	
18:2 undifferentiated.....g	0.420	0.071	8		1		0.088	0.119	
18:3 undifferentiated.....g	0.210	0.030	8		1		0.044	0.060	
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		18	24	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.247		0		1		0.052	0.070	
Threonine.....g	1.023		0		1		0.215	0.290	
Isoleucine.....g	1.170		0		1		0.246	0.332	
Leucine.....g	1.990		0		1		0.418	0.564	
Lysine.....g	2.076		0		1		0.436	0.589	
Methionine.....g	0.629		0		1		0.132	0.178	
Cystine.....g	0.347		0		1		0.073	0.098	
Phenylalanine.....g	0.975		0		1		0.205	0.276	
Tyrosine.....g	0.884		0		1		0.186	0.251	
Valine.....g	1.192		0		1		0.250	0.338	
Arginine.....g	1.673		0		1		0.351	0.474	
Histidine.....g	0.863		0		1		0.181	0.245	
Alanine.....g	1.951		0		1		0.410	0.553	
Aspartic acid.....g	2.653		0		1		0.557	0.752	
Glutamic acid.....g	4.413		0		1		0.927	1.251	
Glycine.....g	2.263		0		1		0.475	0.642	
Proline.....g	1.951		0		1		0.410	0.553	
Serine.....g	1.092		0		1		0.229	0.310	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

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

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 21g: 1 slice (3/4 oz)

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 13350
Beef, cured, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.80		1	A	1		15.06		
Energy.....kcal	153		0	NC	4		43		
Energy.....kj	640		0	NC	4		179		
Protein (N x 6.25).....g	31.10		1	A	1		8.71		
Total lipid (fat).....g	1.94		1	A	1		0.54		
Ash.....g	10.40		1	A	1		2.91		
Carbohydrate, by difference.....g	2.76		0	MC	9		0.77		
Fiber, total dietary.....g	0.0		0	FLA	4		0.0		
Sugars, total.....g	2.45		0	FLA	4		0.69		
Sucrose.....g	2.45		0	FLA	4		0.69		
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		0	FLA	4		1		
Iron, Fe.....mg	2.90		0	FLA	4		0.81		
Magnesium, Mg.....mg	22		0	FLA	4		6		
Phosphorus, P.....mg	196		0	FLA	4		55		
Potassium, K.....mg	291		0	FLA	4		81		
Sodium, Na.....mg	2790		1	A	1		781		
Zinc, Zn.....mg	3.97		0	FLA	4		1.11		
Copper, Cu.....mg	0.111		0	FLA	4		0.031		
Manganese, Mn.....mg	0.023		0	FLA	4		0.006		
Selenium, Se.....mcg	28.8		0	FLA	4		8.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLA	4		0.0		
Thiamin.....mg	0.062		0	FLA	4		0.017		
Riboflavin.....mg	0.220		0	FLA	4		0.062		
Niacin.....mg	3.309		0	FLA	4		0.926		
Pantothenic acid.....mg	0.326		0	FLA	4		0.091		
Vitamin B-6.....mg	0.246		0	FLA	4		0.069		
Folate, total.....mcg	8		0	FLA	4		2		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	8		0	FLA	4		2		
Folate, DFE.....mcg_DFE	8		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	2.36		0	FLA	4		0.66		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		1	A	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	FLA	4		0		
Retinol.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLA	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	0.950		1	A	1		0.266		

NDB No. 13350
Beef, cured, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.004		0	FLA	4		0.001		
12:0.....g	0.004		0	FLA	4		0.001		
13:0.....g									
14:0.....g	0.068		0	FLA	4		0.019		
15:0.....g									
16:0.....g	0.583		0	FLA	4		0.163		
17:0.....g									
18:0.....g	0.296		0	FLA	4		0.083		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.840		1	A	1		0.235		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		0	FLA	4		0.021		
17:1.....g									
18:1 undifferentiated.....g	0.766		0	FLA	4		0.215		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.070		1	A	1		0.020		
18:2 undifferentiated.....g	0.052		0	FLA	4		0.015		
18:3 undifferentiated.....g	0.010		0	FLA	4		0.003		
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	0.008		0	FLA	4		0.002		
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	79		1	A	1		22		
Phytosterols.....mg	0		0	FLA	4		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.351		0	FLA	4		0.098		
Threonine.....g	1.369		0	FLA	4		0.383		
Isoleucine.....g	1.409		0	FLA	4		0.394		
Leucine.....g	2.477		0	FLA	4		0.694		
Lysine.....g	2.607		0	FLA	4		0.730		
Methionine.....g	0.803		0	FLA	4		0.225		
Cystine.....g	0.351		0	FLA	4		0.098		
Phenylalanine.....g	1.223		0	FLA	4		0.342		
Tyrosine.....g	1.053		0	FLA	4		0.295		
Valine.....g	1.524		0	FLA	4		0.427		
Arginine.....g	1.981		0	FLA	4		0.555		
Histidine.....g	1.073		0	FLA	4		0.300		
Alanine.....g	1.890		0	FLA	4		0.529		
Aspartic acid.....g	2.864		0	FLA	4		0.802		
Glutamic acid.....g	4.709		0	FLA	4		1.318		
Glycine.....g	1.710		0	FLA	4		0.479		
Proline.....g	1.384		0	FLA	4		0.388		
Serine.....g	1.199		0	FLA	4		0.336		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		

NDB No. 13350
Beef, cured, dried

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		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 = 28g: 1 serving 10 slices

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	0.680		0		4		0.190		
17:0.....g									
18:0.....g	0.540		0		4		0.151		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	1.450		0		4		0.406		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220		0		4		0.062		
17:1.....g									
18:1 undifferentiated.....g	1.230		0		4		0.344		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.170		0		4		0.048		
18:2 undifferentiated.....g	0.130		0		4		0.036		
18:3 undifferentiated.....g	0.040		0		4		0.011		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....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		
Amino Acids:									
Tryptophan.....g	0.137		0		1		0.038		
Threonine.....g	0.742		0		1		0.208		
Isoleucine.....g	0.714		0		1		0.200		
Leucine.....g	1.313		0		1		0.368		
Lysine.....g	1.459		0		1		0.409		
Methionine.....g	0.420		0		1		0.118		
Cystine.....g	0.198		0		1		0.055		
Phenylalanine.....g	0.672		0		1		0.188		
Tyrosine.....g	0.511		0		1		0.143		
Valine.....g	0.824		0		1		0.231		
Arginine.....g	1.316		0		1		0.368		
Histidine.....g	0.499		0		1		0.140		
Alanine.....g	1.307		0		1		0.366		
Aspartic acid.....g	1.617		0		1		0.453		
Glutamic acid.....g	2.627		0		1		0.736		
Glycine.....g	1.800		0		1		0.504		
Proline.....g	1.246		0		1		0.349		
Serine.....g	0.760		0		1		0.213		
Hydroxyproline.....g									

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

Common Measures:

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

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

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.226		0	FLA	4		0.063	0.161	
15:0.....g									
16:0.....g	1.651		0	FLA	4		0.462	1.172	
17:0.....g									
18:0.....g	0.789		0	FLA	4		0.221	0.560	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	2.076		0	NC	4		0.581	1.474	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.205		0	FLA	4		0.057	0.146	
17:1.....g									
18:1 undifferentiated.....g	1.867		0	FLA	4		0.523	1.326	
20:1.....g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.192		0	NC	4		0.054	0.136	
18:2 undifferentiated.....g	0.158		0	FLA	4		0.044	0.112	
18:3 undifferentiated.....g	0.016		0	FLA	4		0.005	0.012	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	FLA	4		0.005	0.013	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		5	A	1		19	48	
Phytosterols.....mg	2		0	FLA	4		1	2	
Amino Acids:									
Tryptophan.....g	0.138		0	FLA	4		0.039	0.098	
Threonine.....g	0.834		0	FLA	4		0.233	0.592	
Isoleucine.....g	0.950		0	FLA	4		0.266	0.675	
Leucine.....g	1.660		0	FLA	4		0.465	1.179	
Lysine.....g	1.763		0	FLA	4		0.494	1.252	
Methionine.....g	0.543		0	FLA	4		0.152	0.386	
Cystine.....g	0.270		0	FLA	4		0.075	0.191	
Phenylalanine.....g	0.825		0	FLA	4		0.231	0.586	
Tyrosine.....g	0.665		0	FLA	4		0.186	0.472	
Valine.....g	1.037		0	FLA	4		0.290	0.736	
Arginine.....g	1.355		0	FLA	4		0.379	0.962	
Histidine.....g	0.666		0	FLA	4		0.186	0.473	
Alanine.....g	1.268		0	FLA	4		0.355	0.900	
Aspartic acid.....g	1.903		0	FLA	4		0.533	1.351	
Glutamic acid.....g	3.136		0	FLA	4		0.878	2.227	
Glycine.....g	1.271		0	FLA	4		0.356	0.902	
Proline.....g	0.994		0	FLA	4		0.278	0.706	
Serine.....g	0.823		0	FLA	4		0.230	0.584	
Hydroxyproline.....g	0.219		0	FLA	4		0.061	0.155	
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	351		0	FLA	4		98.194	248.993	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	100		0	FLA	4		28.108	71.274	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	

NDB No. 13355
Beef, cured, pastrami

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
Lutein + zeaxanthin.....mcg	167		0	FLA	4		46.766	118.585	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 71g: 1 package, 2.5 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.030	0.280	5		1		2.593	1.710	
17:0.....g									
18:0.....g	3.860	0.209	5		1		1.660	1.094	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.970		0		1		5.577	3.677	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.530	0.100	5		1		0.658	0.434	
17:1.....g									
18:1 undifferentiated.....g	11.440	0.300	5		1		4.919	3.243	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.050		0		1		0.452	0.298	
18:2 undifferentiated.....g	0.960	0.138	5		1		0.413	0.272	
18:3 undifferentiated.....g	0.090	0.048	5		1		0.039	0.026	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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		29	19	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.129		0		1		0.055	0.037	
Threonine.....g	0.533		0		1		0.229	0.151	
Isoleucine.....g	0.609		0		1		0.262	0.173	
Leucine.....g	1.036		0		1		0.445	0.294	
Lysine.....g	1.081		0		1		0.465	0.306	
Methionine.....g	0.327		0		1		0.141	0.093	
Cystine.....g	0.181		0		1		0.078	0.051	
Phenylalanine.....g	0.508		0		1		0.218	0.144	
Tyrosine.....g	0.460		0		1		0.198	0.130	
Valine.....g	0.621		0		1		0.267	0.176	
Arginine.....g	0.871		0		1		0.375	0.247	
Histidine.....g	0.449		0		1		0.193	0.127	
Alanine.....g	1.016		0		1		0.437	0.288	
Aspartic acid.....g	1.381		0		1		0.594	0.392	
Glutamic acid.....g	2.298		0		1		0.988	0.651	
Glycine.....g	1.178		0		1		0.507	0.334	
Proline.....g	1.016		0		1		0.437	0.288	
Serine.....g	0.569		0		1		0.245	0.161	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 43g: 1 sausage

Measure 2 = 28.35g: 1 oz

NDB No. 13357

Beef, cured, sausage, cooked, smoked

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	0.940	0.074	7		1		0.263		
17:0.....g									
18:0.....g	0.660	0.074	7		1		0.185		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	1.830		0		1		0.512		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260	0.037	7		1		0.073		
17:1.....g									
18:1 undifferentiated.....g	1.570	0.124	7		1		0.440		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.230		0		1		0.064		
18:2 undifferentiated.....g	0.190	0.037	7		1		0.053		
18:3 undifferentiated.....g	0.040	0.017	7		1		0.011		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....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		
Amino Acids:									
Tryptophan.....g	0.165		0		1		0.046		
Threonine.....g	0.846		0		1		0.237		
Isoleucine.....g	0.827		0		1		0.232		
Leucine.....g	1.508		0		1		0.422		
Lysine.....g	1.647		0		1		0.461		
Methionine.....g	0.488		0		1		0.137		
Cystine.....g	0.239		0		1		0.067		
Phenylalanine.....g	0.756		0		1		0.212		
Tyrosine.....g	0.610		0		1		0.171		
Valine.....g	0.927		0		1		0.260		
Arginine.....g	1.363		0		1		0.382		
Histidine.....g	0.585		0		1		0.164		
Alanine.....g	1.334		0		1		0.374		
Aspartic acid.....g	1.793		0		1		0.502		
Glutamic acid.....g	2.910		0		1		0.815		
Glycine.....g	1.499		0		1		0.420		
Proline.....g	1.098		0		1		0.307		
Serine.....g	0.824		0		1		0.231		
Hydroxyproline.....g									

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

Common Measures:

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.68

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

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.090	0.031	3		1		0.026	0.019	
15:0.....g									
16:0.....g	0.870	0.104	3		1		0.247	0.183	
17:0.....g									
18:0.....g	0.610	0.087	3		1		0.173	0.128	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	1.680		0		1		0.476	0.353	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220	0.055	3		1		0.062	0.046	
17:1.....g									
18:1 undifferentiated.....g	1.460	0.159	3		1		0.414	0.307	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.200		0		1		0.057	0.042	
18:2 undifferentiated.....g	0.170	0.055	3		1		0.048	0.036	
18:3 undifferentiated.....g	0.020	0.007	3		1		0.006	0.004	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 13360
Beef, cured, thin-sliced 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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28.35g; 1 oz

Measure 2 = 21g; 5 slices

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.68

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	3.890	0.180	5		1		0.895	0.233	
17:0.....g									
18:0.....g	1.940	0.080	5		1		0.446	0.116	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	8.980		0		1		2.065	0.539	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.770	0.045	5		1		0.177	0.046	
17:1.....g									
18:1 undifferentiated.....g	8.210	0.429	5		1		1.888	0.493	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.360		0		1		0.543	0.142	
18:2 undifferentiated.....g	1.940	0.106	5		1		0.446	0.116	
18:3 undifferentiated.....g	0.420	0.059	5		1		0.097	0.025	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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	
Amino Acids:									
Tryptophan.....g	0.112		1		1		0.026	0.007	
Threonine.....g	0.565		1		1		0.130	0.034	
Isoleucine.....g	0.485		1		1		0.112	0.029	
Leucine.....g	0.943		1		1		0.217	0.057	
Lysine.....g	1.032		1		1		0.237	0.062	
Methionine.....g	0.355		1		1		0.082	0.021	
Cystine.....g	0.107		1		1		0.025	0.006	
Phenylalanine.....g	0.451		1		1		0.104	0.027	
Tyrosine.....g	0.403		1		1		0.093	0.024	
Valine.....g	0.510		1		1		0.117	0.031	
Arginine.....g	0.809		1		1		0.186	0.049	
Histidine.....g	0.419		1		1		0.096	0.025	
Alanine.....g	0.770		1		1		0.177	0.046	
Aspartic acid.....g	1.198		1		1		0.276	0.072	
Glutamic acid.....g	2.141		1		1		0.492	0.128	
Glycine.....g	0.781		1		1		0.180	0.047	
Proline.....g	0.640		1		1		0.147	0.038	
Serine.....g	0.569		1		1		0.131	0.034	
Hydroxyproline.....g									

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

Common Measures:

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

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

NDB No. 07003

Beerwurst, beer salami, pork

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07002

Beerwurst, beer salami, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.691		0	FLC	4		0.387		
15:0.....g									
16:0.....g	4.961		0	FLC	4		2.778		
17:0.....g									
18:0.....g	2.669		0	FLC	4		1.495		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	10.105		0	FLC	4		5.659		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.683		0	FLC	4		0.382		
17:1.....g									
18:1 undifferentiated.....g	9.191		0	FLC	4		5.147		
20:1.....g	0.171		0	FLC	4		0.096		
22:1 undifferentiated.....g	0.028		0	FLC	4		0.016		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.080		0	FLC	4		1.165		
18:2 undifferentiated.....g	1.837		0	FLC	4		1.029		
18:3 undifferentiated.....g	0.154		0	FLC	4		0.086		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.065		0	FLC	4		0.036		
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 56g: 2 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	4.961		0	FLC	4		2.778		
17:0.....g									
18:0.....g	2.669		0	FLC	4		1.495		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	10.105		0	FLC	4		5.659		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.683		0	FLC	4		0.382		
17:1.....g									
18:1 undifferentiated.....g	9.191		0	FLC	4		5.147		
20:1.....g	0.171		0	FLC	4		0.096		
22:1 undifferentiated.....g	0.028		0	FLC	4		0.016		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.080		0	FLC	4		1.165		
18:2 undifferentiated.....g	1.837		0	FLC	4		1.029		
18:3 undifferentiated.....g	0.154		0	FLC	4		0.086		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.065		0	FLC	4		0.036		
20:5 n-3.....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		
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07931
Beerwurst, pork and beef

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

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

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
Proximates:									
Water.....g	47.30		0	MC	9		11.83	47.30	
Energy.....kcal	379		0	NC	4		95	379	
Energy.....kj	1584		0	NC	4		396	1584	
Protein (N x 6.25).....g	14.60		0	MC	9		3.65	14.60	
Total lipid (fat).....g	34.50		0	MC	9		8.63	34.50	
Ash.....g	2.31		0	MC	9		0.58	2.31	
Carbohydrate, by difference.....g	1.29		0	NC	4		0.32	1.29	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	1.29		0	MC	9		0.32	1.29	
Sucrose.....g	1.30		0	FLM	4		0.32	1.30	
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		0	MC	9		2	6	
Iron, Fe.....mg	6.40		0	MC	9		1.60	6.40	
Magnesium, Mg.....mg	8		0	MC	9		2	8	
Phosphorus, P.....mg	22		0	MC	9		6	22	
Potassium, K.....mg	38		0	MC	9		10	38	
Sodium, Na.....mg	680		0	MC	9		170	680	
Zinc, Zn.....mg	1.30		0	MC	9		0.33	1.30	
Copper, Cu.....mg	0.040		0	MC	9		0.010	0.040	
Manganese, Mn.....mg	0.010		0	MC	9		0.003	0.010	
Selenium, Se.....mcg	15.5		0	FLM	4		3.9	15.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0	0.0	
Thiamin.....mg	0.070		0	MC	9		0.018	0.070	
Riboflavin.....mg	0.130		0	MC	9		0.033	0.130	
Niacin.....mg	1.200		0	MC	9		0.300	1.200	
Pantothenic acid.....mg	0.600		0	MC	9		0.150	0.600	
Vitamin B-6.....mg	0.040		0	MC	9		0.010	0.040	
Folate, total.....mcg	5		0	MC	9		1	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		0	MC	9		1	5	
Folate, DFE.....mcg_DFE	5		0	NC	4		1	5	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.00		0	MC	9		0.25	1.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.13		0	FLM	4		0.03	0.13	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLM	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	13.400		0	MC	9		3.350	13.400	

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
4:0.....g	0.000		0	MC	9		0.000	0.000	
6:0.....g	0.000		0	MC	9		0.000	0.000	
8:0.....g	0.000		0	MC	9		0.000	0.000	
10:0.....g	0.000		0	MC	9		0.000	0.000	
12:0.....g	0.030		0	MC	9		0.008	0.030	
13:0.....g									
14:0.....g	0.620		0	MC	9		0.155	0.620	
15:0.....g									
16:0.....g	8.300		0	MC	9		2.075	8.300	
17:0.....g									
18:0.....g	4.410		0	MC	9		1.103	4.410	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	15.900		0	MC	9		3.975	15.900	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.880		0	MC	9		0.220	0.880	
17:1.....g									
18:1 undifferentiated.....g	15.000		0	MC	9		3.750	15.000	
20:1.....g	0.000		0	MC	9		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	MC	9		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.460		0	MC	9		0.865	3.460	
18:2 undifferentiated.....g	3.200		0	MC	9		0.800	3.200	
18:3 undifferentiated.....g	0.260		0	MC	9		0.065	0.260	
18:4.....g	0.000		0	MC	9		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MC	9		0.000	0.000	
20:5 n-3.....g	0.000		0	MC	9		0.000	0.000	
22:5 n-3.....g	0.000		0	MC	9		0.000	0.000	
22:6 n-3.....g	0.000		0	MC	9		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	120		0	MC	9		30	120	
Phytosterols.....mg	0		0	FLM	4		0	0	
Amino Acids:									
Tryptophan.....g	0.180		0	MC	9		0.045	0.180	
Threonine.....g	0.570		0	MC	9		0.143	0.570	
Isoleucine.....g	0.320		0	MC	9		0.080	0.320	
Leucine.....g	1.390		0	MC	9		0.348	1.390	
Lysine.....g	1.050		0	MC	9		0.263	1.050	
Methionine.....g	0.200		0	MC	9		0.050	0.200	
Cystine.....g	0.180		0	MC	9		0.045	0.180	
Phenylalanine.....g	0.820		0	MC	9		0.205	0.820	
Tyrosine.....g	0.340		0	MC	9		0.085	0.340	
Valine.....g	1.020		0	MC	9		0.255	1.020	
Arginine.....g	0.680		0	MC	9		0.170	0.680	
Histidine.....g	0.710		0	MC	9		0.178	0.710	
Alanine.....g	1.050		0	MC	9		0.263	1.050	
Aspartic acid.....g	1.350		0	MC	9		0.338	1.350	
Glutamic acid.....g	2.120		0	MC	9		0.530	2.120	
Glycine.....g	0.910		0	MC	9		0.228	0.910	
Proline.....g	1.000		0	MC	9		0.250	1.000	
Serine.....g	0.680		0	MC	9		0.170	0.680	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	MC	9		0.0	0.0	
Caffeine.....mg	0		0	MC	9		0	0	

NDB No. 07005

Blood sausage

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 25g: 1 slice

Measure 2 = 100g: 4 slices

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.463		0	FLM	4		0.422		
15:0.....g									
16:0.....g	6.059		0	FLM	4		5.514		
17:0.....g									
18:0.....g	3.521		0	FLM	4		3.204		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.194		0	MC	9		12.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.885		0	FLM	4		0.805		
17:1.....g									
18:1 undifferentiated.....g	11.966		0	FLM	4		10.889		
20:1.....g	0.203		0	FLM	4		0.185		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.328		0	MC	9		2.119		
18:2 undifferentiated.....g	2.406		0	FLM	4		2.189		
18:3 undifferentiated.....g	0.185		0	FLM	4		0.169		
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	0.063		0	FLM	4		0.057		
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	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0	MC	9		85		
Phytosterols.....mg	0		0	FLM	4		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.142		0	FLM	4		0.130		
Threonine.....g	0.559		0	FLM	4		0.509		
Isoleucine.....g	0.611		0	FLM	4		0.556		
Leucine.....g	1.010		0	FLM	4		0.919		
Lysine.....g	1.071		0	FLM	4		0.975		
Methionine.....g	0.310		0	FLM	4		0.282		
Cystine.....g	0.148		0	FLM	4		0.135		
Phenylalanine.....g	0.508		0	FLM	4		0.462		
Tyrosine.....g	0.423		0	FLM	4		0.385		
Valine.....g	0.694		0	FLM	4		0.631		
Arginine.....g	0.744		0	FLM	4		0.677		
Histidine.....g	0.470		0	FLM	4		0.428		
Alanine.....g	0.728		0	FLM	4		0.663		
Aspartic acid.....g	1.113		0	FLM	4		1.013		
Glutamic acid.....g	2.001		0	FLM	4		1.821		
Glycine.....g	0.610		0	FLM	4		0.555		
Proline.....g	0.542		0	FLM	4		0.493		
Serine.....g	0.499		0	FLM	4		0.454		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		

NDB No. 07006
Bockwurst, pork, veal, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	6		0	FLM	4		5.154		

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

Common Measures:

Measure 1 = 91g: 1 sausage

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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

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
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	
Carotenoids:									
Carotene, beta.....mcg	11		2	A	1		3.130	3.130	
Carotene, alpha.....mcg	6		2	A	1		1.565	1.565	
Cryptoxanthin, beta.....mcg	11		2	A	1		3.130	3.130	
Lycopene.....mcg	11		2	A	1		3.130	3.130	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07008
Bologna, beef and pork

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.323		0	FLM	4		0.323		
15:0.....g									
16:0.....g	5.986		0	FLM	4		5.986		
17:0.....g									
18:0.....g	2.964		0	MC	9		2.964		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	10.526		0	NC	4		10.526		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.598		0	FLM	4		0.598		
17:1.....g									
18:1 undifferentiated.....g	9.712		0	FLM	4		9.712		
20:1.....g	0.186		0	FLM	4		0.186		
22:1 undifferentiated.....g	0.031		0	FLM	4		0.031		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.120		0	NC	4		1.120		
18:2 undifferentiated.....g	1.015		0	FLM	4		1.015		
18:3 undifferentiated.....g	0.055		0	FLM	4		0.055		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0	FLM	4		0.050		
20:5 n-3.....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	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.000		0	NR	4		0.000		
Cholesterol.....mg	60		0	MC	9		60		
Phytosterols.....mg	0		0	FLM	4		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.214		0	FLM	4		0.214		
Threonine.....g	0.770		0	FLM	4		0.770		
Isoleucine.....g	0.809		0	FLM	4		0.809		
Leucine.....g	1.385		0	FLM	4		1.385		
Lysine.....g	1.499		0	FLM	4		1.499		
Methionine.....g	0.445		0	FLM	4		0.445		
Cystine.....g	0.209		0	FLM	4		0.209		
Phenylalanine.....g	0.689		0	FLM	4		0.689		
Tyrosine.....g	0.606		0	FLM	4		0.606		
Valine.....g	0.927		0	FLM	4		0.927		
Arginine.....g	1.030		0	FLM	4		1.030		
Histidine.....g	0.646		0	FLM	4		0.646		
Alanine.....g	0.966		0	FLM	4		0.966		
Aspartic acid.....g	1.550		0	FLM	4		1.550		
Glutamic acid.....g	2.718		0	FLM	4		2.718		
Glycine.....g	0.805		0	FLM	4		0.805		
Proline.....g	0.782		0	FLM	4		0.782		
Serine.....g	0.714		0	FLM	4		0.714		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLM	4		0.046		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		

NDB No. 07008
Bologna, beef and pork

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 100g: 3.527 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.423				4		0.118	0.182	0.059
15:0.....g									
16:0.....g	4.282				4		1.199	1.841	0.599
17:0.....g									
18:0.....g	2.527				4		0.708	1.087	0.354
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	9.145				4		2.561	3.932	1.280
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.943				4		0.264	0.405	0.132
17:1.....g									
18:1 undifferentiated.....g	8.202				4		2.297	3.527	1.148
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.639				4		0.459	0.705	0.229
18:2 undifferentiated.....g	1.359				4		0.381	0.584	0.190
18:3 undifferentiated.....g	0.280				4		0.078	0.120	0.039
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	39				12		11	17	5
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	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
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		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 = 28g: 1 slice, medium

Measure 2 = 43g: 1 slice, thick

Measure 3 = 14.0g: 1 slice, thin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 42161
Bologna, beef, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.407		0		4		0.114		
15:0.....g									
16:0.....g	3.106		0		4		0.870		
17:0.....g									
18:0.....g	1.894		0		4		0.530		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	6.455		0	NC	4		1.808		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.767		0		4		0.215		
17:1.....g									
18:1 undifferentiated.....g	5.688		0		4		1.593		
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	0.510		0	NC	4		0.143		
18:2 undifferentiated.....g	0.398		0		4		0.111		
18:3 undifferentiated.....g	0.112		0		4		0.031		
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	44		1	A	1		12		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07960
Bologna, chicken, pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.85		1	A	1		14.24	14.24	
Energy.....kcal	336		1	NC	4		94	94	
Energy.....kj	1407		0	NC	4		394	394	
Protein (N x 6.25).....g	10.31		1	A	1		2.89	2.89	
Total lipid (fat).....g	30.61		1	A	1		8.57	8.57	
Ash.....g	4.04		1	A	1		1.13	1.13	
Carbohydrate, by difference.....g	4.19		0	NC	4		1.17	1.17	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	196		1	A	1		55	55	
Iron, Fe.....mg	1.12		1	A	1		0.31	0.31	
Magnesium, Mg.....mg	16		1	A	1		5	5	
Phosphorus, P.....mg	223		1	A	1		62	62	
Potassium, K.....mg	162		1	A	1		45	45	
Sodium, Na.....mg	1240		1	A	1		347	347	
Zinc, Zn.....mg	1.04		1	A	1		0.29	0.29	
Copper, Cu.....mg	0.039		1	A	1		0.011	0.011	
Manganese, Mn.....mg	0.042		1	A	1		0.012	0.012	
Selenium, Se.....mcg	0.0		1	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.2		1	A	1		3.7	3.7	
Thiamin.....mg	0.063		1	A	1		0.018	0.018	
Riboflavin.....mg	0.129		1	A	1		0.036	0.036	
Niacin.....mg	3.680		1	A	1		1.030	1.030	
Pantothenic acid.....mg	0.776		1	A	1		0.217	0.217	
Vitamin B-6.....mg	0.190		1	A	1		0.053	0.053	
Folate, total.....mcg	13		1	A	1		4	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	13		1	A	1		4	4	
Folate, DFE.....mcg_DFE	13		0	NC	4		4	4	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.50		1	A	1		0.14	0.14	
Vitamin A, IU.....IU	75		0	AS	1		21	21	
Vitamin A, RAE.....mcg_RAE	13		0	AS	1		4	4	
Retinol.....mcg	11		1	A	1		3	3	
Vitamin E (alpha-tocopherol).....mg	0.64		2	A	1		0.18	0.18	
Tocopherol, beta.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.29		2	A	1		0.08	0.08	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.6		2	A	1		0.2	0.2	
Lipids:									
Fatty acids, total saturated.....g	9.863		1	A	1		2.762	2.762	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.321		1	A	1		0.090	0.090	
15:0.....g	0.000		1	A	1		0.000	0.000	

NDB No. 07960
Bologna, chicken, pork

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	6.584		1	A	1		1.844	1.844	
17:0.....g	0.082		1	A	1		0.023	0.023	
18:0.....g	2.829		1	A	1		0.792	0.792	
20:0.....g	0.047		1	A	1		0.013	0.013	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated..... g	13.172		1	A	1		3.688	3.688	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	1.114		1	A	1		0.312	0.312	
17:1.....g									
18:1 undifferentiated.....g	11.825		1	A	1		3.311	3.311	
20:1.....g	0.233		1	A	1		0.065	0.065	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	4.348		1	A	1		1.217	1.217	
18:2 undifferentiated.....g	3.872		1	A	1		1.084	1.084	
18:3 undifferentiated.....g	0.238		0	AS	1		0.067	0.067	
18:3 n-6 c,c,c.....g	0.033		1	A	1		0.009	0.009	
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.131		1	A	1		0.037	0.037	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.107		1	A	1		0.030	0.030	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.283		1	A	1		0.079	0.079	
Cholesterol.....mg	87		1	A	1		24	24	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.081		1	A	1		0.023	0.023	
Threonine.....g	0.401		1	A	1		0.112	0.112	
Isoleucine.....g	0.465		1	A	1		0.130	0.130	
Leucine.....g	0.775		1	A	1		0.217	0.217	
Lysine.....g	0.824		1	A	1		0.231	0.231	
Methionine.....g	0.216		1	A	1		0.060	0.060	
Cystine.....g	0.108		1	A	1		0.030	0.030	
Phenylalanine.....g	0.413		1	A	1		0.116	0.116	
Tyrosine.....g	0.323		1	A	1		0.090	0.090	
Valine.....g	0.527		1	A	1		0.148	0.148	
Arginine.....g	0.672		1	A	1		0.188	0.188	
Histidine.....g	0.315		1	A	1		0.088	0.088	
Alanine.....g	0.657		1	A	1		0.184	0.184	
Aspartic acid.....g	0.923		1	A	1		0.258	0.258	
Glutamic acid.....g	1.548		1	A	1		0.433	0.433	
Glycine.....g	0.704		1	A	1		0.197	0.197	
Proline.....g	0.505		1	A	1		0.141	0.141	
Serine.....g	0.397		1	A	1		0.111	0.111	
Hydroxyproline.....g	0.134		1	A	1		0.038	0.038	
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 07960
Bologna, chicken, pork

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	11		1	A	1		3.130	3.130	
Carotene, alpha.....mcg	11		1	A	1		3.130	3.130	
Cryptoxanthin, beta.....mcg	11		1	A	1		3.130	3.130	
Lycopene.....mcg	11		1	A	1		3.130	3.130	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07959
Bologna, chicken, pork, beef

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

NDB No. 07959
Bologna, chicken, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Carotenoids:									
Carotene, beta.....mcg	11	0.000	3	A	1		3.130	3.130	
Carotene, alpha.....mcg	11	0.000	3	A	1		3.130	3.130	
Cryptoxanthin, beta.....mcg	11	0.000	3	A	1		3.130	3.130	
Lycopene.....mcg	11	0.000	3	A	1		3.130	3.130	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07952
Bologna, chicken, turkey, pork

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

NDB No. 07952
Bologna, chicken, turkey, pork

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
Carotenoids:									
Carotene, beta.....mcg	11		2	A	1		3.130	3.130	
Carotene, alpha.....mcg	11		2	A	1		3.130	3.130	
Cryptoxanthin, beta.....mcg	11		2	A	1		3.130	3.130	
Lycopene.....mcg	11		2	A	1		3.130	3.130	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
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	
Amino Acids:									
Tryptophan.....g	0.149		0		1		0.042	0.034	
Threonine.....g	0.641		0		1		0.179	0.147	
Isoleucine.....g	0.663		0		1		0.186	0.152	
Leucine.....g	1.168		0		1		0.327	0.269	
Lysine.....g	1.204		0		1		0.337	0.277	
Methionine.....g	0.412		0		1		0.115	0.095	
Cystine.....g	0.171		0		1		0.048	0.039	
Phenylalanine.....g	0.585		0		1		0.164	0.135	
Tyrosine.....g	0.482		0		1		0.135	0.111	
Valine.....g	0.737		0		1		0.206	0.170	
Arginine.....g	1.004		0		1		0.281	0.231	
Histidine.....g	0.482		0		1		0.135	0.111	
Alanine.....g	0.979		0		1		0.274	0.225	
Aspartic acid.....g	1.403		0		1		0.393	0.323	
Glutamic acid.....g	2.296		0		1		0.643	0.528	
Glycine.....g	1.077		0		1		0.302	0.248	
Proline.....g	0.773		0		1		0.216	0.178	
Serine.....g	0.634		0		1		0.178	0.146	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07010

Bologna, pork

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	3.312			FLM	4		1.855		
17:0.....g									
18:0.....g	1.905			FLM	4		1.067		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.548		0	MC	9		4.227		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.517			FLM	4		0.290		
17:1.....g									
18:1 undifferentiated.....g	6.900			FLM	4		3.864		
20:1.....g	0.124			FLM	4		0.070		
22:1 undifferentiated.....g	0.000			FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.051		0	MC	9		1.709		
18:2 undifferentiated.....g	2.786			FLM	4		1.560		
18:3 undifferentiated.....g	0.219			FLM	4		0.122		
18:4.....g	0.000			FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037			FLM	4		0.020		
20:5 n-3.....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		
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07936
Bologna, pork and turkey, lite

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

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

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07937
Bologna, pork, turkey and beef

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07011
Bologna, turkey

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

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
Lutein + zeaxanthin.....mcg	0		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 = 28g: .99 oz 1 serving
- Measure 2 = 28g: 1 serving
- Measure 3 = 454g:

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	3.690		0	BFZN	4		2.435		
17:0.....g									
18:0.....g	2.140		0	BFZN	4		1.412		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	8.000		0	BFZN	4		5.280		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660		0	BFZN	4		0.436		
17:1.....g									
18:1 undifferentiated.....g	7.340		0	BFZN	4		4.844		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.580		0	BFZN	4		1.043		
18:2 undifferentiated.....g	1.400		0	BFZN	4		0.924		
18:3 undifferentiated.....g	0.180		0	BFZN	4		0.119		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.107		0	BFZN	4		0.071		
Threonine.....g	0.465		0	BFZN	4		0.307		
Isoleucine.....g	0.485		0	BFZN	4		0.320		
Leucine.....g	0.810		0	BFZN	4		0.535		
Lysine.....g	0.903		0	BFZN	4		0.596		
Methionine.....g	0.364		0	BFZN	4		0.240		
Cystine.....g	0.105		0	BFZN	4		0.069		
Phenylalanine.....g	0.405		0	BFZN	4		0.267		
Tyrosine.....g	0.386		0	BFZN	4		0.255		
Valine.....g	0.464		0	BFZN	4		0.306		
Arginine.....g	0.765		0	BFZN	4		0.505		
Histidine.....g	0.395		0	BFZN	4		0.261		
Alanine.....g	0.774		0	BFZN	4		0.511		
Aspartic acid.....g	1.136		0	BFZN	4		0.750		
Glutamic acid.....g	1.994		0	BFZN	4		1.316		
Glycine.....g	0.857		0	BFZN	4		0.566		
Proline.....g	0.673		0	BFZN	4		0.444		
Serine.....g	0.510		0	BFZN	4		0.337		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07922

Bratwurst, beef and pork, smoked

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

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

Common Measures:

Measure 1 = 66g: 1 serving 2.33 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
Proximates:									
Water.....g	70.28		0	MC	9		59.04		
Energy.....kcal	176		0	NC	4		148		
Energy.....kj	738		0	NC	4		620		
Protein (N x 6.25).....g	19.44		0	MC	9		16.33		
Total lipid (fat).....g	10.35		0	MC	9		8.69		
Ash.....g	0.88		0	MC	9		0.74		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0	MC	9		10		
Iron, Fe.....mg	0.87		0	MC	9		0.73		
Magnesium, Mg.....mg	23		0	MC	9		19		
Phosphorus, P.....mg	160		0	MC	9		134		
Potassium, K.....mg	211		0	MC	9		177		
Sodium, Na.....mg	72		0	MC	9		60		
Zinc, Zn.....mg	1.43		0	MC	9		1.20		
Copper, Cu.....mg	0.050		0	MC	9		0.042		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.0		0	MC	9		1.7		
Thiamin.....mg	0.067		0	MC	9		0.056		
Riboflavin.....mg	0.133		0	MC	9		0.111		
Niacin.....mg	7.551		0	MC	9		6.343		
Pantothenic acid.....mg	0.964		0	MC	9		0.809		
Vitamin B-6.....mg	0.385		0	MC	9		0.323		
Folate, total.....mcg	6		0	MC	9		5		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	6		0	MC	9		5		
Folate, DFE.....mcg_DFE	6		0	NC	4		5		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.34		0	MC	9		0.28		
Vitamin A, 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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	10.231		0	NC	4		8.594		
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		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		

NDB No. 07923
Bratwurst, chicken, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 84g: 1 serving 2.96 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	2.875		0	BFZN	4		1.898		
17:0.....g									
18:0.....g	1.493		0	BFZN	4		0.985		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.165		0	BFZN	4		4.729		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.795		0	BFZN	4		0.525		
17:1.....g									
18:1 undifferentiated.....g	6.330		0	BFZN	4		4.177		
20:1.....g	0.040		0	BFZN	4		0.026		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.846		0	BFZN	4		0.558		
18:2 undifferentiated.....g	0.640		0	BFZN	4		0.423		
18:3 undifferentiated.....g	0.186		0	BFZN	4		0.123		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	BFZN	4		0.012		
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.145		0	BFZN	4		0.096		
Threonine.....g	0.565		0	BFZN	4		0.373		
Isoleucine.....g	0.613		0	BFZN	4		0.405		
Leucine.....g	1.044		0	BFZN	4		0.689		
Lysine.....g	1.092		0	BFZN	4		0.721		
Methionine.....g	0.334		0	BFZN	4		0.220		
Cystine.....g	0.155		0	BFZN	4		0.103		
Phenylalanine.....g	0.519		0	BFZN	4		0.342		
Tyrosine.....g	0.448		0	BFZN	4		0.296		
Valine.....g	0.661		0	BFZN	4		0.436		
Arginine.....g	0.855		0	BFZN	4		0.564		
Histidine.....g	0.426		0	BFZN	4		0.281		
Alanine.....g	0.804		0	BFZN	4		0.530		
Aspartic acid.....g	1.184		0	BFZN	4		0.781		
Glutamic acid.....g	2.036		0	BFZN	4		1.344		
Glycine.....g	0.814		0	BFZN	4		0.537		
Proline.....g	0.770		0	BFZN	4		0.508		
Serine.....g	0.562		0	BFZN	4		0.371		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07924

Bratwurst, pork, beef and turkey, lite, smoked

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

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

Common Measures:

Measure 1 = 66g: 1 serving 2.33 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07013
Bratwurst, pork, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.320		0	FLA	4		0.272		
15:0.....g									
16:0.....g	6.205		0	FLA	4		5.274		
17:0.....g									
18:0.....g	3.478		0	FLA	4		2.957		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	14.700		1	A	1		12.495		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.815		0	FLA	4		0.693		
17:1.....g									
18:1 undifferentiated.....g	13.610		0	FLA	4		11.569		
20:1.....g	0.258		0	FLA	4		0.219		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.640		1	A	1		2.244		
18:2 undifferentiated.....g	2.402		0	FLA	4		2.041		
18:3 undifferentiated.....g	0.115		0	FLA	4		0.098		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.114		0	FLA	4		0.097		
20:5 n-3.....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	74		1	JO	11		62		
Phytosterols.....mg	0		0	FLA	4		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.211		0	FLA	4		0.180		
Threonine.....g	0.761		0	FLA	4		0.647		
Isoleucine.....g	0.780		0	FLA	4		0.663		
Leucine.....g	1.338		0	FLA	4		1.138		
Lysine.....g	1.501		0	FLA	4		1.276		
Methionine.....g	0.441		0	FLA	4		0.375		
Cystine.....g	0.213		0	FLA	4		0.181		
Phenylalanine.....g	0.666		0	FLA	4		0.566		
Tyrosine.....g	0.580		0	FLA	4		0.493		
Valine.....g	0.905		0	FLA	4		0.769		
Arginine.....g	1.040		0	FLA	4		0.884		
Histidine.....g	0.665		0	FLA	4		0.565		
Alanine.....g	0.974		0	FLA	4		0.828		
Aspartic acid.....g	1.547		0	FLA	4		1.315		
Glutamic acid.....g	2.609		0	FLA	4		2.217		
Glycine.....g	0.801		0	FLA	4		0.681		
Proline.....g	0.676		0	FLA	4		0.575		
Serine.....g	0.690		0	FLA	4		0.586		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		

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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 85g: 1 link cooked

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	2.266		0	BFSN	4		1.903		
17:0.....g									
18:0.....g	4.828		0	MC	9		4.056		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.000		0	MC	9		10.920		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.448		0	BFSN	4		0.376		
17:1.....g									
18:1 undifferentiated.....g	3.427		0	BFSN	4		2.878		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.614		0	MC	9		1.356		
18:2 undifferentiated.....g	0.587		0	BFSN	4		0.493		
18:3 undifferentiated.....g	0.070		0	BFSN	4		0.059		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.126		0	BFSN	4		0.106		
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07910
Bratwurst, veal, 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

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

Common Measures:

Measure 1 = 84g: 1 serving 2.96 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.333	0.017	15		1		0.060	0.093	
15:0.....g									
16:0.....g	5.763	0.085	15		1		1.037	1.614	
17:0.....g									
18:0.....g	3.048	0.043	15		1		0.549	0.854	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.731		0	NC	4		2.292	3.565	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.025	0.039	15		1		0.184	0.287	
17:1.....g									
18:1 undifferentiated.....g	11.706	0.200	15		1		2.107	3.278	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.193		0	NC	4		0.575	0.894	
18:2 undifferentiated.....g	2.852	0.055	15		1		0.513	0.799	
18:3 undifferentiated.....g	0.342	0.031	15		1		0.061	0.096	
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	180		1	A	1		32	50	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.145		2		1		0.026	0.041	
Threonine.....g	0.534		2		1		0.096	0.150	
Isoleucine.....g	0.484		2		1		0.087	0.136	
Leucine.....g	1.032		2		1		0.186	0.289	
Lysine.....g	0.909		2		1		0.164	0.255	
Methionine.....g	0.311		2		1		0.056	0.087	
Cystine.....g	0.248		2		1		0.045	0.069	
Phenylalanine.....g	0.553		2		1		0.100	0.155	
Tyrosine.....g	0.430		2		1		0.077	0.120	
Valine.....g	0.616		2		1		0.111	0.172	
Arginine.....g	0.767		2		1		0.138	0.215	
Histidine.....g	0.320		2		1		0.058	0.090	
Alanine.....g	0.762		2		1		0.137	0.213	
Aspartic acid.....g	1.125		2		1		0.203	0.315	
Glutamic acid.....g	1.631		2		1		0.294	0.457	
Glycine.....g	0.886		2		1		0.159	0.248	
Proline.....g	0.767		2		1		0.138	0.215	
Serine.....g	0.588		2		1		0.106	0.165	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07014

Braunschweiger (a liver sausage), 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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 18g: 1 slice (2-1/2" dia x 1/4" thick)

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07015
Brotwurst, pork, beef, link

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

NDB No. 07015
 Brotwurst, pork, beef, link

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 70g: 1 link

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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

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

Common Measures:

NDB No. 07270

CARL BUDDIG, Cooked Corned Beef, Chopped, Pressed

Measure 1 = 71g: 1 package

Measure 2 = 57g: 1 serving 2 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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

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

Common Measures:

NDB No. 07272

CARL BUDDIG, Smoked Sliced Beef

Measure 1 = 57g: 1 serving 2 oz

Measure 2 = 71g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07271

CARL BUDDIG, Smoked Sliced Chicken, light and dark meat

Refuse: 0%

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

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

Common Measures:

NDB No. 07271

CARL BUDDIG, Smoked Sliced Chicken, light and dark meat

Measure 1 = 57g: 1 serving 2 oz

Measure 2 = 71g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07275
 CARL BUDDIG, Smoked Sliced Ham

Refuse: 0%

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

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

Common Measures:

NDB No. 07275

CARL BUDDIG, Smoked Sliced Ham

Measure 1 = 57g: 1 serving 2 oz

Measure 2 = 71g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07273

CARL BUDDIG, Smoked Sliced Turkey, light and dark meat

Refuse: 0%

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

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

Common Measures:

NDB No. 07273

CARL BUDDIG, Smoked Sliced Turkey, light and dark meat

Measure 1 = 57g: 1 serving 2 oz

Measure 2 = 71g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07274

CARL BUDDIG. Cooked Smoked Beef Pastrami, Chopped, Pressed

Refuse: 0%

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

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

Common Measures:

NDB No. 07274

CARL BUDDIG. Cooked Smoked Beef Pastrami, Chopped, Pressed

Measure 1 = 57g: 1 serving 2 oz

Measure 2 = 71g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07016

Cheesefurter, cheese smokie, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.560		0	MC	9		0.241		
15:0.....g									
16:0.....g	6.390		0	MC	9		2.748		
17:0.....g									
18:0.....g	3.330		0	MC	9		1.432		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.700		0	MC	9		5.891		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.140		0	MC	9		0.490		
17:1.....g									
18:1 undifferentiated.....g	12.500		0	MC	9		5.375		
20:1.....g	0.000		0	MC	9		0.000		
22:1 undifferentiated.....g	0.000		0	MC	9		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.020		0	MC	9		1.299		
18:2 undifferentiated.....g	2.620		0	MC	9		1.127		
18:3 undifferentiated.....g	0.400		0	MC	9		0.172		
18:4.....g	0.000		0	MC	9		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MC	9		0.000		
20:5 n-3.....g	0.000		0	MC	9		0.000		
22:5 n-3.....g	0.000		0	MC	9		0.000		
22:6 n-3.....g	0.000		0	MC	9		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0	MC	9		29		
Phytosterols.....mg	1		0	FLM	4		0		
Amino Acids:									
Tryptophan.....g	0.150		0	MC	9		0.065		
Threonine.....g	0.540		0	MC	9		0.232		
Isoleucine.....g	0.620		0	MC	9		0.267		
Leucine.....g	1.100		0	MC	9		0.473		
Lysine.....g	1.160		0	MC	9		0.499		
Methionine.....g	0.360		0	MC	9		0.155		
Cystine.....g	0.150		0	MC	9		0.065		
Phenylalanine.....g	0.560		0	MC	9		0.241		
Tyrosine.....g	0.520		0	MC	9		0.224		
Valine.....g	0.690		0	MC	9		0.297		
Arginine.....g	0.840		0	MC	9		0.361		
Histidine.....g	0.470		0	MC	9		0.202		
Alanine.....g	0.830		0	MC	9		0.357		
Aspartic acid.....g	1.240		0	MC	9		0.533		
Glutamic acid.....g	2.350		0	MC	9		1.011		
Glycine.....g	0.910		0	MC	9		0.391		
Proline.....g	0.970		0	MC	9		0.417		
Serine.....g	0.600		0	MC	9		0.258		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	MC	9		0.0		
Caffeine.....mg	0		0	MC	9		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		

NDB No. 07016

Cheesefurter, cheese smokie, 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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 43g: 1 link

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	0.110		0	BFZN	4		0.046		
17:0.....g									
18:0.....g	0.050		0	BFZN	4		0.021		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.160		0	BFZN	4		0.067		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0	BFZN	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.140		0	BFZN	4		0.059		
20:1.....g									
22:1 undifferentiated.....g	0.000			FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.060		0	BFZN	4		0.025		
18:2 undifferentiated.....g	0.060		0	BFZN	4		0.025		
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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		
Amino Acids:									
Tryptophan.....g	0.183		0	A	1		0.077		
Threonine.....g	0.686		0	A	1		0.288		
Isoleucine.....g	0.812		0	A	1		0.341		
Leucine.....g	1.201		0	A	1		0.504		
Lysine.....g	1.335		0	A	1		0.561		
Methionine.....g	0.437		0	A	1		0.184		
Cystine.....g	0.229		0	A	1		0.096		
Phenylalanine.....g	0.645		0	A	1		0.271		
Tyrosine.....g	0.527		0	A	1		0.221		
Valine.....g	0.806		0	A	1		0.339		
Arginine.....g	1.076		0	A	1		0.452		
Histidine.....g	0.478		0	A	1		0.201		
Alanine.....g	1.015		0	A	1		0.426		
Aspartic acid.....g	1.499		0	A	1		0.630		
Glutamic acid.....g	2.424		0	A	1		1.018		
Glycine.....g	1.234		0	A	1		0.518		
Proline.....g	0.884		0	A	1		0.371		
Serine.....g	0.601		0	A	1		0.253		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07932

Chicken breast, fat-free, mesquite flavor, sliced

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

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

Common Measures:

Measure 1 = 42g: 1 serving 2 slices

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	0.089			FLA	4		0.037		
17:0.....g									
18:0.....g	0.032			FLA	4		0.013		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.121			FLA	4		0.051		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015			FLA	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.103			FLA	4		0.043		
20:1.....g	0.003			FLA	4		0.001		
22:1 undifferentiated.....g	0.000			FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.073			FLA	4		0.031		
18:2 undifferentiated.....g	0.060			FLA	4		0.025		
18:3 undifferentiated.....g	0.003			FLA	4		0.001		
18:4.....g	0.000			FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006			FLA	4		0.002		
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.183		0	A	1		0.077		
Threonine.....g	0.686		0	A	1		0.288		
Isoleucine.....g	0.812		0	A	1		0.341		
Leucine.....g	1.201		0	A	1		0.504		
Lysine.....g	1.335		0	A	1		0.561		
Methionine.....g	0.437		0	A	1		0.184		
Cystine.....g	0.229		0	A	1		0.096		
Phenylalanine.....g	0.645		0	A	1		0.271		
Tyrosine.....g	0.527		0	A	1		0.221		
Valine.....g	0.806		0	A	1		0.339		
Arginine.....g	1.076		0	A	1		0.452		
Histidine.....g	0.478		0	A	1		0.201		
Alanine.....g	1.015		0	A	1		0.426		
Aspartic acid.....g	1.499		0	A	1		0.630		
Glutamic acid.....g	2.424		0	A	1		1.018		
Glycine.....g	1.234		0	A	1		0.518		
Proline.....g	0.884		0	A	1		0.371		
Serine.....g	0.601		0	A	1		0.253		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07933

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

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

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

Common Measures:

Measure 1 = 42g: 1 serving 2 slices

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07017
Chicken roll, light meat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.060		0		1		0.034	0.102	
15:0.....g									
16:0.....g	1.510		0		1		0.861	2.567	
17:0.....g									
18:0.....g	0.390		0		1		0.222	0.663	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	2.920		0	NC	4		1.664	4.964	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		0.234	0.697	
17:1.....g									
18:1 undifferentiated.....g	2.430		0		1		1.385	4.131	
20:1.....g	0.080		0		1		0.046	0.136	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.530		0	NC	4		0.872	2.601	
18:2 undifferentiated.....g	1.360		0		1		0.775	2.312	
18:3 undifferentiated.....g	0.060		0		1		0.034	0.102	
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	0.080		0		1		0.046	0.136	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.006	0.017	
22:6 n-3.....g	0.020		0		1		0.011	0.034	
Fatty acids, total trans.....g									
Cholesterol.....mg	50		1		1		29	85	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.212		0	MC	9		0.121	0.360	
Threonine.....g	0.796		0	MC	9		0.454	1.353	
Isoleucine.....g	0.942		0	MC	9		0.537	1.601	
Leucine.....g	1.393		0	MC	9		0.794	2.368	
Lysine.....g	1.549		0	MC	9		0.883	2.633	
Methionine.....g	0.507		0	MC	9		0.289	0.862	
Cystine.....g	0.266		0	MC	9		0.152	0.452	
Phenylalanine.....g	0.748		0	MC	9		0.427	1.272	
Tyrosine.....g	0.611		0	MC	9		0.348	1.039	
Valine.....g	0.935		0	MC	9		0.533	1.589	
Arginine.....g	1.248		0	MC	9		0.711	2.122	
Histidine.....g	0.555		0	MC	9		0.316	0.943	
Alanine.....g	1.178		0	MC	9		0.671	2.002	
Aspartic acid.....g	1.739		0	MC	9		0.991	2.956	
Glutamic acid.....g	2.811		0	MC	9		1.602	4.779	
Glycine.....g	1.431		0	MC	9		0.816	2.432	
Proline.....g	1.025		0	MC	9		0.584	1.742	
Serine.....g	0.697		0	MC	9		0.397	1.185	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	MC	9		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 57g: 1 serving (1 serving)

Measure 2 = 170g: 1 package

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07018
Chicken spread

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.410		0		4		1.350		
17:0.....g									
18:0.....g	0.720		0		4		0.403		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	4.800		0	NC	4		2.688		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.630		0		4		0.353		
17:1.....g									
18:1 undifferentiated.....g	4.060		0		4		2.274		
20:1.....g	0.110		0		4		0.062		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.350		0	NC	4		1.316		
18:2 undifferentiated.....g	2.230		0		4		1.249		
18:3 undifferentiated.....g	0.120		0		4		0.067		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....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	56		0	MC	9		32		
Phytosterols.....mg	0		0		4		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.197			FLM	4		0.110		
Threonine.....g	0.730			FLM	4		0.409		
Isoleucine.....g	0.879			FLM	4		0.492		
Leucine.....g	1.286			FLM	4		0.720		
Lysine.....g	1.438			FLM	4		0.805		
Methionine.....g	0.469			FLM	4		0.263		
Cystine.....g	0.237			FLM	4		0.133		
Phenylalanine.....g	0.687			FLM	4		0.385		
Tyrosine.....g	0.568			FLM	4		0.318		
Valine.....g	0.859			FLM	4		0.481		
Arginine.....g	1.117			FLM	4		0.626		
Histidine.....g	0.517			FLM	4		0.290		
Alanine.....g	1.037			FLM	4		0.581		
Aspartic acid.....g	1.580			FLM	4		0.885		
Glutamic acid.....g	2.586			FLM	4		1.448		
Glycine.....g	1.166			FLM	4		0.653		
Proline.....g	0.868			FLM	4		0.486		
Serine.....g	0.626			FLM	4		0.351		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0			FLM	4		0.0		
Caffeine.....mg	0			FLM	4		0		
Theobromine.....mg	0			FLM	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

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

Common Measures:

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

Calories Factors: Protein 4

Fat 4

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.870		0		1		0.522		
15:0.....g									
16:0.....g	9.150		0		1		5.490		
17:0.....g									
18:0.....g	4.120		0		1		2.472		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	18.400		0		1		11.040		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.650		0		1		0.990		
17:1.....g									
18:1 undifferentiated.....g	16.310		0		1		9.786		
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	3.460		0		1		2.076		
18:2 undifferentiated.....g	2.930		0		1		1.758		
18:3 undifferentiated.....g	0.380		0		1		0.228		
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		0.054		
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	88		0		4		53		
Phytosterols.....mg	0		0		4		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.278		1		1		0.167		
Threonine.....g	1.473		1		1		0.884		
Isoleucine.....g	2.206		1		1		1.324		
Leucine.....g	1.708		1		1		1.025		
Lysine.....g	2.414		1		1		1.448		
Methionine.....g	0.470		1		1		0.282		
Cystine.....g	0.276		0		4		0.166		
Phenylalanine.....g	1.149		1		1		0.689		
Tyrosine.....g	0.748		0		4		0.449		
Valine.....g	0.914		1		1		0.548		
Arginine.....g	1.693		1		1		1.016		
Histidine.....g	0.721		1		1		0.433		
Alanine.....g	1.560		0		4		0.936		
Aspartic acid.....g	2.185		0		4		1.311		
Glutamic acid.....g	3.566		0		4		2.140		
Glycine.....g	1.730		0		4		1.038		
Proline.....g	1.252		0		4		0.751		
Serine.....g	0.993		0		4		0.596		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		

NDB No. 07019
Chorizo, pork and beef

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 60g: 1 link (4" long)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	1.260		14		1		0.353	0.718	
17:0.....g									
18:0.....g	0.990		14		1		0.277	0.564	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	2.680		0		1		0.750	1.528	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		14		1		0.112	0.228	
17:1.....g									
18:1 undifferentiated.....g	2.280		14		1		0.638	1.300	
20:1.....g	0.000		14		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		14		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.320		0		1		0.090	0.182	
18:2 undifferentiated.....g	0.240		14		1		0.067	0.137	
18:3 undifferentiated.....g	0.080		14		1		0.022	0.046	
18:4.....g	0.000		14		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		14		1		0.000	0.000	
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.165		0		1		0.046	0.094	
Threonine.....g	0.894		0		1		0.250	0.510	
Isoleucine.....g	0.861		0		1		0.241	0.491	
Leucine.....g	1.584		0		1		0.444	0.903	
Lysine.....g	1.759		0		1		0.493	1.003	
Methionine.....g	0.506		0		1		0.142	0.288	
Cystine.....g	0.238		0		1		0.067	0.136	
Phenylalanine.....g	0.810		0		1		0.227	0.462	
Tyrosine.....g	0.616		0		1		0.172	0.351	
Valine.....g	0.993		0		1		0.278	0.566	
Arginine.....g	1.587		0		1		0.444	0.905	
Histidine.....g	0.601		0		1		0.168	0.343	
Alanine.....g	1.576		0		1		0.441	0.898	
Aspartic acid.....g	1.950		0		1		0.546	1.112	
Glutamic acid.....g	3.167		0		1		0.887	1.805	
Glycine.....g	2.170		0		1		0.608	1.237	
Proline.....g	1.503		0		1		0.421	0.857	
Serine.....g	0.916		0		1		0.256	0.522	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

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

NDB No. 07020

Corned beef loaf, jellied

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.681		0	FLA	4		0.259		
15:0.....g									
16:0.....g	5.613		0	FLA	4		2.133		
17:0.....g									
18:0.....g	2.670		0	FLA	4		1.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	10.086		0	NC	4		3.833		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	10.013		0	FLA	4		3.805		
20:1.....g	0.073		0	FLA	4		0.028		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.077		0	NC	4		1.169		
18:2 undifferentiated.....g	2.301		0	FLA	4		0.874		
18:3 undifferentiated.....g	0.683		0	FLA	4		0.260		
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	0.072		0	FLA	4		0.027		
20:5 n-3.....g	0.004		0	FLA	4		0.002		
22:5 n-3.....g	0.004		0	FLA	4		0.002		
22:6 n-3.....g	0.013		0	FLA	4		0.005		
Fatty acids, total trans.....g	0.000		0	NR	4		0.000		
Cholesterol.....mg	60		1	A	1		23		
Phytosterols.....mg	2		0	FLA	4		1		
Amino Acids:									
Tryptophan.....g	0.160		0	FLA	4		0.061		
Threonine.....g	0.604		0	FLA	4		0.230		
Isoleucine.....g	0.648		0	FLA	4		0.246		
Leucine.....g	1.078		0	FLA	4		0.410		
Lysine.....g	1.164		0	FLA	4		0.442		
Methionine.....g	0.360		0	FLA	4		0.137		
Cystine.....g	0.169		0	FLA	4		0.064		
Phenylalanine.....g	0.546		0	FLA	4		0.208		
Tyrosine.....g	0.465		0	FLA	4		0.177		
Valine.....g	0.691		0	FLA	4		0.262		
Arginine.....g	0.893		0	FLA	4		0.339		
Histidine.....g	0.469		0	FLA	4		0.178		
Alanine.....g	0.825		0	FLA	4		0.314		
Aspartic acid.....g	1.267		0	FLA	4		0.482		
Glutamic acid.....g	2.101		0	FLA	4		0.798		
Glycine.....g	0.789		0	FLA	4		0.300		
Proline.....g	0.628		0	FLA	4		0.239		
Serine.....g	0.533		0	FLA	4		0.202		
Hydroxyproline.....g	0.000		0	NR	4		0.000		
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		

NDB No. 07021

Dutch brand loaf, chicken, pork and beef

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 38g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07022

Frankfurter, beef

frank, hot dog, wiener

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.01		5	A	1		23.40	29.64	
Energy.....kcal	330		0	NC	4		149	188	
Energy.....kj	1382		0	NC	4		622	788	
Protein (N x 6.25).....g	11.24		5	A	1		5.06	6.41	
Total lipid (fat).....g	29.57		5	A	1		13.30	16.85	
Ash.....g	3.13		5	A	1		1.41	1.78	
Carbohydrate, by difference.....g	4.06		0	NC	4		1.83	2.32	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	3.39		2	A	1		1.53	1.93	
Sucrose.....g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose).....g	2.82		2	A	1		1.27	1.61	
Fructose.....g	0.00		2	A	1		0.00	0.00	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.58		2	A	1		0.26	0.33	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	1.32		2	A	1		0.59	0.75	
Minerals:									
Calcium, Ca.....mg	14		5	A	1		6	8	
Iron, Fe.....mg	1.51		5	A	1		0.68	0.86	
Magnesium, Mg.....mg	14		5	A	1		6	8	
Phosphorus, P.....mg	160		5	A	1		72	91	
Potassium, K.....mg	156		5	A	1		70	89	
Sodium, Na.....mg	1140		5	A	1		513	650	
Zinc, Zn.....mg	2.46		5	A	1		1.11	1.40	
Copper, Cu.....mg	0.184		5	A	1		0.083	0.105	
Manganese, Mn.....mg	0.082		5	A	1		0.037	0.047	
Selenium, Se.....mcg	8.2		2	A	1		3.7	4.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.040		5	A	1		0.018	0.023	
Riboflavin.....mg	0.147		5	A	1		0.066	0.084	
Niacin.....mg	2.372		5	A	1		1.068	1.352	
Pantothenic acid.....mg	0.244		2	A	1		0.110	0.139	
Vitamin B-6.....mg	0.089		2	A	1		0.040	0.050	
Folate, total.....mcg	5		2	A	1		2	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	5		2	A	1		2	3	
Folate, DFE.....mcg_DFE	5		0	NC	4		2	3	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.72		5	A	1		0.78	0.98	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.20		0	NR	4		0.09	0.12	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	36		0	T	4		16	21	
Vitamin K (phylloquinone).....mcg	1.8		0	BFZN	4		0.8	1.0	
Lipids:									
Fatty acids, total saturated.....g	11.688		0	NC	4		5.260	6.662	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.083		0	BFFN	4		0.037	0.047	
12:0.....g	0.041		0	BFFN	4		0.019	0.024	
13:0.....g									
14:0.....g	0.874		5	A	1		0.393	0.498	
15:0.....g	0.152		5	A	1		0.068	0.087	
16:0.....g	6.483		5	A	1		2.917	3.695	
17:0.....g	0.389		5	A	1		0.175	0.222	
18:0.....g	3.559		5	A	1		1.602	2.029	
20:0.....g									
22:0.....g	0.107		1	A	1		0.048	0.061	
24:0.....g									
Fatty acids, total monounsaturated..... g	14.305		0	NC	4		6.437	8.154	
14:1.....g	0.326		5	A	1		0.147	0.186	
15:1.....g									
16:1 undifferentiated.....g	1.216		5	A	1		0.547	0.693	
17:1.....g									
18:1 undifferentiated.....g	12.426		5	A	1		5.592	7.083	
20:1.....g	0.224		5	A	1		0.101	0.128	
22:1 undifferentiated.....g	0.112		1	A	1		0.050	0.064	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.182		0	NC	4		0.532	0.674	
18:2 undifferentiated.....g	1.006		5	A	1		0.453	0.573	
18:3 undifferentiated.....g	0.176		5	A	1		0.079	0.100	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	53		5	A	1		24	30	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.121		0	A	1		0.055	0.069	
Threonine.....g	0.519		0	A	1		0.234	0.296	
Isoleucine.....g	0.580		0	A	1		0.261	0.331	
Leucine.....g	0.994		0	A	1		0.447	0.566	
Lysine.....g	1.055		0	A	1		0.475	0.601	
Methionine.....g	0.319		0	A	1		0.143	0.182	
Cystine.....g	0.121		0	A	1		0.054	0.069	
Phenylalanine.....g	0.487		0	A	1		0.219	0.278	
Tyrosine.....g	0.412		0	A	1		0.185	0.235	
Valine.....g	0.608		0	A	1		0.273	0.346	
Arginine.....g	0.757		0	A	1		0.341	0.432	
Histidine.....g	0.362		0	A	1		0.163	0.207	
Alanine.....g	0.679		0	A	1		0.306	0.387	
Aspartic acid.....g	1.120		0	A	1		0.504	0.639	
Glutamic acid.....g	1.802		0	A	1		0.811	1.027	
Glycine.....g	0.534		0	A	1		0.240	0.305	
Proline.....g	0.475		0	A	1		0.214	0.271	
Serine.....g	0.451		0	A	1		0.203	0.257	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	

NDB No. 07022
Frankfurter, beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 45g: 1 frankfurter (5 in long X 3/4 in dia, 10 per lb)

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.530	0.028	32		1		0.239		
15:0.....g									
16:0.....g	6.450	0.106	32		1		2.903		
17:0.....g									
18:0.....g	3.650	0.080	32		1		1.643		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.670		0	NC	4		6.152		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.310	0.056	32		1		0.590		
17:1.....g									
18:1 undifferentiated.....g	12.360	0.180	32		1		5.562		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.730		0	NC	4		1.229		
18:2 undifferentiated.....g	2.340	0.128	32		1		1.053		
18:3 undifferentiated.....g	0.390	0.024	32		1		0.176		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....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	50	2.195	26		1		23		
Phytosterols.....mg	0		0		4		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.117		0	FLM	4		0.053		
Threonine.....g	0.465		0	FLM	4		0.209		
Isoleucine.....g	0.473		0	FLM	4		0.213		
Leucine.....g	0.844		0	FLM	4		0.380		
Lysine.....g	0.908		0	FLM	4		0.409		
Methionine.....g	0.268		0	FLM	4		0.121		
Cystine.....g	0.122		0	FLM	4		0.055		
Phenylalanine.....g	0.420		0	FLM	4		0.189		
Tyrosine.....g	0.350		0	FLM	4		0.158		
Valine.....g	0.534		0	FLM	4		0.240		
Arginine.....g	0.707		0	FLM	4		0.318		
Histidine.....g	0.363		0	FLM	4		0.163		
Alanine.....g	0.643		0	FLM	4		0.289		
Aspartic acid.....g	0.983		0	FLM	4		0.442		
Glutamic acid.....g	1.626		0	FLM	4		0.732		
Glycine.....g	0.572		0	FLM	4		0.258		
Proline.....g	0.465		0	FLM	4		0.209		
Serine.....g	0.420		0	FLM	4		0.189		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		

NDB No. 07023
Frankfurter, beef and pork

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 45g: 1 frankfurter

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.182				4		0.275	0.104	
15:0.....g									
16:0.....g	2.213				4		3.342	1.261	
17:0.....g									
18:0.....g	1.252				4		1.891	0.714	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	4.690				4		7.082	2.673	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450				4		0.680	0.257	
17:1.....g									
18:1 undifferentiated.....g	4.241				4		6.404	2.417	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.937				4		1.415	0.534	
18:2 undifferentiated.....g	0.803				4		1.213	0.458	
18:3 undifferentiated.....g	0.134				4		0.202	0.076	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	44					12	66	25	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	0		0	Z		7	0	0	
Theobromine.....mg	0		0	Z		7	0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	
Lycopene.....mcg	0		0	Z		7	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z		7	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 = 151g: 1 cup, sliced
 Measure 2 = 57g: 1 frankfurter

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07945
Frankfurter, beef, heated

frank, hot dog, wiener

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.18	0.407	3	A	1		27.13		
Energy.....kcal	326		0	NC	4		170		
Energy.....kj	1365		0	NC	4		710		
Protein (N x 6.25).....g	11.54	0.125	3	A	1		6.00		
Total lipid (fat).....g	29.46	1.149	3	A	1		15.32		
Ash.....g	3.06	0.162	3	A	1		1.59		
Carbohydrate, by difference.....g	3.77		0	NC	4		1.96		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	3.39	0.155	3	A	1		1.76		
Sucrose.....g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose).....g	2.76	0.205	3	A	1		1.44		
Fructose.....g	0.00	0.000	3	A	1		0.00		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.63	0.067	3	A	1		0.33		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	1.63	0.350	3	A	1		0.85		
Minerals:									
Calcium, Ca.....mg	12	2.872	3	A	1		6		
Iron, Fe.....mg	1.56	0.046	3	A	1		0.81		
Magnesium, Mg.....mg	14	0.731	3	A	1		7		
Phosphorus, P.....mg	171	15.486	3	A	1		89		
Potassium, K.....mg	147	13.914	3	A	1		77		
Sodium, Na.....mg	1154	61.666	3	A	1		600		
Zinc, Zn.....mg	2.35	0.109	3	A	1		1.22		
Copper, Cu.....mg	0.153	0.007	3	A	1		0.080		
Manganese, Mn.....mg	0.077	0.032	3	A	1		0.040		
Selenium, Se.....mcg	12.1	2.474	3	A	1		6.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.039	0.003	3	A	1		0.020		
Riboflavin.....mg	0.144		2	A	1		0.075		
Niacin.....mg	2.354	0.121	3	A	1		1.224		
Pantothenic acid.....mg	0.250	0.028	3	A	1		0.130		
Vitamin B-6.....mg	0.093	0.012	3	A	1		0.048		
Folate, total.....mcg	7	1.179	3	A	1		4		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	7	1.179	3	A	1		4		
Folate, DFE.....mcg_DFE	7		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.65	0.040	3	A	1		0.86		
Vitamin A, 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 (alpha-tocopherol).....mg	0.20		0	NR	4		0.11		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8		0	BFZN	4		0.9		
Lipids:									
Fatty acids, total saturated.....g	11.436		0	NC	4		5.947		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		

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
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.083		0	BFFN	4		0.043		
12:0.....g	0.041		0	BFFN	4		0.021		
13:0.....g									
14:0.....g	0.857	0.032	3	A	1		0.446		
15:0.....g	0.151	0.007	3	A	1		0.079		
16:0.....g	6.345	0.104	3	A	1		3.299		
17:0.....g	0.378	0.022	3	A	1		0.197		
18:0.....g	3.474	0.110	3	A	1		1.807		
20:0.....g									
22:0.....g	0.107		0	BFFN	4		0.055		
24:0.....g									
Fatty acids, total monounsaturated..... g	14.321		0	NC	4		7.447		
14:1.....g	0.333	0.014	3	A	1		0.173		
15:1.....g									
16:1 undifferentiated.....g	1.238	0.030	3	A	1		0.644		
17:1.....g									
18:1 undifferentiated.....g	12.429	0.260	3	A	1		6.463		
20:1.....g	0.219	0.003	3	A	1		0.114		
22:1 undifferentiated.....g	0.102		1	A	1		0.053		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.064		0	NC	4		0.553		
18:2 undifferentiated.....g	0.891	0.055	3	A	1		0.463		
18:3 undifferentiated.....g	0.173	0.003	3	A	1		0.090		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.125		0	A	1		0.065		
Threonine.....g	0.533		0	A	1		0.277		
Isoleucine.....g	0.596		0	A	1		0.310		
Leucine.....g	1.020		0	A	1		0.530		
Lysine.....g	1.083		0	A	1		0.563		
Methionine.....g	0.327		0	A	1		0.170		
Cystine.....g	0.124		0	A	1		0.064		
Phenylalanine.....g	0.500		0	A	1		0.260		
Tyrosine.....g	0.423		0	A	1		0.220		
Valine.....g	0.624		0	A	1		0.324		
Arginine.....g	0.777		0	A	1		0.404		
Histidine.....g	0.372		0	A	1		0.193		
Alanine.....g	0.697		0	A	1		0.363		
Aspartic acid.....g	1.150		0	A	1		0.598		
Glutamic acid.....g	1.849		0	A	1		0.962		
Glycine.....g	0.548		0	A	1		0.285		
Proline.....g	0.488		0	A	1		0.254		
Serine.....g	0.463		0	A	1		0.241		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									

NDB No. 07945
Frankfurter, beef, 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
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 52g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 42179
Frankfurter, beef, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.600				4		0.906	0.342	
15:0.....g									
16:0.....g	4.900				4		7.399	2.793	
17:0.....g									
18:0.....g	2.600				4		3.926	1.482	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	9.800				12		14.798	5.586	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.000				4		1.510	0.570	
17:1.....g									
18:1 undifferentiated.....g	8.800				4		13.288	5.016	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.600				12		0.906	0.342	
18:2 undifferentiated.....g	0.600				4		0.906	0.342	
18:3 undifferentiated.....g	0.000				4		0.000	0.000	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	40				12		60	23	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 151g: 1 cup, sliced
 Measure 2 = 57g: 1 frankfurter

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07905

Frankfurter, beef, pork, and turkey, fat free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0	Z	7		0.000		
15:0.....g									
16:0.....g	0.000		0	Z	7		0.000		
17:0.....g									
18:0.....g	0.000		0	Z	7		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.740		1	A	1		0.422		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.350		1	A	1		0.200		
18:2 undifferentiated.....g	0.000		0	Z	7		0.000		
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	41		1	A	1		24		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 57g: 1 frank 1 NLEA serving

Calories Factors: Protein 4.27

Fat

Carbohydrate 3.68

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07024
Frankfurter, chicken

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.180	0.025	3		1		0.051	0.081	
15:0.....g									
16:0.....g	4.120	0.408	3		1		1.168	1.854	
17:0.....g									
18:0.....g	1.100	0.109	3		1		0.312	0.495	
20:0.....g									
22:0.....g									
24:0.....g									
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	
Amino Acids:									
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									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28.35g: 1 oz

Measure 2 = 45g: 1 frankfurter

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 43507
Frankfurter, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.939				4		1.418	0.535	
15:0.....g									
16:0.....g	6.514				4		9.836	3.713	
17:0.....g									
18:0.....g	3.956				4		5.974	2.255	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.606				4		20.545	7.755	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.628				4		2.458	0.928	
17:1.....g									
18:1 undifferentiated.....g	11.978				4		18.087	6.827	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.379				4		2.082	0.786	
18:2 undifferentiated.....g	1.109				4		1.675	0.632	
18:3 undifferentiated.....g	0.270				4		0.408	0.154	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	61				1		92	35	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0			Z	7		0	0	
Theobromine.....mg	0			Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 151g: 1 cup, sliced
 Measure 2 = 57g: 1 frankfurter

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07950
Frankfurter, meat

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

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

Common Measures:

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

NDB No. 07950
Frankfurter, meat

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 42280

Frankfurter, meat and poultry, low fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.039				4		0.056		
15:0.....g									
16:0.....g	0.587				4		0.839		
17:0.....g									
18:0.....g	0.319				4		0.456		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	1.190				4		1.702		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090				4		0.129		
17:1.....g									
18:1 undifferentiated.....g	0.994				4		1.421		
20:1.....g	0.001				4		0.001		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.360				4		0.515		
18:2 undifferentiated.....g	0.305				4		0.436		
18:3 undifferentiated.....g	0.026				4		0.037		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	44				4		63		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				4		0.0		
Caffeine.....mg	0			Z	7		0		
Theobromine.....mg	0			Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 143g: 1 cup, sliced

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07949
Frankfurter, meat, heated

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

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

Common Measures:

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

NDB No. 07949
Frankfurter, meat, heated

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	5.437		0	FLC	4		4.132		
17:0.....g									
18:0.....g	2.986		0	FLC	4		2.269		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	10.890		0	FLC	4		8.276		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.406		0	FLC	4		0.309		
17:1.....g									
18:1 undifferentiated.....g	10.130		0	FLC	4		7.699		
20:1.....g	0.279		0	FLC	4		0.212		
22:1 undifferentiated.....g	0.000			FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.233		0	FLC	4		1.697		
18:2 undifferentiated.....g	1.955		0	FLC	4		1.486		
18:3 undifferentiated.....g	0.151		0	FLC	4		0.115		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.045		0	FLC	4		0.034		
20:5 n-3.....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		
Amino Acids:									
Tryptophan.....g	0.150			FLC	4		0.114		
Threonine.....g	0.561			FLC	4		0.426		
Isoleucine.....g	0.571			FLC	4		0.434		
Leucine.....g	1.001			FLC	4		0.761		
Lysine.....g	1.122			FLC	4		0.853		
Methionine.....g	0.320			FLC	4		0.243		
Cystine.....g	0.155			FLC	4		0.118		
Phenylalanine.....g	0.503			FLC	4		0.382		
Tyrosine.....g	0.423			FLC	4		0.322		
Valine.....g	0.678			FLC	4		0.516		
Arginine.....g	0.814			FLC	4		0.618		
Histidine.....g	0.470			FLC	4		0.357		
Alanine.....g	0.747			FLC	4		0.567		
Aspartic acid.....g	1.142			FLC	4		0.868		
Glutamic acid.....g	1.916			FLC	4		1.456		
Glycine.....g	0.739			FLC	4		0.562		
Proline.....g	0.602			FLC	4		0.457		
Serine.....g	0.526			FLC	4		0.400		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07939

Frankfurter, pork

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

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

Common Measures:

Measure 1 = 76g: 1 link

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.300		0		4		0.135		
15:0.....g									
16:0.....g	3.620		0		4		1.629		
17:0.....g									
18:0.....g	1.830		0		4		0.824		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	5.580		0		4		2.511		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0		4		0.126		
17:1.....g									
18:1 undifferentiated.....g	5.300		0		4		2.385		
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	5.000		0		4		2.250		
18:2 undifferentiated.....g	4.640		0		4		2.088		
18:3 undifferentiated.....g	0.360		0		4		0.162		
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	107	2.594	4		1		48		
Phytosterols.....mg	0		0		4		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.114		0		4		0.051		
Threonine.....g	0.683		0		4		0.307		
Isoleucine.....g	0.539		0		4		0.243		
Leucine.....g	1.163		0		4		0.523		
Lysine.....g	1.238		0		4		0.557		
Methionine.....g	0.402		0		4		0.181		
Cystine.....g	0.105		0		4		0.047		
Phenylalanine.....g	0.592		0		4		0.266		
Tyrosine.....g	0.507		0		4		0.228		
Valine.....g	0.585		0		4		0.263		
Arginine.....g	0.932		0		4		0.419		
Histidine.....g	0.542		0		4		0.244		
Alanine.....g	0.935		0		4		0.421		
Aspartic acid.....g	1.453		0		4		0.654		
Glutamic acid.....g	2.397		0		4		1.079		
Glycine.....g	0.836		0		4		0.376		
Proline.....g	0.697		0		4		0.314		
Serine.....g	0.667		0		4		0.300		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		

NDB No. 07025
 Frankfurter, 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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 45g: 1 frankfurter

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07278

HORMEL Pillow Pak Sliced Turkey Pepperoni

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.500		1	A	1		0.750		
17:0.....g									
18:0.....g	1.070		1	A	1		0.321		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	4.950		0	NC	4		1.485		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		1	A	1		0.138		
17:1.....g									
18:1 undifferentiated.....g	4.490		1	A	1		1.347		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.500		0	NC	4		1.050		
18:2 undifferentiated.....g	3.190		1	A	1		0.957		
18:3 undifferentiated.....g	0.310		1	A	1		0.093		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 30g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	2.920	0.000	8	JO	11		1.635	0.818	
17:0.....g									
18:0.....g	1.410	0.000	8	JO	11		0.790	0.395	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.020		0	NC	4		3.931	1.966	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450	0.000	8	JO	11		0.252	0.126	
17:1.....g									
18:1 undifferentiated.....g	6.570	0.000	8	JO	11		3.679	1.840	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.470		0	NC	4		0.823	0.412	
18:2 undifferentiated.....g	1.350	0.000	8	JO	11		0.756	0.378	
18:3 undifferentiated.....g	0.120	0.000	8	JO	11		0.067	0.034	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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	21	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 56g: 1 serving 2 oz

Measure 2 = 28g: 1 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.200	0.000	8	JA	6		3.472		1.736
17:0.....g									
18:0.....g	3.340	0.000	8	JA	6		1.870		0.935
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.780		0	NC	4		7.717		3.858
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.770	0.000	8	JA	6		0.431		0.216
17:1.....g									
18:1 undifferentiated.....g	13.010	0.000	8	JA	6		7.286		3.643
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.950		0	NC	4		1.652		0.826
18:2 undifferentiated.....g	2.740	0.000	8	JA	6		1.534		0.767
18:3 undifferentiated.....g	0.210	0.000	8	JA	6		0.118		0.059
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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		20
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		0.0
Caffeine.....mg	0		0	Z	7		0		0
Theobromine.....mg	0		0	Z	7		0		0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000		0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		0.000
Lycopene.....mcg	0		0	Z	7		0.000		0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 56g: 1 serving 2 oz

Measure 3 = 28g: 1 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	5.850	0.000	5	A	1		3.276		
17:0.....g									
18:0.....g	3.920	0.000	5	A	1		2.195		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.010	0.000	5	A	1		7.286		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.070	0.000	5	A	1		0.599		
17:1.....g									
18:1 undifferentiated.....g	11.940	0.000	5	A	1		6.686		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.890	0.000	5	A	1		0.498		
18:2 undifferentiated.....g	0.750	0.000	5	A	1		0.420		
18:3 undifferentiated.....g	0.140	0.000	5	A	1		0.078		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 56g: 1 frankfurter

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.390	0.016	8		1		0.109		
15:0.....g									
16:0.....g	4.239	0.179	8		1		1.187		
17:0.....g									
18:0.....g	2.189	0.092	8		1		0.613		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	8.590		0	NC	4		2.405		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.668	0.054	8		1		0.187		
17:1.....g									
18:1 undifferentiated.....g	7.922	0.379	8		1		2.218		
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	2.022		0	NC	4		0.566		
18:2 undifferentiated.....g	1.772	0.136	8		1		0.496		
18:3 undifferentiated.....g	0.250	0.048	8		1		0.070		
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	58		1	A	1		16		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.68

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	4.490	0.017	4		1		0.674	1.273	
17:0.....g									
18:0.....g	2.110	0.182	4		1		0.317	0.598	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.080		0		1		1.062	2.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.770	0.049	4		1		0.116	0.218	
17:1.....g									
18:1 undifferentiated.....g	6.310	0.286	4		1		0.947	1.789	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.380		0		1		0.207	0.391	
18:2 undifferentiated.....g	1.230	0.116	4		1		0.185	0.349	
18:3 undifferentiated.....g	0.150	0.041	4		1		0.023	0.043	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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	
<u>Amino Acids:</u>									
Tryptophan.....g	0.372		0		4		0.056	0.105	
Threonine.....g	0.683		0		4		0.102	0.194	
Isoleucine.....g	0.775		0		4		0.116	0.220	
Leucine.....g	1.504		0		4		0.226	0.426	
Lysine.....g	1.476		0		4		0.221	0.418	
Methionine.....g	0.475		0		4		0.071	0.135	
Cystine.....g	0.255		0		4		0.038	0.072	
Phenylalanine.....g	0.771		0		4		0.116	0.219	
Tyrosine.....g	0.666		0		4		0.100	0.189	
Valine.....g	1.014		0		4		0.152	0.287	
Arginine.....g	0.892		0		4		0.134	0.253	
Histidine.....g	0.597		0		4		0.090	0.169	
Alanine.....g	0.802		0		4		0.120	0.227	
Aspartic acid.....g	1.378		0		4		0.207	0.391	
Glutamic acid.....g	2.887		0		4		0.433	0.818	
Glycine.....g	0.587		0		4		0.088	0.166	
Proline.....g	1.356		0		4		0.203	0.384	
Serine.....g	0.806		0		4		0.121	0.229	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

NDB No. 07033
Ham and cheese spread

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
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	
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	
Amino Acids:									
Tryptophan.....g	0.089		1		1		0.013	0.025	
Threonine.....g	0.409		1		1		0.061	0.116	
Isoleucine.....g	0.403		1		1		0.060	0.114	
Leucine.....g	0.725		1		1		0.109	0.206	
Lysine.....g	0.772		1		1		0.116	0.219	
Methionine.....g	0.228		1		1		0.034	0.065	
Cystine.....g	0.051		1		1		0.008	0.014	
Phenylalanine.....g	0.354		1		1		0.053	0.100	
Tyrosine.....g	0.278		1		1		0.042	0.079	
Valine.....g	0.448		1		1		0.067	0.127	
Arginine.....g	0.593		1		1		0.089	0.168	
Histidine.....g	0.350		1		1		0.053	0.099	
Alanine.....g	0.536		1		1		0.080	0.152	
Aspartic acid.....g	0.856		1		1		0.128	0.243	
Glutamic acid.....g	1.349		1		1		0.202	0.382	
Glycine.....g	0.486		1		1		0.073	0.138	
Proline.....g	0.401		1		1		0.060	0.114	
Serine.....g	0.376		1		1		0.056	0.107	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07031
Ham salad spread

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.68

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.240	0.024	4		1		0.050		
15:0.....g									
16:0.....g	4.020	0.221	4		1		0.844		
17:0.....g									
18:0.....g	1.990	0.128	4		1		0.418		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	9.170		0		1		1.926		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.670	0.047	4		1		0.141		
17:1.....g									
18:1 undifferentiated.....g	8.490	0.459	4		1		1.783		
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	2.050		0		1		0.431		
18:2 undifferentiated.....g	1.860	0.113	4		1		0.391		
18:3 undifferentiated.....g	0.200	0.032	4		1		0.042		
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	49	4.767	4		1		10		
Phytosterols.....mg	0		0		4		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.182		2		1		0.038		
Threonine.....g	0.717		2		1		0.151		
Isoleucine.....g	0.691		2		1		0.145		
Leucine.....g	1.249		2		1		0.262		
Lysine.....g	1.380		2		1		0.290		
Methionine.....g	0.419		2		1		0.088		
Cystine.....g	0.190		2		1		0.040		
Phenylalanine.....g	0.622		2		1		0.131		
Tyrosine.....g	0.527		2		1		0.111		
Valine.....g	0.719		2		1		0.151		
Arginine.....g	0.997		2		1		0.209		
Histidine.....g	0.637		2		1		0.134		
Alanine.....g	0.917		2		1		0.193		
Aspartic acid.....g	1.485		2		1		0.312		
Glutamic acid.....g	2.371		2		1		0.498		
Glycine.....g	0.786		2		1		0.165		
Proline.....g	0.683		2		1		0.143		
Serine.....g	0.627		2		1		0.132		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		

NDB No. 07026
 Ham, chopped, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 21g: 1 slice (4-1/4" x 4-1/4" x 1/16")

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07027
Ham, chopped, not canned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.137	0.024	5		1		0.038		
15:0.....g									
16:0.....g	2.174	0.099	5		1		0.609		
17:0.....g									
18:0.....g	1.081	0.068	5		1		0.303		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	4.897		0	NC	4		1.371		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400	0.053	5		1		0.112		
17:1.....g									
18:1 undifferentiated.....g	4.497	0.315	5		1		1.259		
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	1.260		0	NC	4		0.353		
18:2 undifferentiated.....g	1.081	0.082	5		1		0.303		
18:3 undifferentiated.....g	0.179	0.061	5		1		0.050		
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	59		1	A	1		16		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
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				
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									
Others:									
Alcohol, ethyl.....g	0.0		0	MC	9				
Caffeine.....mg	0		0	MC	9				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	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 National Nutrient Database for Standard Reference, Release 19 (2006)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.280	0.044	4		1		0.059	0.079	
15:0.....g									
16:0.....g	4.420	0.385	4		1		0.928	1.253	
17:0.....g									
18:0.....g	2.410	0.198	4		1		0.506	0.683	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	9.570		0		1		2.010	2.713	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.730	0.055	4		1		0.153	0.207	
17:1.....g									
18:1 undifferentiated.....g	8.850	0.772	4		1		1.859	2.509	
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		0.519	0.700	
18:2 undifferentiated.....g	2.160	0.156	4		1		0.454	0.612	
18:3 undifferentiated.....g	0.310	0.023	4		1		0.065	0.088	
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		15	20	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.156		1		1		0.033	0.044	
Threonine.....g	0.734		1		1		0.154	0.208	
Isoleucine.....g	0.700		1		1		0.147	0.198	
Leucine.....g	1.258		1		1		0.264	0.357	
Lysine.....g	1.364		1		1		0.286	0.387	
Methionine.....g	0.456		1		1		0.096	0.129	
Cystine.....g	0.190		1		1		0.040	0.054	
Phenylalanine.....g	0.641		1		1		0.135	0.182	
Tyrosine.....g	0.536		1		1		0.113	0.152	
Valine.....g	0.747		1		1		0.157	0.212	
Arginine.....g	1.023		1		1		0.215	0.290	
Histidine.....g	0.604		1		1		0.127	0.171	
Alanine.....g	0.948		1		1		0.199	0.269	
Aspartic acid.....g	1.500		1		1		0.315	0.425	
Glutamic acid.....g	2.338		1		1		0.491	0.663	
Glycine.....g	0.883		1		1		0.185	0.250	
Proline.....g	0.713		1		1		0.150	0.202	
Serine.....g	0.677		1		1		0.142	0.192	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 21g: 1 slice (4-1/4" x 4-1/4" x 1/16")

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07028
Ham, sliced, extra lean

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.034		1	A	1		0.022		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	0.582		1	A	1		0.367		
17:0.....g	0.007		1	A	1		0.005		
18:0.....g	0.260		1	A	1		0.164		
20:0.....g	0.002		1	A	1		0.002		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated..... g	1.246		0	NC	4		0.785		
14:1.....g	0.002		1	A	1		0.002		
15:1.....g									
16:1 undifferentiated.....g	0.101		1	A	1		0.064		
17:1.....g	0.010		1	A	1		0.006		
18:1 undifferentiated.....g	1.115		1	A	1		0.703		
20:1.....g	0.017		1	A	1		0.011		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.342		0	NC	4		0.215		
18:2 undifferentiated.....g	0.292		1	A	1		0.184		
18:3 undifferentiated.....g	0.035		1	A	1		0.022		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.007		1	A	1		0.005		
20:4 undifferentiated.....g	0.007		1	A	1		0.005		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	48		6	A	1		30		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 63g: 3 slices 1 NLEA serving

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.109		0	FLA	4		0.061	0.030	
15:0.....g									
16:0.....g	1.842		0	FLA	4		1.031	0.516	
17:0.....g									
18:0.....g	0.969		0	FLA	4		0.543	0.271	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	4.354		0	NC	4		2.438	1.219	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.274		0	FLA	4		0.153	0.077	
17:1.....g									
18:1 undifferentiated.....g	4.006		0	FLA	4		2.243	1.122	
20:1.....g	0.075		0	FLA	4		0.042	0.021	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.789		0	NC	4		0.442	0.221	
18:2 undifferentiated.....g	0.691		0	FLA	4		0.387	0.193	
18:3 undifferentiated.....g	0.060		0	FLA	4		0.034	0.017	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	FLA	4		0.021	0.011	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	57		2	A	1		32	16	
Phytosterols.....mg	5		0	FLA	4		3	1	
Amino Acids:									
Tryptophan.....g	0.155		0	FLA	4		0.087	0.043	
Threonine.....g	0.558		0	FLA	4		0.313	0.156	
Isoleucine.....g	0.573		0	FLA	4		0.321	0.161	
Leucine.....g	0.986		0	FLA	4		0.552	0.276	
Lysine.....g	1.110		0	FLA	4		0.621	0.311	
Methionine.....g	0.319		0	FLA	4		0.179	0.089	
Cystine.....g	0.160		0	FLA	4		0.089	0.045	
Phenylalanine.....g	0.497		0	FLA	4		0.278	0.139	
Tyrosine.....g	0.422		0	FLA	4		0.236	0.118	
Valine.....g	0.670		0	FLA	4		0.375	0.188	
Arginine.....g	0.837		0	FLA	4		0.469	0.234	
Histidine.....g	0.477		0	FLA	4		0.267	0.133	
Alanine.....g	0.731		0	FLA	4		0.409	0.205	
Aspartic acid.....g	1.146		0	FLA	4		0.641	0.321	
Glutamic acid.....g	1.934		0	FLA	4		1.083	0.542	
Glycine.....g	0.681		0	FLA	4		0.381	0.191	
Proline.....g	0.547		0	FLA	4		0.307	0.153	
Serine.....g	0.518		0	FLA	4		0.290	0.145	
Hydroxyproline.....g	0.000		0	NR	4		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07029

Ham, sliced, regular (approximately 11% fat)

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 56g: 1 serving 2 slices

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.187		4		1		0.084		
15:0.....g									
16:0.....g	2.130		4		1		0.958		
17:0.....g									
18:0.....g	1.051		4		1		0.473		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	5.601		0	NC	4		2.520		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.574		4		1		0.258		
17:1.....g									
18:1 undifferentiated.....g	5.027		4		1		2.262		
20:1.....g	0.000		4		1		0.000		
22:1 undifferentiated.....g	0.000		4		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.134		0	NC	4		0.510		
18:2 undifferentiated.....g	1.003		4		1		0.451		
18:3 undifferentiated.....g	0.131		4		1		0.059		
18:4.....g	0.000		4		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		4		1		0.000		
20:5 n-3.....g	0.000		4		1		0.000		
22:5 n-3.....g	0.000	0.000	4		1		0.000		
22:6 n-3.....g	0.000		4		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	69		1	A	1		31		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 45g: 1 serving

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.68

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07035
Honey loaf, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.080	0.017	5		1		0.046	0.022	
15:0.....g									
16:0.....g	0.840	0.033	5		1		0.479	0.235	
17:0.....g									
18:0.....g	0.470	0.038	5		1		0.268	0.132	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	2.020		0	NC	4		1.151	0.566	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230	0.027	5		1		0.131	0.064	
17:1.....g									
18:1 undifferentiated.....g	1.790	0.042	5		1		1.020	0.501	
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	0.460		0	NC	4		0.262	0.129	
18:2 undifferentiated.....g	0.380	0.017	5		1		0.217	0.106	
18:3 undifferentiated.....g	0.080	0.026	5		1		0.046	0.022	
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	34	8.686	3		1		19	10	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.190		0	FLM	4		0.108	0.053	
Threonine.....g	0.683		0	FLM	4		0.389	0.191	
Isoleucine.....g	0.703		0	FLM	4		0.401	0.197	
Leucine.....g	1.207		0	FLM	4		0.688	0.338	
Lysine.....g	1.342		0	FLM	4		0.765	0.376	
Methionine.....g	0.393		0	FLM	4		0.224	0.110	
Cystine.....g	0.194		0	FLM	4		0.111	0.054	
Phenylalanine.....g	0.603		0	FLM	4		0.344	0.169	
Tyrosine.....g	0.519		0	FLM	4		0.296	0.145	
Valine.....g	0.814		0	FLM	4		0.464	0.228	
Arginine.....g	0.935		0	FLM	4		0.533	0.262	
Histidine.....g	0.582		0	FLM	4		0.332	0.163	
Alanine.....g	0.869		0	FLM	4		0.496	0.243	
Aspartic acid.....g	1.397		0	FLM	4		0.796	0.391	
Glutamic acid.....g	2.316		0	FLM	4		1.320	0.648	
Glycine.....g	0.749		0	FLM	4		0.427	0.210	
Proline.....g	0.624		0	FLM	4		0.355	0.175	
Serine.....g	0.622		0	FLM	4		0.355	0.174	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	MC	9		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 57g: 1 serving 2 slices

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	2.400	0.075	4		1		0.552	0.680	
17:0.....g									
18:0.....g	1.360	0.059	4		1		0.313	0.386	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	4.820		0		1		1.109	1.366	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.620	0.051	4		1		0.143	0.176	
17:1.....g									
18:1 undifferentiated.....g	4.200	0.257	4		1		0.966	1.191	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.490		0		1		0.113	0.139	
18:2 undifferentiated.....g	0.380	0.020	4		1		0.087	0.108	
18:3 undifferentiated.....g	0.110	0.015	4		1		0.025	0.031	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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		12	14	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.152		0		4		0.035	0.043	
Threonine.....g	0.779		0		4		0.179	0.221	
Isoleucine.....g	0.761		0		4		0.175	0.216	
Leucine.....g	1.388		0		4		0.319	0.393	
Lysine.....g	1.516		0		4		0.349	0.430	
Methionine.....g	0.449		0		4		0.103	0.127	
Cystine.....g	0.220		0		4		0.051	0.062	
Phenylalanine.....g	0.696		0		4		0.160	0.197	
Tyrosine.....g	0.562		0		4		0.129	0.159	
Valine.....g	0.853		0		4		0.196	0.242	
Arginine.....g	1.255		0		4		0.289	0.356	
Histidine.....g	0.538		0		4		0.124	0.153	
Alanine.....g	1.228		0		4		0.282	0.348	
Aspartic acid.....g	1.650		0		4		0.380	0.468	
Glutamic acid.....g	2.679		0		4		0.616	0.759	
Glycine.....g	1.379		0		4		0.317	0.391	
Proline.....g	1.011		0		4		0.233	0.287	
Serine.....g	0.758		0		4		0.174	0.215	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

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

NDB No. 07088

Honey roll sausage, beef

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07934

Kielbasa, Polish, turkey and beef, smoked

Refuse: 0%

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

NDB No. 07934

Kielbasa, Polish, turkey and beef, smoked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 56g: 1 serving 2 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
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	
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	
Amino Acids:									
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									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07037

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

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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.580	0.069	5		1		0.418	0.164	
15:0.....g									
16:0.....g	5.970	0.270	5		1		4.298	1.692	
17:0.....g									
18:0.....g	3.460	0.086	5		1		2.491	0.981	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.810		0	NC	4		9.223	3.632	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.280	0.042	5		1		0.922	0.363	
17:1.....g									
18:1 undifferentiated.....g	11.530	0.700	5		1		8.302	3.269	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.920		0	NC	4		2.102	0.828	
18:2 undifferentiated.....g	2.480	0.223	5		1		1.786	0.703	
18:3 undifferentiated.....g	0.440	0.085	5		1		0.317	0.125	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	
Amino Acids:									
Tryptophan.....g	0.138		0	BFZN	4		0.099	0.039	
Threonine.....g	0.432		0	BFZN	4		0.311	0.122	
Isoleucine.....g	0.639		0	BFZN	4		0.460	0.181	
Leucine.....g	0.874		0	BFZN	4		0.629	0.248	
Lysine.....g	1.010		0	BFZN	4		0.727	0.286	
Methionine.....g	0.276		0	BFZN	4		0.199	0.078	
Cystine.....g	0.225		0	BFZN	4		0.162	0.064	
Phenylalanine.....g	0.501		0	BFZN	4		0.361	0.142	
Tyrosine.....g	0.490		0	BFZN	4		0.353	0.139	
Valine.....g	0.639		0	BFZN	4		0.460	0.181	
Arginine.....g	0.942		0	BFZN	4		0.678	0.267	
Histidine.....g	0.314		0	BFZN	4		0.226	0.089	
Alanine.....g	0.848		0	BFZN	4		0.611	0.240	
Aspartic acid.....g	1.218		0	BFZN	4		0.877	0.345	
Glutamic acid.....g	1.618		0	BFZN	4		1.165	0.459	
Glycine.....g	1.039		0	BFZN	4		0.748	0.295	
Proline.....g	0.687		0	BFZN	4		0.495	0.195	
Serine.....g	0.530		0	BFZN	4		0.382	0.150	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07038

Knackwurst, knockwurst, pork, beef

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 72g: 1 link

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07251

LOUIS RICH, Chicken (white, oven roasted)

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	2.336		0	A	1		0.654		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.383	0.083	5	A	1		0.107		
17:1.....g									
18:1 undifferentiated.....g	1.953	0.240	5	A	1		0.547		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.973		0	A	1		0.272		
18:2 undifferentiated.....g	0.928	0.069	5	A	1		0.260		
18:3 undifferentiated.....g	0.044	0.007	5	A	1		0.012		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

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

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.821		0	A	1		0.230		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.143	0.016	8	A	1		0.040		
17:1.....g									
18:1 undifferentiated.....g	0.678	0.059	8	A	1		0.190		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.317		0	A	1		0.089		
18:2 undifferentiated.....g	0.305	0.022	8	A	1		0.085		
18:3 undifferentiated.....g	0.012	0.002	8	A	1		0.003		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07249

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

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.177		0	A	1		0.080	0.039	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022	0.003	5	A	1		0.010	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.155	0.043	5	A	1		0.070	0.034	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.081		0	A	1		0.036	0.018	
18:2 undifferentiated.....g	0.081	0.020	5	A	1		0.036	0.018	
18:3 undifferentiated.....g	0.000	0.000	5	A	1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07252

LOUIS RICH, Franks (turkey and chicken cheese)

frankfurter, hot dog, wiener

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	6.220		0	A	1		2.799		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.760	0.029	3	A	1		0.342		
17:1.....g									
18:1 undifferentiated.....g	5.460	0.196	3	A	1		2.457		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.980		0	A	1		1.341		
18:2 undifferentiated.....g	2.830	0.266	3	A	1		1.274		
18:3 undifferentiated.....g	0.150	0.017	3	A	1		0.068		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07253

LOUIS RICH, Franks (turkey and chicken)

frankfurter, hot dog, wiener

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	5.553		0	A	1		2.499		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.712	0.078	5	A	1		0.320		
17:1.....g									
18:1 undifferentiated.....g	4.841	0.272	5	A	1		2.178		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.163		0	A	1		1.423		
18:2 undifferentiated.....g	3.022	0.205	5	A	1		1.360		
18:3 undifferentiated.....g	0.141	0.011	5	A	1		0.063		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07258

LOUIS RICH, Turkey (honey roasted, fat free)

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.239		0	A	1		0.134		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021	0.007	8	A	1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.218	0.053	8	A	1		0.122		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.143		0	A	1		0.080		
18:2 undifferentiated.....g	0.138	0.030	8	A	1		0.077		
18:3 undifferentiated.....g	0.005	0.002	8	A	1		0.003		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	3.790	0.170	5	A	1		0.531		
17:0.....g									
18:0.....g	1.270	0.031	5	A	1		0.178		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.510		0	A	1		1.051		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680	0.125	5	A	1		0.095		
17:1.....g									
18:1 undifferentiated.....g	6.830	0.072	5	A	1		0.956		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	4.700		0	A	1		0.658		
18:2 undifferentiated.....g	4.530	0.134	5	A	1		0.634		
18:3 undifferentiated.....g	0.170	0.018	5	A	1		0.024		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 14.0g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07255
 LOUIS RICH, Turkey Bologna

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	2.690	0.194	8	A	1		0.753		
17:0.....g									
18:0.....g	0.950	0.060	8	A	1		0.266		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	5.310		0	A	1		1.487		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.540	0.064	8	A	1		0.151		
17:1.....g									
18:1 undifferentiated.....g	4.770	0.230	8	A	1		1.336		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.590		0	A	1		1.005		
18:2 undifferentiated.....g	3.350	0.152	8	A	1		0.938		
18:3 undifferentiated.....g	0.240	0.060	8	A	1		0.067		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07261

LOUIS RICH, Turkey Breast (Smoked, Carving Board)

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.330		0	A	1		0.149	0.073	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050	0.013	5	A	1		0.023	0.011	
17:1.....g									
18:1 undifferentiated.....g	0.280	0.072	5	A	1		0.126	0.062	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.190		0	A	1		0.086	0.042	
18:2 undifferentiated.....g	0.180	0.036	5	A	1		0.081	0.040	
18:3 undifferentiated.....g	0.010	0.000	5	A	1		0.005	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07259

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

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.198		0	A	1		0.055		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014	0.003	4	A	1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.184	0.027	4	A	1		0.052		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.136		0	A	1		0.038		
18:2 undifferentiated.....g	0.130	0.010	4	A	1		0.036		
18:3 undifferentiated.....g	0.007	0.000	4	A	1		0.002		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07260

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

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.199		0	A	1		0.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015	0.002	13	A	1		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.185	0.021	13	A	1		0.104		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.133		0	A	1		0.074		
18:2 undifferentiated.....g	0.126	0.014	13	A	1		0.071		
18:3 undifferentiated.....g	0.007	0.002	13	A	1		0.004		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07262

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

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.219		0	A	1		0.123		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014	0.002	10	A	1		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.205	0.025	10	A	1		0.115		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.163		0	A	1		0.091		
18:2 undifferentiated.....g	0.156	0.018	10	A	1		0.087		
18:3 undifferentiated.....g	0.007	0.002	10	A	1		0.004		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	0.334	0.041	9	A	1		0.094		
17:0.....g									
18:0.....g	0.111	0.018	9	A	1		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.585		0	A	1		0.164		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.059	0.010	9	A	1		0.017		
17:1.....g									
18:1 undifferentiated.....g	0.527	0.068	9	A	1		0.148		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.410		0	A	1		0.115		
18:2 undifferentiated.....g	0.392	0.043	9	A	1		0.110		
18:3 undifferentiated.....g	0.018	0.002	9	A	1		0.005		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07257

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.740		0	A	1		0.207		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070	0.016	6	A	1		0.020		
17:1.....g									
18:1 undifferentiated.....g	0.670	0.049	6	A	1		0.188		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.510		0	A	1		0.143		
18:2 undifferentiated.....g	0.470	0.045	6	A	1		0.132		
18:3 undifferentiated.....g	0.040	0.016	6	A	1		0.011		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07264

LOUIS RICH, Turkey Ham (10% water added)

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	1.140		0	A	1		0.319		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.009	11	A	1		0.028		
17:1.....g									
18:1 undifferentiated.....g	1.040	0.072	11	A	1		0.291		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.700		0	A	1		0.196		
18:2 undifferentiated.....g	0.670	0.075	11	A	1		0.188		
18:3 undifferentiated.....g	0.030	0.003	11	A	1		0.008		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07265

LOUIS RICH, Turkey Nuggets/Sticks (breaded)

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	8.190		0	A	1		2.293	6.962	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210	0.030	7	A	1		0.059	0.179	
17:1.....g									
18:1 undifferentiated.....g	7.980	0.684	7	A	1		2.234	6.783	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	5.480		0	A	1		1.534	4.658	
18:2 undifferentiated.....g	4.840	0.476	7	A	1		1.355	4.114	
18:3 undifferentiated.....g	0.640	0.212	7	A	1		0.179	0.544	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

Refuse: 0%

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	3.146		0	A	1		0.881		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.268	0.013	4	A	1		0.075		
17:1.....g									
18:1 undifferentiated.....g	2.878	0.073	4	A	1		0.806		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.342		0	A	1		0.656		
18:2 undifferentiated.....g	2.291	0.164	4	A	1		0.641		
18:3 undifferentiated.....g	0.052	0.035	4	A	1		0.015		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07267
 LOUIS RICH, Turkey Salami Cotto

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	3.920		0	A	1		1.098		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470	0.065	4	A	1		0.132		
17:1.....g									
18:1 undifferentiated.....g	3.450	0.070	4	A	1		0.966		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.330		0	A	1		0.652		
18:2 undifferentiated.....g	2.220	0.065	4	A	1		0.622		
18:3 undifferentiated.....g	0.110	0.040	4	A	1		0.031		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	1.840	0.097	9	A	1		1.030		
17:0.....g									
18:0.....g	0.720	0.030	9	A	1		0.403		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	3.560		0	A	1		1.994		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410	0.050	9	A	1		0.230		
17:1.....g									
18:1 undifferentiated.....g	3.150	0.187	9	A	1		1.764		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.680		0	A	1		1.501		
18:2 undifferentiated.....g	2.420	0.160	9	A	1		1.355		
18:3 undifferentiated.....g	0.260	0.053	9	A	1		0.146		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 56g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.333		0	BFFN	4		0.190	0.094	
15:0.....g									
16:0.....g	1.172		0	BFFN	4		0.668	0.332	
17:0.....g									
18:0.....g	1.289		0	BFFN	4		0.735	0.365	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	4.436		0	NC	4		2.528	1.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.363		0	BFFN	4		0.207	0.103	
17:1.....g									
18:1 undifferentiated.....g	4.029		0	BFFN	4		2.297	1.142	
20:1.....g	0.044		0	BFFN	4		0.025	0.012	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.258		0	NC	4		0.147	0.073	
18:2 undifferentiated.....g	0.246		0	BFFN	4		0.140	0.070	
18:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0	BFFN	4		0.006	0.003	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	MC	9		31	16	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	MC	9		0.0	0.0	
Caffeine.....mg	0		0	MC	9		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 57g: 1 serving 2 slices

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	5.510		7		1		1.562	2.094	
17:0.....g									
18:0.....g	3.040		7		1		0.862	1.155	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.260		0		1		3.476	4.659	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.940		7		1		0.266	0.357	
17:1.....g									
18:1 undifferentiated.....g	11.320		7		1		3.209	4.302	
20:1.....g	0.000		7		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		7		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.420		0		1		0.970	1.300	
18:2 undifferentiated.....g	3.090		7		1		0.876	1.174	
18:3 undifferentiated.....g	0.330		7		1		0.094	0.125	
18:4.....g	0.000		7		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		7		1		0.000	0.000	
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.206		0		1		0.058	0.078	
Threonine.....g	0.651		0		1		0.185	0.247	
Isoleucine.....g	0.631		0		1		0.179	0.240	
Leucine.....g	1.331		0		1		0.377	0.506	
Lysine.....g	1.178		0		1		0.334	0.448	
Methionine.....g	0.342		0		1		0.097	0.130	
Cystine.....g	0.328		0		1		0.093	0.125	
Phenylalanine.....g	0.716		0		1		0.203	0.272	
Tyrosine.....g	0.466		0		1		0.132	0.177	
Valine.....g	0.806		0		1		0.229	0.306	
Arginine.....g	0.828		0		1		0.235	0.315	
Histidine.....g	0.393		0		1		0.111	0.149	
Alanine.....g	0.930		0		1		0.264	0.353	
Aspartic acid.....g	1.350		0		1		0.383	0.513	
Glutamic acid.....g	1.834		0		1		0.520	0.697	
Glycine.....g	0.935		0		1		0.265	0.355	
Proline.....g	0.716		0		1		0.203	0.272	
Serine.....g	0.690		0		1		0.196	0.262	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 slice

NDB No. 07040
Liver cheese, pork

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.850		1		1		1.233	1.942	
17:0.....g									
18:0.....g	3.310		1		1		0.596	0.938	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.340		0		1		2.401	3.782	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.060		1		1		0.191	0.301	
17:1.....g									
18:1 undifferentiated.....g	12.050		1		1		2.169	3.416	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.600		0		1		0.468	0.737	
18:2 undifferentiated.....g	2.450		1		1		0.441	0.695	
18:3 undifferentiated.....g	0.140		1		1		0.025	0.040	
18:4.....g	0.000		1		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1		1		0.000	0.000	
20:5 n-3.....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		28	45	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.151		0		1		0.027	0.043	
Threonine.....g	0.671		0		1		0.121	0.190	
Isoleucine.....g	0.653		0		1		0.118	0.185	
Leucine.....g	1.139		0		1		0.205	0.323	
Lysine.....g	1.155		0		1		0.208	0.327	
Methionine.....g	0.285		0		1		0.051	0.081	
Cystine.....g	0.149		0		1		0.027	0.042	
Phenylalanine.....g	0.617		0		1		0.111	0.175	
Tyrosine.....g	0.362		0		1		0.065	0.103	
Valine.....g	0.857		0		1		0.154	0.243	
Arginine.....g	0.812		0		1		0.146	0.230	
Histidine.....g	0.448		0		1		0.081	0.127	
Alanine.....g	0.830		0		1		0.149	0.235	
Aspartic acid.....g	1.164		0		1		0.210	0.330	
Glutamic acid.....g	2.195		0		1		0.395	0.622	
Glycine.....g	1.096		0		1		0.197	0.311	
Proline.....g	0.850		0		1		0.153	0.241	
Serine.....g	0.694		0		1		0.125	0.197	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 28.35g: 1 oz

NDB No. 07041

Liver sausage, liverwurst, pork

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.420		0	BFZN	4		3.531		
17:0.....g									
18:0.....g	3.102		0	BFZN	4		1.706		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.286		0	NC	4		6.757		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.993		0	BFZN	4		0.546		
17:1.....g									
18:1 undifferentiated.....g	11.293		0	BFZN	4		6.211		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.427		0	NC	4		1.335		
18:2 undifferentiated.....g	2.296		0	BFZN	4		1.263		
18:3 undifferentiated.....g	0.131		0	BFZN	4		0.072		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.151		0	BFZN	4		0.083		
Threonine.....g	0.671		0	BFZN	4		0.369		
Isoleucine.....g	0.653		0	BFZN	4		0.359		
Leucine.....g	1.139		0	BFZN	4		0.626		
Lysine.....g	1.155		0	BFZN	4		0.635		
Methionine.....g	0.285		0	BFZN	4		0.157		
Cystine.....g	0.149		0	BFZN	4		0.082		
Phenylalanine.....g	0.617		0	BFZN	4		0.339		
Tyrosine.....g	0.362		0	BFZN	4		0.199		
Valine.....g	0.857		0	BFZN	4		0.471		
Arginine.....g	0.812		0	BFZN	4		0.447		
Histidine.....g	0.448		0	BFZN	4		0.246		
Alanine.....g	0.830		0	BFZN	4		0.457		
Aspartic acid.....g	1.164		0	BFZN	4		0.640		
Glutamic acid.....g	2.195		0	BFZN	4		1.207		
Glycine.....g	1.096		0	BFZN	4		0.603		
Proline.....g	0.850		0	BFZN	4		0.468		
Serine.....g	0.694		0	BFZN	4		0.382		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07911
Liverwurst 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

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

Common Measures:

Measure 1 = 55g: .25 cup

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07042
Luncheon meat, beef, loaved

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.68

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.166	0.031	3		1		0.118		
15:0.....g									
16:0.....g	1.607	0.104	3		1		1.141		
17:0.....g									
18:0.....g	1.127	0.087	3		1		0.800		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	3.103		0	NC	4		2.203		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.406	0.055	3		1		0.288		
17:1.....g									
18:1 undifferentiated.....g	2.696	0.159	3		1		1.914		
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	0.351		0	NC	4		0.249		
18:2 undifferentiated.....g	0.314	0.055	3		1		0.223		
18:3 undifferentiated.....g	0.037	0.007	3		1		0.026		
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	70		4	A	1		49		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 71g: 1 package 2.5 ounces

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07909

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.144		1	A	1				
15:0.....g									
16:0.....g	2.809		1	A	1				
17:0.....g									
18:0.....g	1.356		1	A	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	6.753		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.433		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	6.320		1	A	1				
20:1.....g	0.000		0	BFFN	4				
22:1 undifferentiated.....g	0.000		0	BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.414		0	NC	4				
18:2 undifferentiated.....g	1.299		1	A	1				
18:3 undifferentiated.....g	0.115		1	A	1				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	75		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07908

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.317		0	BFFN	4		0.178		
15:0.....g									
16:0.....g	5.569		0	BFFN	4		3.119		
17:0.....g									
18:0.....g	3.026		0	BFFN	4		1.694		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.110		0	NC	4		6.782		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.764		0	BFFN	4		0.428		
17:1.....g									
18:1 undifferentiated.....g	11.150		0	BFFN	4		6.244		
20:1.....g	0.196		0	BFFN	4		0.110		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.810		0	NC	4		1.014		
18:2 undifferentiated.....g	1.696		0	BFFN	4		0.950		
18:3 undifferentiated.....g	0.068		0	BFFN	4		0.038		
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	0.047		0	BFFN	4		0.026		
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	71		1	A	1		40		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 56g: 2 oz 1 NLEA serving

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.480	0.027	5		1		0.134	0.274	
15:0.....g									
16:0.....g	7.090	0.215	5		1		1.985	4.041	
17:0.....g									
18:0.....g	3.890	0.165	5		1		1.089	2.217	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	15.090		0		1		4.225	8.601	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.350	0.075	5		1		0.378	0.770	
17:1.....g									
18:1 undifferentiated.....g	13.740	0.273	5		1		3.847	7.832	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.740		0		1		1.047	2.132	
18:2 undifferentiated.....g	3.160	0.106	5		1		0.885	1.801	
18:3 undifferentiated.....g	0.580	0.100	5		1		0.162	0.331	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07047
Luncheon meat, 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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 slice (1 oz)

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.370		8		1		0.105	0.078	
15:0.....g									
16:0.....g	6.680		8		1		1.894	1.403	
17:0.....g									
18:0.....g	3.590		8		1		1.018	0.754	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	14.290		0		1		4.051	3.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.140		8		1		0.323	0.239	
17:1.....g									
18:1 undifferentiated.....g	13.140		8		1		3.725	2.759	
20:1.....g	0.000		8		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		8		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.560		0		1		1.009	0.748	
18:2 undifferentiated.....g	3.080		8		1		0.873	0.647	
18:3 undifferentiated.....g	0.470		8		1		0.133	0.099	
18:4.....g	0.000		8		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		8		1		0.000	0.000	
20:5 n-3.....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									
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07045
Luncheon meat, pork, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28.35g: 1 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.68

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07906

Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% 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
Proximates:									
Water.....g	55.50		1	A	1		31.08		
Energy.....kcal	293		0	NC	4		164		
Energy.....kj	1226		0	NC	4		686		
Protein (N x 6.25).....g	12.50		1	A	1		7.00		
Total lipid (fat).....g	25.10		1	A	1		14.06		
Ash.....g	3.50		1	A	1		1.96		
Carbohydrate, by difference.....g	3.40		0	NC	4		1.90		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	MC	9		0		
Iron, Fe.....mg	0.64		1	MC	9		0.36		
Magnesium, Mg.....mg	14		1	MC	9		8		
Phosphorus, P.....mg	109		1	RA	4		61		
Potassium, K.....mg	564		1	MC	9		316		
Sodium, Na.....mg	946		1	A	1		530		
Zinc, Zn.....mg	2.12		1	MC	9		1.19		
Copper, Cu.....mg	0.046		1	RA	4		0.026		
Manganese, Mn.....mg									
Selenium, Se.....mcg	25.0		0	RF	4		14.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	43.0		1	A	1		24.1		
Thiamin.....mg	0.264		1	LC	8		0.148		
Riboflavin.....mg	0.179		1	LC	8		0.100		
Niacin.....mg	3.175		1	LC	8		1.778		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.283		0	BFZN	4		0.158		
Folate, total.....mcg	4		0	BFZN	4		2		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	4		0	BFZN	4		2		
Folate, DFE.....mcg_DFE	4		0	NC	4		2		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.61		0	BFZN	4		0.34		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, 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 (alpha-tocopherol).....mg	0.24		0	NR	4		0.14		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	CAZN	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	8.873		0	NC	4		4.969		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.000		0	BFFN	4		0.000		
10:0.....g	0.044		0	BFFN	4		0.025		
12:0.....g	0.047		0	BFFN	4		0.026		

NDB No. 07906

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
13:0.....g									
14:0.....g	0.311		0	BFFN	4		0.174		
15:0.....g									
16:0.....g	5.839		0	BFFN	4		3.270		
17:0.....g									
18:0.....g	2.632		0	BFFN	4		1.474		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.340		0	NC	4		6.910		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.168		0	BFFN	4		0.654		
17:1.....g									
18:1 undifferentiated.....g	11.172		0	BFFN	4		6.256		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.666		0	NC	4		1.493		
18:2 undifferentiated.....g	2.436		0	BFFN	4		1.364		
18:3 undifferentiated.....g	0.230		0	BFFN	4		0.129		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....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	76		1	A	1		42		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 56g: 2 oz 1 NLEA serving

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	4.630	0.151	6		1		1.065	1.313	
17:0.....g									
18:0.....g	2.650	0.076	6		1		0.610	0.751	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	9.930		0		1		2.284	2.815	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.830	0.018	6		1		0.191	0.235	
17:1.....g									
18:1 undifferentiated.....g	9.110	0.311	6		1		2.095	2.583	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.050		0		1		0.472	0.581	
18:2 undifferentiated.....g	1.770	0.067	6		1		0.407	0.502	
18:3 undifferentiated.....g	0.280	0.032	6		1		0.064	0.079	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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		15	18	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.162		0		1		0.037	0.046	
Threonine.....g	0.664		0		1		0.153	0.188	
Isoleucine.....g	0.785		0		1		0.181	0.223	
Leucine.....g	1.280		0		1		0.294	0.363	
Lysine.....g	1.447		0		1		0.333	0.410	
Methionine.....g	0.352		0		1		0.081	0.100	
Cystine.....g	0.281		0		1		0.065	0.080	
Phenylalanine.....g	0.623		0		1		0.143	0.177	
Tyrosine.....g	0.613		0		1		0.141	0.174	
Valine.....g	0.871		0		1		0.200	0.247	
Arginine.....g	1.130		0		1		0.260	0.320	
Histidine.....g	0.495		0		1		0.114	0.140	
Alanine.....g	0.984		0		1		0.226	0.279	
Aspartic acid.....g	1.602		0		1		0.368	0.454	
Glutamic acid.....g	2.161		0		1		0.497	0.613	
Glycine.....g	1.203		0		1		0.277	0.341	
Proline.....g	0.891		0		1		0.205	0.253	
Serine.....g	0.645		0		1		0.148	0.183	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 28.35g: 1 oz

NDB No. 07090
Luncheon sausage, pork and beef

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.970		4		1		0.272	0.553	
17:0.....g									
18:0.....g	0.520		4		1		0.146	0.296	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	2.330		0		1		0.652	1.328	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		4		1		0.050	0.103	
17:1.....g									
18:1 undifferentiated.....g	2.150		4		1		0.602	1.226	
20:1.....g	0.000		4		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		4		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.510		0		1		0.143	0.291	
18:2 undifferentiated.....g	0.460		4		1		0.129	0.262	
18:3 undifferentiated.....g	0.050		4		1		0.014	0.029	
18:4.....g	0.000		4		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		4		1		0.000	0.000	
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.215		0		1		0.060	0.123	
Threonine.....g	0.879		0		1		0.246	0.501	
Isoleucine.....g	0.815		0		1		0.228	0.465	
Leucine.....g	1.517		0		1		0.425	0.865	
Lysine.....g	1.653		0		1		0.463	0.942	
Methionine.....g	0.468		0		1		0.131	0.267	
Cystine.....g	0.153		0		1		0.043	0.087	
Phenylalanine.....g	0.718		0		1		0.201	0.409	
Tyrosine.....g	0.644		0		1		0.180	0.367	
Valine.....g	0.894		0		1		0.250	0.510	
Arginine.....g	1.170		0		1		0.328	0.667	
Histidine.....g	0.656		0		1		0.184	0.374	
Alanine.....g	1.073		0		1		0.300	0.612	
Aspartic acid.....g	1.741		0		1		0.487	0.992	
Glutamic acid.....g	2.941		0		1		0.823	1.676	
Glycine.....g	0.929		0		1		0.260	0.530	
Proline.....g	0.912		0		1		0.255	0.520	
Serine.....g	0.826		0		1		0.231	0.471	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 57g: 2 slices

NDB No. 07060
Luxury loaf, pork

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	3.595		0	FLA	4		1.366		
17:0.....g									
18:0.....g	1.635		0	FLA	4		0.621		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.614		1	A	1		2.893		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.709		0	FLA	4		0.269		
17:1.....g									
18:1 undifferentiated.....g	6.764		0	FLA	4		2.570		
20:1.....g	0.115		0	FLA	4		0.044		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.657		1	A	1		0.630		
18:2 undifferentiated.....g	1.463		0	FLA	4		0.556		
18:3 undifferentiated.....g	0.143		0	FLA	4		0.055		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	FLA	4		0.011		
20:5 n-3.....g	0.001		0	FLA	4		0.000		
22:5 n-3.....g	0.002		0	FLA	4		0.001		
22:6 n-3.....g	0.003		0	FLA	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	44		1	A	1		17		
Phytosterols.....mg	0		0	FLA	4		0		
Amino Acids:									
Tryptophan.....g	0.144		0	FLA	4		0.055		
Threonine.....g	0.444		0	FLA	4		0.169		
Isoleucine.....g	0.541		0	FLA	4		0.206		
Leucine.....g	0.904		0	FLA	4		0.343		
Lysine.....g	0.722		0	FLA	4		0.274		
Methionine.....g	0.266		0	FLA	4		0.101		
Cystine.....g	0.178		0	FLA	4		0.068		
Phenylalanine.....g	0.497		0	FLA	4		0.189		
Tyrosine.....g	0.380		0	FLA	4		0.144		
Valine.....g	0.591		0	FLA	4		0.225		
Arginine.....g	0.638		0	FLA	4		0.243		
Histidine.....g	0.323		0	FLA	4		0.123		
Alanine.....g	0.516		0	FLA	4		0.196		
Aspartic acid.....g	0.876		0	FLA	4		0.333		
Glutamic acid.....g	2.481		0	FLA	4		0.943		
Glycine.....g	0.510		0	FLA	4		0.194		
Proline.....g	0.828		0	FLA	4		0.315		
Serine.....g	0.505		0	FLA	4		0.192		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07940

Macaroni and cheese loaf, chicken, pork and beef

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.510	0.045	4		1		0.145	0.077	
15:0.....g									
16:0.....g	5.430	0.437	4		1		1.539	0.815	
17:0.....g									
18:0.....g	3.230	0.204	4		1		0.916	0.485	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	11.380		0		1		3.226	1.707	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.140	0.064	4		1		0.323	0.171	
17:1.....g									
18:1 undifferentiated.....g	10.240	0.768	4		1		2.903	1.536	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.120		0		1		0.885	0.468	
18:2 undifferentiated.....g	2.910	0.165	4		1		0.825	0.437	
18:3 undifferentiated.....g	0.220	0.031	4		1		0.062	0.033	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07050
Mortadella, beef, pork

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28.35g; 1 oz

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07061
Mother's loaf, pork

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

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

Common Measures:

Measure 1 = 28.35g: 1 oz

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

NDB No. 07061
Mother's loaf, pork

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	1.620	0.029	6		1		0.373	0.459	
17:0.....g									
18:0.....g	0.830	0.015	6		1		0.191	0.235	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	3.640		0		1		0.837	1.032	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300	0.012	6		1		0.069	0.085	
17:1.....g									
18:1 undifferentiated.....g	3.330	0.060	6		1		0.766	0.944	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.720		0		1		0.166	0.204	
18:2 undifferentiated.....g	0.640	0.033	6		1		0.147	0.181	
18:3 undifferentiated.....g	0.090	0.014	6		1		0.021	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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		11	14	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.193		0		1		0.044	0.055	
Threonine.....g	0.757		0		1		0.174	0.215	
Isoleucine.....g	0.761		0		1		0.175	0.216	
Leucine.....g	1.363		0		1		0.313	0.386	
Lysine.....g	1.511		0		1		0.348	0.428	
Methionine.....g	0.446		0		1		0.103	0.126	
Cystine.....g	0.246		0		1		0.057	0.070	
Phenylalanine.....g	0.684		0		1		0.157	0.194	
Tyrosine.....g	0.533		0		1		0.123	0.151	
Valine.....g	0.803		0		1		0.185	0.228	
Arginine.....g	1.201		0		1		0.276	0.340	
Histidine.....g	0.652		0		1		0.150	0.185	
Alanine.....g	1.039		0		1		0.239	0.295	
Aspartic acid.....g	1.639		0		1		0.377	0.465	
Glutamic acid.....g	2.585		0		1		0.595	0.733	
Glycine.....g	0.946		0		1		0.218	0.268	
Proline.....g	0.761		0		1		0.175	0.216	
Serine.....g	0.686		0		1		0.158	0.194	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

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

NDB No. 07091

New england brand sausage, pork, beef

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	3.610	0.192	6	A	1		1.011		
17:0.....g									
18:0.....g	1.710	0.090	6	A	1		0.479		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.160		0	A	1		2.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.690	0.053	6	A	1		0.193		
17:1.....g									
18:1 undifferentiated.....g	6.470	0.241	6	A	1		1.812		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.470		0	A	1		0.132		
18:2 undifferentiated.....g	0.450	0.029	6	A	1		0.126		
18:3 undifferentiated.....g	0.020	0.004	6	A	1		0.006		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving (1 slice)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	7.510	0.076	28	A	1		2.103		
17:0.....g									
18:0.....g	4.340	0.083	28	A	1		1.215		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	15.210		0	A	1		4.259		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.630	0.055	28	A	1		0.456		
17:1.....g									
18:1 undifferentiated.....g	13.580	0.119	28	A	1		3.802		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.110		0	A	1		0.311		
18:2 undifferentiated.....g	0.860	0.042	28	A	1		0.241		
18:3 undifferentiated.....g	0.250	0.021	28	A	1		0.070		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving (1 slice)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07200

OSCAR MAYER, Bologna (chicken, pork, beef)

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	14.480		0	A	1		4.054		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.250	0.144	3	A	1		0.350		
17:1.....g									
18:1 undifferentiated.....g	13.230	0.300	3	A	1		3.704		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.930		0	A	1		1.100		
18:2 undifferentiated.....g	3.590	0.104	3	A	1		1.005		
18:3 undifferentiated.....g	0.340	0.023	3	A	1		0.095		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

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

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.208		0	A	1		0.058		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009	0.000	5	A	1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.199	0.044	5	A	1		0.056		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.127		0	A	1		0.036		
18:2 undifferentiated.....g	0.109	0.016	5	A	1		0.031		
18:3 undifferentiated.....g	0.018	0.008	5	A	1		0.005		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	3.690	0.057	6	A	1		1.033		
17:0.....g									
18:0.....g	1.660	0.033	6	A	1		0.465		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.300		0	A	1		2.044		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460	0.020	6	A	1		0.129		
17:1.....g									
18:1 undifferentiated.....g	6.840	0.167	6	A	1		1.915		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.540		0	A	1		0.431		
18:2 undifferentiated.....g	1.480	0.065	6	A	1		0.414		
18:3 undifferentiated.....g	0.060	0.012	6	A	1		0.017		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving (1 slice)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.960	0.186	13	A	1		3.898		
17:0.....g									
18:0.....g	3.470	0.083	13	A	1		1.943		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	15.570		0	A	1		8.719		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.200	0.078	13	A	1		0.672		
17:1.....g									
18:1 undifferentiated.....g	14.370	0.322	13	A	1		8.047		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.760		0	A	1		2.106		
18:2 undifferentiated.....g	3.440	0.086	13	A	1		1.926		
18:3 undifferentiated.....g	0.320	0.050	13	A	1		0.179		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Carotenoids:									
Carotene, beta.....mcg	0		2	MA	12		0.000		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 56g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.990	0.115	16	A	1		1.957		
17:0.....g									
18:0.....g	3.490	0.113	16	A	1		0.977		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	15.480		0	A	1		4.334		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.210	0.060	16	A	1		0.339		
17:1.....g									
18:1 undifferentiated.....g	14.271	0.235	16	A	1		3.996		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.730		0	A	1		1.044		
18:2 undifferentiated.....g	3.370	0.085	16	A	1		0.944		
18:3 undifferentiated.....g	0.360	0.058	16	A	1		0.101		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0	0.000	3	MA	12		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving (1 slice)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	0.285	0.024	4	A	1		0.148		
17:0.....g									
18:0.....g	0.103	0.006	4	A	1		0.054		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.564		0	A	1		0.293		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.091	0.012	4	A	1		0.047		
17:1.....g									
18:1 undifferentiated.....g	0.473	0.024	4	A	1		0.246		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.218		0	A	1		0.113		
18:2 undifferentiated.....g	0.200	0.006	4	A	1		0.104		
18:3 undifferentiated.....g	0.018	0.009	4	A	1		0.009		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 52g: 1 serving (4 slices)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07210

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

Refuse: 0%

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

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.160		0	A	1		0.083	0.021	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020	0.004	6	A	1		0.010	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.140	0.020	6	A	1		0.073	0.018	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.060		0	A	1		0.031	0.008	
18:2 undifferentiated.....g	0.060	0.008	6	A	1		0.031	0.008	
18:3 undifferentiated.....g	0.000	0.000	6	A	1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07217

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	79.20	0.072	125	A	1		37.22	12.67	
Energy.....kcal	72		0	MC	9		34	12	
Energy.....kj	301				9		142	48	
Protein.....g	14.60	0.054	125	A	1		6.86	2.34	
Total lipid (fat).....g	0.70	0.018	125	A	1		0.33	0.11	
Ash.....g	3.70	0.082	6	A	1		1.74	0.59	
Carbohydrate, by difference.....g	1.90		0	MC	9		0.89	0.30	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	1.10	0.115	3	A	1		0.52	0.18	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11	0.577	3	A	1		5	2	
Iron, Fe.....mg	0.91	0.064	3	A	1		0.43	0.15	
Magnesium, Mg.....mg	27	0.866	3	MA	12		13	4	
Phosphorus, P.....mg	197	9.238	3	MA	12		93	32	
Potassium, K.....mg	234	24.826	3	MA	12		110	37	
Sodium, Na.....mg	1084	87.180	3	A	1		509	173	
Zinc, Zn.....mg	1.57	0.237	3	MA	12		0.74	0.25	
Copper, Cu.....mg	0.200	0.012	3	MA	12		0.094	0.032	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.221		0	A	1		0.104	0.035	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.009	0.000	3	A	1		0.004	0.001	
15:0.....g									
16:0.....g	0.145	0.010	3	A	1		0.068	0.023	
17:0.....g									
18:0.....g	0.068	0.010	3	A	1		0.032	0.011	

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.272		0	A	1		0.128	0.044	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017	0.005	3	A	1		0.008	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.255	0.010	3	A	1		0.120	0.041	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.136		0	A	1		0.064	0.022	
18:2 undifferentiated.....g	0.128	0.020	3	A	1		0.060	0.020	
18:3 undifferentiated.....g	0.009	0.005	3	A	1		0.004	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	2.698	0.080	7	A	1		0.755		
17:0.....g									
18:0.....g	1.173	0.042	7	A	1		0.328		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	5.829		0	A	1		1.632		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.379	0.018	7	A	1		0.106		
17:1.....g									
18:1 undifferentiated.....g	5.451	0.143	7	A	1		1.526		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.275		0	A	1		0.357		
18:2 undifferentiated.....g	1.210	0.453	7	A	1		0.339		
18:3 undifferentiated.....g	0.065	0.007	7	A	1		0.018		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving (1 slice)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	0.571		1	A	1		0.360		
17:0.....g									
18:0.....g	0.240		1	A	1		0.151		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	1.165		0	A	1		0.734		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		1	A	1		0.047		
17:1.....g									
18:1 undifferentiated.....g	1.091		1	A	1		0.687		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.314		0	A	1		0.828		
18:2 undifferentiated.....g	0.223		1	A	1		0.140		
18:3 undifferentiated.....g	1.091		1	A	1		0.687		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 63g: 1 serving (3 slices)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07214

OSCAR MAYER, Ham (water added, boiled)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	74.60	0.073	120	A	1		47.00	15.67	
Energy.....kcal	104		0	MC	9		66	22	
Energy.....kj	435				9		274	91	
Protein.....g	16.60	0.055	120	A	1		10.46	3.49	
Total lipid (fat).....g	3.70	0.055	120	A	1		2.33	0.78	
Ash.....g	4.00	0.076	7	A	1		2.52	0.84	
Carbohydrate, by difference.....g	1.20		0	MC	9		0.76	0.25	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	0.30		2	A	1		0.19	0.06	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		2	A	1		6	2	
Iron, Fe.....mg	1.48		2	A	1		0.93	0.31	
Magnesium, Mg.....mg	31		2	MA	12		20	7	
Phosphorus, P.....mg	239		2	MA	12		151	50	
Potassium, K.....mg	283		2	MA	12		178	59	
Sodium, Na.....mg	1348		2	A	1		849	283	
Zinc, Zn.....mg	1.85		2	MA	12		1.17	0.39	
Copper, Cu.....mg	0.240		2	MA	12		0.151	0.050	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.247		0	A	1		0.786	0.262	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.053		2	A	1		0.033	0.011	
15:0.....g									
16:0.....g	0.846		2	A	1		0.533	0.178	
17:0.....g									
18:0.....g	0.347		2	A	1		0.219	0.073	

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	1.727		0	A	1		1.088	0.363	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.107		2	A	1		0.067	0.022	
17:1.....g									
18:1 undifferentiated.....g	1.620		2	A	1		1.021	0.340	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.356		0	A	1		0.224	0.075	
18:2 undifferentiated.....g	0.321		2	A	1		0.202	0.067	
18:3 undifferentiated.....g	0.036		2	A	1		0.023	0.008	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07215

OSCAR MAYER, Ham (water added, honey)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	72.70	0.064	120	A	1		45.80	15.27	
Energy.....kcal	111		0	MC	9		70	23	
Energy.....kj	464				9		293	98	
Protein.....g	16.70	0.046	120	A	1		10.52	3.51	
Total lipid (fat).....g	3.50	0.046	120	A	1		2.21	0.74	
Ash.....g	4.00	0.041	6	A	1		2.52	0.84	
Carbohydrate, by difference.....g	3.10		0	MC	9		1.95	0.65	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	3.10	0.250	4	A	1		1.95	0.65	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	1.500	4	A	1		6	2	
Iron, Fe.....mg	1.35	0.055	4	A	1		0.85	0.28	
Magnesium, Mg.....mg	31	1.400	4	MA	12		20	7	
Phosphorus, P.....mg	259	6.500	4	MA	12		163	54	
Potassium, K.....mg	281	6.000	4	MA	12		177	59	
Sodium, Na.....mg	1248	13.864	5	A	1		786	262	
Zinc, Zn.....mg	2.08	0.105	4	MA	12		1.31	0.44	
Copper, Cu.....mg	0.230	0.005	4	MA	12		0.145	0.048	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.167		0	A	1		0.735	0.245	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.054	0.004	4	A	1		0.034	0.011	
15:0.....g									
16:0.....g	0.781	0.040	4	A	1		0.492	0.164	
17:0.....g									
18:0.....g	0.332	0.013	4	A	1		0.209	0.070	

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	1.669		0	A	1		1.051	0.350	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099	0.009	4	A	1		0.062	0.021	
17:1.....g									
18:1 undifferentiated.....g	1.571	0.072	4	A	1		0.990	0.330	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.314		0	A	1		0.198	0.066	
18:2 undifferentiated.....g	0.305	0.009	4	A	1		0.192	0.064	
18:3 undifferentiated.....g	0.009	0.000	4	A	1		0.006	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07216

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.80	0.046	120	A	1		47.75	15.92	
Energy.....kcal	99		0	MC	9		62	21	
Energy.....kj	414				9		261	87	
Protein.....g	16.60	0.037	120	A	1		10.46	3.49	
Total lipid (fat).....g	3.60	0.046	120	A	1		2.27	0.76	
Ash.....g	3.90	0.041	24	A	1		2.46	0.82	
Carbohydrate, by difference.....g	0.10		0	MC	9		0.06	0.02	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	0.10	0.050	4	A	1		0.06	0.02	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	0.500	4	A	1		6	2	
Iron, Fe.....mg	1.30	0.025	4	A	1		0.82	0.27	
Magnesium, Mg.....mg	31	1.350	4	MA	12		20	7	
Phosphorus, P.....mg	233	6.000	4	MA	12		147	49	
Potassium, K.....mg	268	9.000	4	MA	12		169	56	
Sodium, Na.....mg	1214	30.000	4	A	1		765	255	
Zinc, Zn.....mg	1.81	0.150	4	MA	12		1.14	0.38	
Copper, Cu.....mg	0.240	0.010	4	MA	12		0.151	0.050	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.222		0	A	1		0.770	0.257	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.057	0.008	4	A	1		0.036	0.012	
15:0.....g									
16:0.....g	0.820	0.139	4	A	1		0.517	0.172	
17:0.....g									
18:0.....g	0.345	0.053	4	A	1		0.217	0.072	

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	1.673		0	A	1		1.054	0.351	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.107	0.016	4	A	1		0.067	0.022	
17:1.....g									
18:1 undifferentiated.....g	1.567	0.217	4	A	1		0.987	0.329	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.345		0	A	1		0.217	0.072	
18:2 undifferentiated.....g	0.320	0.045	4	A	1		0.202	0.067	
18:3 undifferentiated.....g	0.025	0.008	4	A	1		0.016	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	4.115	0.117	20	A	1		1.152		
17:0.....g									
18:0.....g	1.976	0.089	20	A	1		0.553		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	8.278		0	A	1		2.318		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.608	0.034	20	A	1		0.170		
17:1.....g									
18:1 undifferentiated.....g	7.671	0.195	20	A	1		2.148		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.798		0	A	1		0.503		
18:2 undifferentiated.....g	1.604	0.070	20	A	1		0.449		
18:3 undifferentiated.....g	0.194	0.031	20	A	1		0.054		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226			FLA	4		0.063		
Threonine.....g	0.673			FLA	4		0.188		
Isoleucine.....g	0.783			FLA	4		0.219		
Leucine.....g	1.418			FLA	4		0.397		
Lysine.....g	1.593			FLA	4		0.446		
Methionine.....g	0.440			FLA	4		0.123		
Cystine.....g	0.168			FLA	4		0.047		
Phenylalanine.....g	0.757			FLA	4		0.212		
Tyrosine.....g	0.732			FLA	4		0.205		
Valine.....g	0.960			FLA	4		0.269		
Arginine.....g	0.919			FLA	4		0.257		
Histidine.....g	0.673			FLA	4		0.189		
Alanine.....g	0.751			FLA	4		0.210		
Aspartic acid.....g	1.336			FLA	4		0.374		
Glutamic acid.....g	3.009			FLA	4		0.843		
Glycine.....g	0.632			FLA	4		0.177		
Proline.....g	1.167			FLA	4		0.327		
Serine.....g	0.754			FLA	4		0.211		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0	0.000	3	MA	12		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07211

OSCAR MAYER, Ham and Cheese Loaf

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

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	2.835	0.095	13	A	1		0.794		
17:0.....g									
18:0.....g	1.252	0.066	13	A	1		0.351		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	6.913		0	A	1		1.936		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.635	0.030	13	A	1		0.178		
17:1.....g									
18:1 undifferentiated.....g	6.278	0.265	13	A	1		1.758		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.344		0	A	1		0.376		
18:2 undifferentiated.....g	1.178	0.051	13	A	1		0.330		
18:3 undifferentiated.....g	0.166	0.030	13	A	1		0.046		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07221

OSCAR MAYER, Luncheon Loaf (spiced)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	58.60	0.110	30	A	1		16.41		
Energy.....kcal	234		0	MC	9		66		
Energy.....kj	979				9		274		
Protein.....g	13.50	0.091	30	A	1		3.78		
Total lipid (fat).....g	16.90	0.183	30	A	1		4.73		
Ash.....g	4.00	0.058	27	A	1		1.12		
Carbohydrate, by difference.....g	7.00		0	MC	9		1.96		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	4.60		2	A	1		1.29		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	109	9.798	6	A	1		31		
Iron, Fe.....mg	1.35	0.057	6	A	1		0.38		
Magnesium, Mg.....mg	24	2.164	6	MA	12		7		
Phosphorus, P.....mg	195	9.390	6	MA	12		55		
Potassium, K.....mg	270	3.780	7	MA	12		76		
Sodium, Na.....mg	1226	11.700	19	A	1		343		
Zinc, Zn.....mg	1.95	0.041	6	MA	12		0.55		
Copper, Cu.....mg	2.310	2.139	6	MA	12		0.647		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.367		0	A	1		1.503		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.009	0.000	6	A	1		0.003		
13:0.....g									
14:0.....g	0.202	0.007	6	A	1		0.057		
15:0.....g									
16:0.....g	3.669	0.149	6	A	1		1.027		
17:0.....g									
18:0.....g	1.486	0.041	6	A	1		0.416		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.393		0	A	1		2.070		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.523	0.038	6	A	1		0.146		
17:1.....g									
18:1 undifferentiated.....g	6.870	0.180	6	A	1		1.924		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.789		0	A	1		0.781		
18:2 undifferentiated.....g	2.587	0.157	6	A	1		0.724		
18:3 undifferentiated.....g	0.202	0.045	6	A	1		0.057		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07222

OSCAR MAYER, Old Fashioned 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
Proximates:									
Water.....g	58.90	0.146	30	A	1		16.49		
Energy.....kcal	231		0	MC	9		65		
Energy.....kj	967				9		271		
Protein.....g	13.10	0.146	30	A	1		3.67		
Total lipid (fat).....g	16.30	0.219	30	A	1		4.56		
Ash.....g	3.70	0.113	7	A	1		1.04		
Carbohydrate, by difference.....g	8.00		0	MC	9		2.24		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	4.60		2	A	1		1.29		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	113	8.693	7	A	1		32		
Iron, Fe.....mg	1.32	0.106	7	A	1		0.37		
Magnesium, Mg.....mg	23	1.361	7	MA	12		6		
Phosphorus, P.....mg	208	8.315	7	MA	12		58		
Potassium, K.....mg	294	5.669	7	MA	12		82		
Sodium, Na.....mg	1184	22.556	17	A	1		332		
Zinc, Zn.....mg	1.87	0.068	7	MA	12		0.52		
Copper, Cu.....mg	0.140	0.023	7	MA	12		0.039		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.600		0	A	1		1.568		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.020	0.004	7	A	1		0.006		
13:0.....g									
14:0.....g	0.230	0.011	7	A	1		0.064		
15:0.....g									
16:0.....g	3.820	0.106	7	A	1		1.070		
17:0.....g									
18:0.....g	1.530	0.042	7	A	1		0.428		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.860		0	A	1		2.201		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.560	0.034	7	A	1		0.157		
17:1.....g									
18:1 undifferentiated.....g	7.300	0.234	7	A	1		2.044		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.640		0	A	1		0.739		
18:2 undifferentiated.....g	2.520	0.106	7	A	1		0.706		
18:3 undifferentiated.....g	0.120	0.008	7	A	1		0.034		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07223

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	57.50	0.246	20	A	1		16.10		
Energy.....kcal	263		0	MC	9		74		
Energy.....kj	1100				9		308		
Protein.....g	9.90	0.134	20	A	1		2.77		
Total lipid (fat).....g	21.80	0.335	20	A	1		6.10		
Ash.....g	3.90	0.122	6	A	1		1.09		
Carbohydrate, by difference.....g	6.90		0	MC	9		1.93		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	3.20	0.327	6	A	1		0.90		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	111	12.247	6	A	1		31		
Iron, Fe.....mg	1.74	0.151	6	A	1		0.49		
Magnesium, Mg.....mg	27	1.102	6	MA	12		8		
Phosphorus, P.....mg	132	7.757	6	MA	12		37		
Potassium, K.....mg	186	7.757	6	MA	12		52		
Sodium, Na.....mg	1318	40.008	6	A	1		369		
Zinc, Zn.....mg	1.05	0.090	6	MA	12		0.29		
Copper, Cu.....mg	0.220	0.012	6	MA	12		0.062		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.020		0	A	1		1.966		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.020	0.008	6	A	1		0.006		
13:0.....g									
14:0.....g	0.270	0.024	6	A	1		0.076		
15:0.....g									
16:0.....g	5.020	0.306	6	A	1		1.406		
17:0.....g									
18:0.....g	1.710	0.110	6	A	1		0.479		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	11.130		0	A	1		3.116		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.920	0.078	6	A	1		0.258		
17:1.....g									
18:1 undifferentiated.....g	10.210	0.686	6	A	1		2.859		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.630		0	A	1		0.736		
18:2 undifferentiated.....g	2.490	0.086	6	A	1		0.697		
18:3 undifferentiated.....g	0.140	0.020	6	A	1		0.039		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07224

OSCAR MAYER, Pickle Pimiento Loaf (with chicken)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.80	0.164	30	A	1		15.62		
Energy.....kcal	269		0	MC	9		75		
Energy.....kj	1125				9		315		
Protein.....g	9.60	0.110	30	A	1		2.69		
Total lipid (fat).....g	21.60	0.183	30	A	1		6.05		
Ash.....g	3.80	0.050	4	A	1		1.06		
Carbohydrate, by difference.....g	9.10		0	MC	9		2.55		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	6.90	0.800	4	A	1		1.93		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	110	15.500	4	A	1		31		
Iron, Fe.....mg	2.17	0.250	4	A	1		0.61		
Magnesium, Mg.....mg	29	1.800	4	MA	12		8		
Phosphorus, P.....mg	150	10.000	4	MA	12		42		
Potassium, K.....mg	174	8.000	4	MA	12		49		
Sodium, Na.....mg	1275	8.500	4	A	1		357		
Zinc, Zn.....mg	1.18	0.045	4	MA	12		0.33		
Copper, Cu.....mg	0.280	0.015	4	MA	12		0.078		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.990		0	A	1		1.957		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.010	0.005	4	A	1		0.003		
13:0.....g									
14:0.....g	0.280	0.025	4	A	1		0.078		
15:0.....g									
16:0.....g	4.980	0.245	4	A	1		1.394		
17:0.....g									
18:0.....g	1.720	0.070	4	A	1		0.482		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	10.430		0	A	1		2.920		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.880	0.071	4	A	1		0.246		
17:1.....g									
18:1 undifferentiated.....g	9.550	0.515	4	A	1		2.674		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.810		0	A	1		0.787		
18:2 undifferentiated.....g	2.670	0.110	4	A	1		0.748		
18:3 undifferentiated.....g	0.140	0.020	4	A	1		0.039		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07225

OSCAR MAYER, Pork Sausage Links (cooked)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.50	0.857	6	A	1		23.76	11.88	
Energy.....kcal	343		0	MC	9		165	82	
Energy.....kj	1435				9		689	344	
Protein.....g	16.30	0.490	6	A	1		7.82	3.91	
Total lipid (fat).....g	30.50	1.184	6	A	1		14.64	7.32	
Ash.....g	2.70	0.082	6	A	1		1.30	0.65	
Carbohydrate, by difference.....g	1.00		0	MC	9		0.48	0.24	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	0.90	0.173	3	A	1		0.43	0.22	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16	5.307	6	A	1		8	4	
Iron, Fe.....mg	1.72	0.163	6	A	1		0.83	0.41	
Magnesium, Mg.....mg	18	1.878	6	MA	12		9	4	
Phosphorus, P.....mg	158	5.307	6	MA	12		76	38	
Potassium, K.....mg	238	4.491	6	MA	12		114	57	
Sodium, Na.....mg	836	36.334	6	A	1		401	201	
Zinc, Zn.....mg	2.60	0.131	6	MA	12		1.25	0.62	
Copper, Cu.....mg	0.320	0.073	6	MA	12		0.154	0.077	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	10.690		0	A	1		5.131	2.566	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.020	0.004	6	A	1		0.010	0.005	
13:0.....g									
14:0.....g	0.440	0.020	6	A	1		0.211	0.106	
15:0.....g									
16:0.....g	7.100	0.298	6	A	1		3.408	1.704	
17:0.....g									
18:0.....g	3.130	0.106	6	A	1		1.502	0.751	

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	14.800		0	A	1		7.104	3.552	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.060	0.094	6	A	1		0.509	0.254	
17:1.....g									
18:1 undifferentiated.....g	13.740	0.935	6	A	1		6.595	3.298	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.680		0	A	1		1.766	0.883	
18:2 undifferentiated.....g	3.130	0.163	6	A	1		1.502	0.751	
18:3 undifferentiated.....g	0.550	0.212	6	A	1		0.264	0.132	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	77	5.307	6	A	1		37	18	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 48g: 1 serving 2 links

Measure 2 = 24g: 1 link

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.10	0.310	30	A	1		10.56	3.52	
Energy.....kcal	388		0	MC	9		105	35	
Energy.....kj	1623				9		438	146	
Protein.....g	20.70	0.219	30	A	1		5.59	1.86	
Total lipid (fat).....g	33.30	0.329	30	A	1		8.99	3.00	
Ash.....g	5.60	0.107	14	A	1		1.51	0.50	
Carbohydrate, by difference.....g	1.20		0	MC	9		0.32	0.11	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	0.20		1	A	1		0.05	0.02	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20	2.214	10	A	1		5	2	
Iron, Fe.....mg	1.86	0.180	10	A	1		0.50	0.17	
Magnesium, Mg.....mg	23	1.202	10	MA	12		6	2	
Phosphorus, P.....mg	202	6.008	10	MA	12		55	18	
Potassium, K.....mg	334	6.641	10	MA	12		90	30	
Sodium, Na.....mg	1826	18.623	30	A	1		493	164	
Zinc, Zn.....mg	3.36	0.171	10	MA	12		0.91	0.30	
Copper, Cu.....mg	0.250	0.063	10	MA	12		0.068	0.023	
Manganese, Mn.....mg	0.043	0.003	3	MA	12		0.012	0.004	
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.620	0.020	4	MA	12		0.167	0.056	
Riboflavin.....mg	0.300	0.015	4	MA	12		0.081	0.027	
Niacin.....mg	4.270	0.480	4	MA	12		1.153	0.384	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.340	0.040	4	MA	12		0.092	0.031	
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.32	0.100	4	MA	12		0.36	0.12	
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	12.040		0	A	1		3.251	1.084	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.020	0.007	9	A	1		0.005	0.002	
13:0.....g									
14:0.....g	0.620	0.030	9	A	1		0.167	0.056	
15:0.....g									
16:0.....g	7.730	0.217	9	A	1		2.087	0.696	
17:0.....g									
18:0.....g	3.670	0.197	9	A	1		0.991	0.330	

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	16.750		0	A	1		4.523	1.508	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.460	0.147	9	A	1		0.394	0.131	
17:1.....g									
18:1 undifferentiated.....g	15.290	0.353	9	A	1		4.128	1.376	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.710		0	A	1		0.732	0.244	
18:2 undifferentiated.....g	2.550	0.230	9	A	1		0.689	0.230	
18:3 undifferentiated.....g	0.160	0.050	9	A	1		0.043	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 3 slices

Measure 2 = 9.0g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07228
 OSCAR MAYER, Salami (for beer)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.90	0.180	31	A	1		28.93	14.47	
Energy.....kcal	225		0	MC	9		104	52	
Energy.....kj	941				9		433	217	
Protein.....g	13.50	0.108	31	A	1		6.21	3.11	
Total lipid (fat).....g	18.20	0.233	31	A	1		8.37	4.19	
Ash.....g	3.60	0.063	10	A	1		1.66	0.83	
Carbohydrate, by difference.....g	1.90		0	MC	9		0.87	0.44	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	1.10		2	A	1		0.51	0.25	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9	1.265	10	A	1		4	2	
Iron, Fe.....mg	1.18	0.057	10	A	1		0.54	0.27	
Magnesium, Mg.....mg	18	0.822	10	MA	12		8	4	
Phosphorus, P.....mg	231	19.922	10	MA	12		106	53	
Potassium, K.....mg	212	3.795	10	MA	12		98	49	
Sodium, Na.....mg	1231	12.963	30	A	1		566	283	
Zinc, Zn.....mg	2.04	0.142	10	MA	12		0.94	0.47	
Copper, Cu.....mg	0.240	0.022	10	MA	12		0.110	0.055	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.388		0	A	1		2.938	1.469	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.009	0.003	10	A	1		0.004	0.002	
13:0.....g									
14:0.....g	0.221	0.008	10	A	1		0.102	0.051	
15:0.....g									
16:0.....g	4.146	0.101	10	A	1		1.907	0.954	
17:0.....g									
18:0.....g	2.011	0.065	10	A	1		0.925	0.463	

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	8.824		0	A	1		4.059	2.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.567	0.012	10	A	1		0.261	0.130	
17:1.....g									
18:1 undifferentiated.....g	8.257	0.244	10	A	1		3.798	1.899	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.896		0	A	1		0.872	0.436	
18:2 undifferentiated.....g	1.683	0.058	10	A	1		0.774	0.387	
18:3 undifferentiated.....g	0.213	0.025	10	A	1		0.098	0.049	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.923	0.138	13	A	1		1.869	0.623	
17:0.....g									
18:0.....g	3.523	0.117	13	A	1		0.951	0.317	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	15.011		0	A	1		4.053	1.351	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.296	0.097	13	A	1		0.350	0.117	
17:1.....g									
18:1 undifferentiated.....g	13.715	0.263	13	A	1		3.703	1.234	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.856		0	A	1		0.771	0.257	
18:2 undifferentiated.....g	2.593	0.146	13	A	1		0.700	0.233	
18:3 undifferentiated.....g	0.263	0.052	13	A	1		0.071	0.024	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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	9	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	20		1	MA	12		5.400	1.800	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 27g: 1 serving 3 slices

Measure 2 = 9.0g: 1 slice

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07226
 OSCAR MAYER, Salami Beef Cotto

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	64.50	0.103	77	A	1		29.67	14.84	
Energy.....kcal	206		0	MC	9		95	47	
Energy.....kj	862				9		396	198	
Protein.....g	14.20	0.057	77	A	1		6.53	3.27	
Total lipid (fat).....g	15.70	0.103	77	A	1		7.22	3.61	
Ash.....g	3.80	0.050	16	A	1		1.75	0.87	
Carbohydrate, by difference.....g	1.90		0	MC	9		0.87	0.44	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	1.10		1	A	1		0.51	0.25	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7	0.250	16	A	1		3	2	
Iron, Fe.....mg	2.71	0.038	16	A	1		1.25	0.62	
Magnesium, Mg.....mg	17	0.525	16	MA	12		8	4	
Phosphorus, P.....mg	224	5.000	16	MA	12		103	52	
Potassium, K.....mg	207	5.000	16	MA	12		95	48	
Sodium, Na.....mg	1309	11.685	30	A	1		602	301	
Zinc, Zn.....mg	2.09	0.063	16	MA	12		0.96	0.48	
Copper, Cu.....mg	0.230	0.018	16	MA	12		0.106	0.053	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.740		0	A	1		3.100	1.550	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.010	0.000	12	A	1		0.005	0.002	
13:0.....g									
14:0.....g	0.420	0.012	12	A	1		0.193	0.097	
15:0.....g									
16:0.....g	3.640	0.121	12	A	1		1.674	0.837	
17:0.....g									
18:0.....g	2.670	0.107	12	A	1		1.228	0.614	

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	6.910		0	A	1		3.179	1.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.760	0.046	12	A	1		0.350	0.175	
17:1.....g									
18:1 undifferentiated.....g	6.150	0.162	12	A	1		2.829	1.415	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.780		0	A	1		0.359	0.179	
18:2 undifferentiated.....g	0.590	0.026	12	A	1		0.271	0.136	
18:3 undifferentiated.....g	0.190	0.023	12	A	1		0.087	0.044	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07227

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.60	0.094	73	A	1		27.88	13.94	
Energy.....kcal	245		0	MC	9		113	56	
Energy.....kj	1025				9		472	236	
Protein.....g	13.40	0.047	73	A	1		6.16	3.08	
Total lipid (fat).....g	20.30	0.105	73	A	1		9.34	4.67	
Ash.....g	3.50	0.058	3	A	1		1.61	0.81	
Carbohydrate, by difference.....g	2.20		0	MC	9		1.01	0.51	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	1.50	0.058	3	A	1		0.69	0.35	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	75	8.660	3	A	1		35	17	
Iron, Fe.....mg	2.89	0.075	3	A	1		1.33	0.66	
Magnesium, Mg.....mg	29	1.212	3	MA	12		13	7	
Phosphorus, P.....mg	247	5.774	3	MA	12		114	57	
Potassium, K.....mg	217	10.392	3	MA	12		100	50	
Sodium, Na.....mg	1095	13.856	3	A	1		504	252	
Zinc, Zn.....mg	1.97	0.052	3	MA	12		0.91	0.45	
Copper, Cu.....mg	0.420	0.110	3	MA	12		0.193	0.097	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.470		0	A	1		3.896	1.948	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.030	0.006	3	A	1		0.014	0.007	
13:0.....g									
14:0.....g	0.410	0.023	3	A	1		0.189	0.094	
15:0.....g									
16:0.....g	5.000	0.133	3	A	1		2.300	1.150	
17:0.....g									
18:0.....g	3.030	0.110	3	A	1		1.394	0.697	

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	10.150		0	A	1		4.669	2.335	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.640	0.035	3	A	1		0.294	0.147	
17:1.....g									
18:1 undifferentiated.....g	9.510	0.410	3	A	1		4.375	2.187	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.670		0	A	1		0.768	0.384	
18:2 undifferentiated.....g	1.610	0.150	3	A	1		0.741	0.370	
18:3 undifferentiated.....g	0.060	0.000	3	A	1		0.028	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07231

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.20	0.305	13	A	1		17.76		
Energy.....kcal	237		0	MC	9		71		
Energy.....kj	992				9		297		
Protein.....g	6.50	0.111	13	A	1		1.95		
Total lipid (fat).....g	16.60	0.471	13	A	1		4.98		
Ash.....g	2.40		2	A	1		0.72		
Carbohydrate, by difference.....g	15.40		0	MC	9		4.62		
Fiber, total dietary.....g	0.3		0	MC	9		0.1		
Sugars, total.....g	7.90		2	A	1		2.37		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27		2	A	1		8		
Iron, Fe.....mg	0.80		2	A	1		0.24		
Magnesium, Mg.....mg	12		2	MA	12		4		
Phosphorus, P.....mg	69		2	MA	12		21		
Potassium, K.....mg	118		2	MA	12		35		
Sodium, Na.....mg	821		2	A	1		246		
Zinc, Zn.....mg	0.88		2	MA	12		0.26		
Copper, Cu.....mg	0.180		2	MA	12		0.054		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	100		0	MC	9		30		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.754		0	A	1		1.726		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.017		2	A	1		0.005		
13:0.....g									
14:0.....g	0.274		2	A	1		0.082		
15:0.....g									
16:0.....g	3.690		2	A	1		1.107		
17:0.....g									
18:0.....g	1.772		2	A	1		0.532		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.201		0	A	1		2.160		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.437		2	A	1		0.131		
17:1.....g									
18:1 undifferentiated.....g	6.764		2	A	1		2.029		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.483		0	A	1		0.745		
18:2 undifferentiated.....g	2.243		2	A	1		0.673		
18:3 undifferentiated.....g	0.240		2	A	1		0.072		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07232
 OSCAR MAYER, Smokie Links Sausage

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.50	0.117	106	A	1		23.87		
Energy.....kcal	302		0	MC	9		130		
Energy.....kj	1264				9		543		
Protein.....g	12.40	0.058	106	A	1		5.33		
Total lipid (fat).....g	27.30	0.117	106	A	1		11.74		
Ash.....g	3.10	0.040	25	A	1		1.33		
Carbohydrate, by difference.....g	1.70		0	MC	9		0.73		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.60	0.173	3	A	1		0.69		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	1.109	13	A	1		4		
Iron, Fe.....mg	1.17	0.039	13	A	1		0.50		
Magnesium, Mg.....mg	17	0.638	13	MA	12		7		
Phosphorus, P.....mg	240	10.817	13	MA	12		103		
Potassium, K.....mg	180	3.250	16	MA	12		77		
Sodium, Na.....mg	1007	19.718	30	A	1		433		
Zinc, Zn.....mg	2.09	0.108	13	MA	12		0.90		
Copper, Cu.....mg	0.250	0.039	13	MA	12		0.108		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	9.380		0	A	1		4.033		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.010	0.003	13	A	1		0.004		
13:0.....g									
14:0.....g	0.390	0.028	13	A	1		0.168		
15:0.....g									
16:0.....g	6.160	0.161	13	A	1		2.649		
17:0.....g									
18:0.....g	2.820	0.125	13	A	1		1.213		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.170		0	A	1		5.663		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.850	0.031	13	A	1		0.366		
17:1.....g									
18:1 undifferentiated.....g	12.320	0.194	13	A	1		5.298		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.780		0	A	1		1.195		
18:2 undifferentiated.....g	2.550	0.083	13	A	1		1.097		
18:3 undifferentiated.....g	0.230	0.053	13	A	1		0.099		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.570	0.299	7	A	1		2.825		
17:0.....g									
18:0.....g	3.820	0.110	7	A	1		1.643		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.800		0	A	1		5.504		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.200	0.057	7	A	1		0.516		
17:1.....g									
18:1 undifferentiated.....g	11.600	0.212	7	A	1		4.988		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.900		0	A	1		0.387		
18:2 undifferentiated.....g	0.700	0.038	7	A	1		0.301		
18:3 undifferentiated.....g	0.200	0.060	7	A	1		0.086		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 43g: 1 serving (1 link)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07234
 OSCAR MAYER, Smokies (cheese)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.90	0.201	30	A	1		23.61		
Energy.....kcal	303		0	MC	9		130		
Energy.....kj	1268				9		545		
Protein.....g	12.90	0.110	30	A	1		5.55		
Total lipid (fat).....g	27.10	0.183	30	A	1		11.65		
Ash.....g	3.30	0.046	19	A	1		1.42		
Carbohydrate, by difference.....g	1.80		0	MC	9		0.77		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.50		1	A	1		0.65		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45	3.667	9	A	1		19		
Iron, Fe.....mg	1.07	0.050	9	A	1		0.46		
Magnesium, Mg.....mg	16	0.700	9	MA	12		7		
Phosphorus, P.....mg	288	13.000	9	MA	12		124		
Potassium, K.....mg	181	5.060	10	MA	12		78		
Sodium, Na.....mg	1046	13.328	30	A	1		450		
Zinc, Zn.....mg	1.96	0.183	9	MA	12		0.84		
Copper, Cu.....mg	0.200	0.037	9	MA	12		0.086		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	160		0	MC	9		69		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	10.160		0	A	1		4.369		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.060	0.013	9	A	1		0.026		
13:0.....g									
14:0.....g	0.560	0.023	9	A	1		0.241		
15:0.....g									
16:0.....g	6.400	0.117	9	A	1		2.752		
17:0.....g									
18:0.....g	3.140	0.140	9	A	1		1.350		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.990		0	A	1		5.586		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.910	0.067	9	A	1		0.391		
17:1.....g									
18:1 undifferentiated.....g	12.080	0.150	9	A	1		5.194		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.700		0	A	1		1.161		
18:2 undifferentiated.....g	2.360	0.087	9	A	1		1.015		
18:3 undifferentiated.....g	0.340	0.053	9	A	1		0.146		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07235
OSCAR MAYER, Smokies Sausage Little (pork, turkey)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.50	0.212	18	A	1		5.00	31.64	
Energy.....kcal	301		0	MC	9		27	172	
Energy.....kj	1259				9		113	718	
Protein.....g	12.40	0.118	18	A	1		1.12	7.07	
Total lipid (fat).....g	27.10	0.236	18	A	1		2.44	15.45	
Ash.....g	3.20		1	A	1		0.29	1.82	
Carbohydrate, by difference.....g	1.80		0	MC	9		0.16	1.03	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	1.40		1	A	1		0.13	0.80	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		1	A	1		1	6	
Iron, Fe.....mg	1.18		1	A	1		0.11	0.67	
Magnesium, Mg.....mg	17		1	MA	12		2	10	
Phosphorus, P.....mg	212		1	MA	12		19	121	
Potassium, K.....mg	173		1	MA	12		16	99	
Sodium, Na.....mg	1022		1	A	1		92	583	
Zinc, Zn.....mg	1.97		1	MA	12		0.18	1.12	
Copper, Cu.....mg	0.200		1	MA	12		0.018	0.114	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	9.444		0	A	1		0.850	5.383	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.009		1	A	1		0.001	0.005	
13:0.....g									
14:0.....g	0.361		1	A	1		0.032	0.206	
15:0.....g									
16:0.....g	6.120		1	A	1		0.551	3.488	
17:0.....g									
18:0.....g	2.954		1	A	1		0.266	1.684	

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.889		0	A	1		1.160	7.347	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.898		1	A	1		0.081	0.512	
17:1.....g									
18:1 undifferentiated.....g	11.990		1	A	1		1.079	6.834	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.870		0	A	1		0.258	1.636	
18:2 undifferentiated.....g	2.537		1	A	1		0.228	1.446	
18:3 undifferentiated.....g	0.333		1	A	1		0.030	0.190	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07236

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.20		2	A	1		4.79	30.32	
Energy.....kcal	315		0	MC	9		28	180	
Energy.....kj	1318				9		119	751	
Protein.....g	13.50		2	A	1		1.22	7.70	
Total lipid (fat).....g	28.20		2	A	1		2.54	16.07	
Ash.....g	3.40		1	A	1		0.31	1.94	
Carbohydrate, by difference.....g	1.70		0	MC	9		0.15	0.97	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	0.30		1	A	1		0.03	0.17	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	67		1	A	1		6	38	
Iron, Fe.....mg	1.24		1	A	1		0.11	0.71	
Magnesium, Mg.....mg	21		1	MA	12		2	12	
Phosphorus, P.....mg	248		1	MA	12		22	141	
Potassium, K.....mg	152		1	MA	12		14	87	
Sodium, Na.....mg	1036		1	A	1		93	591	
Zinc, Zn.....mg	2.04		1	MA	12		0.18	1.16	
Copper, Cu.....mg	0.300		1	MA	12		0.027	0.171	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.160		0	A	1		1.004	6.361	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.080		1	A	1		0.007	0.046	
13:0.....g									
14:0.....g	0.590		1	A	1		0.053	0.336	
15:0.....g									
16:0.....g	7.080		1	A	1		0.637	4.036	
17:0.....g									
18:0.....g	3.410		1	A	1		0.307	1.944	

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.190		0	A	1		1.187	7.518	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.770		1	A	1		0.069	0.439	
17:1.....g									
18:1 undifferentiated.....g	12.420		1	A	1		1.118	7.079	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.790		0	A	1		0.251	1.590	
18:2 undifferentiated.....g	2.620		1	A	1		0.236	1.493	
18:3 undifferentiated.....g	0.170		1	A	1		0.015	0.097	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.620	0.156	12	A	1		3.045	1.523	
17:0.....g									
18:0.....g	4.300	0.092	12	A	1		1.978	0.989	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.900		0	A	1		5.934	2.967	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.540	0.136	12	A	1		0.708	0.354	
17:1.....g									
18:1 undifferentiated.....g	11.360	0.312	12	A	1		5.226	2.613	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.130		0	A	1		0.520	0.260	
18:2 undifferentiated.....g	0.930	0.110	12	A	1		0.428	0.214	
18:3 undifferentiated.....g	0.200	0.029	12	A	1		0.092	0.046	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.298	0.103	13	A	1		2.897	1.449	
17:0.....g									
18:0.....g	3.829	0.090	13	A	1		1.761	0.881	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.142		0	A	1		5.585	2.793	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.156	0.092	13	A	1		0.532	0.266	
17:1.....g									
18:1 undifferentiated.....g	10.986	0.208	13	A	1		5.054	2.527	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.229		0	A	1		1.025	0.513	
18:2 undifferentiated.....g	1.942	0.072	13	A	1		0.893	0.447	
18:3 undifferentiated.....g	0.287	0.033	13	A	1		0.132	0.066	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 2 slices

Measure 2 = 23g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07239

OSCAR MAYER, Turkey Breast (smoked, fat free)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	77.50	0.074	89	A	1		40.30	10.08	
Energy.....kcal	80		0	MC	9		42	10	
Energy.....kj	335				9		174	44	
Protein.....g	14.90	0.064	89	A	1		7.75	1.94	
Total lipid (fat).....g	0.60	0.021	89	A	1		0.31	0.08	
Ash.....g	3.40	0.033	9	A	1		1.77	0.44	
Carbohydrate, by difference.....g	3.60		0	MC	9		1.87	0.47	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	1.10	0.106	8	A	1		0.57	0.14	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10	0.354	8	A	1		5	1	
Iron, Fe.....mg	0.77	0.053	8	A	1		0.40	0.10	
Magnesium, Mg.....mg	30	0.955	8	MA	12		16	4	
Phosphorus, P.....mg	243	2.475	8	MA	12		126	32	
Potassium, K.....mg	218	5.657	8	MA	12		113	28	
Sodium, Na.....mg	1095	16.667	9	A	1		569	142	
Zinc, Zn.....mg	0.85	0.046	8	MA	12		0.44	0.11	
Copper, Cu.....mg	0.260	0.021	8	MA	12		0.135	0.034	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.180		0	A	1		0.094	0.023	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.010	0.004	8	A	1		0.005	0.001	
13:0.....g									
14:0.....g	0.020	0.007	8	A	1		0.010	0.003	
15:0.....g									
16:0.....g	0.100	0.025	8	A	1		0.052	0.013	
17:0.....g									
18:0.....g	0.050	0.011	8	A	1		0.026	0.007	

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.150		0	A	1		0.078	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010	0.004	8	A	1		0.005	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.140	0.039	8	A	1		0.073	0.018	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.110		0	A	1		0.057	0.014	
18:2 undifferentiated.....g	0.100	0.025	8	A	1		0.052	0.013	
18:3 undifferentiated.....g	0.010	0.004	8	A	1		0.005	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 4 slices

Measure 2 = 13.0g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07241

OSCAR MAYER, Wieners (beef franks)

frankfurter, hot dog, hotdog, wiener

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.22	0.985	121	A	1		23.95		
Energy.....kcal	327		0	NC	4		147		
Energy.....kj	1369		0	NC	4		616		
Protein (N x 6.25).....g	11.35	0.150	121	A	1		5.11		
Total lipid (fat).....g	30.26	1.061	121	A	1		13.62		
Ash.....g	2.82	0.080	31	A	1		1.27		
Carbohydrate, by difference.....g	2.35		0	NC	4		1.06		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.60		2	A	1		0.72		
Starch.....g	1.18		1	A	1		0.53		
Minerals:									
Calcium, Ca.....mg	10	0.950	31	A	1		5		
Iron, Fe.....mg	1.34	0.144	31	A	1		0.60		
Magnesium, Mg.....mg	13		1	A	1		6		
Phosphorus, P.....mg	140		1	A	1		63		
Potassium, K.....mg	130		1	A	1		59		
Sodium, Na.....mg	1025	6.850	31	A	1		461		
Zinc, Zn.....mg	2.19		1	A	1		0.98		
Copper, Cu.....mg	0.140		1	A	1		0.063		
Manganese, Mn.....mg	0.020		1	A	1		0.009		
Selenium, Se.....mcg	11.5		1	A	1		5.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.034		1	A	1		0.015		
Riboflavin.....mg	0.100	0.002	30	MA	12		0.045		
Niacin.....mg	2.292		1	A	1		1.031		
Pantothenic acid.....mg	0.220		1	A	1		0.099		
Vitamin B-6.....mg	0.072		1	A	1		0.032		
Folate, total.....mcg	6		1	A	1		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	6		1	A	1		3		
Folate, DFE.....mcg_DFE	6		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.63		1	A	1		0.73		
Vitamin A, IU.....IU	0		0	NR	4		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	NR	4		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	24	2.646	7	MA	12		11		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	12.460		0	A	1		5.607		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.030	0.005	30	A	1		0.014		
13:0.....g									
14:0.....g	0.946	0.054	31	A	1		0.426		
15:0.....g	0.162		1	A	1		0.073		

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
16:0.....g	6.785	0.326	31	A	1		3.053		
17:0.....g	0.421		1	A	1		0.189		
18:0.....g	3.997	0.323	31	A	1		1.799		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	14.740		0	A	1		6.633		
14:1.....g	0.331		1	A	1		0.149		
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g	0.222		1	A	1		0.100		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.360		0	A	1		0.612		
18:2 undifferentiated.....g	0.951	0.100	31	A	1		0.428		
18:3 undifferentiated.....g	0.239	0.072	31	A	1		0.107		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 45g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	7.400	0.147	9	A	1		4.218		
17:0.....g									
18:0.....g	4.130	0.107	9	A	1		2.354		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	14.620		0	A	1		8.333		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.460	0.123	9	A	1		0.832		
17:1.....g									
18:1 undifferentiated.....g	13.160	0.093	9	A	1		7.501		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.960		0	A	1		0.547		
18:2 undifferentiated.....g	0.790	0.043	9	A	1		0.450		
18:3 undifferentiated.....g	0.170	0.050	9	A	1		0.097		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 57g: 1 serving (1 link)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07243

OSCAR MAYER, Wieners (beef franks, fat free)

frank, frankfurter, hot dog

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.00	0.095	40	A	1		39.00		
Energy.....kcal	78		0	MC	9		39		
Energy.....kj	326				9		163		
Protein.....g	13.20	0.063	40	A	1		6.60		
Total lipid (fat).....g	0.50	0.032	40	A	1		0.25		
Ash.....g	3.20	0.163	6	A	1		1.60		
Carbohydrate, by difference.....g	5.10		0	MC	9		2.55		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	3.80	0.447	5	A	1		1.90		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20	4.472	5	A	1		10		
Iron, Fe.....mg	1.95	0.063	5	A	1		0.98		
Magnesium, Mg.....mg	19	1.207	5	MA	12		10		
Phosphorus, P.....mg	129	2.236	5	MA	12		65		
Potassium, K.....mg	467	41.641	6	MA	12		234		
Sodium, Na.....mg	927	37.559	6	A	1		464		
Zinc, Zn.....mg	2.41	0.116	5	MA	12		1.21		
Copper, Cu.....mg	0.160	0.027	5	MA	12		0.080		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.225		0	A	1		0.113		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000	0.000	5	A	1		0.000		
13:0.....g									
14:0.....g	0.014	0.000	5	A	1		0.007		
15:0.....g									
16:0.....g	0.127	0.013	5	A	1		0.064		
17:0.....g									
18:0.....g	0.085	0.006	5	A	1		0.043		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.190		0	A	1		0.095		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014	0.003	5	A	1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.176	0.016	5	A	1		0.088		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.049		0	A	1		0.025		
18:2 undifferentiated.....g	0.042	0.006	5	A	1		0.021		
18:3 undifferentiated.....g	0.007	0.003	5	A	1		0.004		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07244

OSCAR MAYER, Wieners (beef franks, light)

frank, frankfurter, hot dog

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.80	0.090	100	A	1		38.08		
Energy.....kcal	193		0	MC	9		110		
Energy.....kj	808				9		460		
Protein.....g	10.70	0.040	100	A	1		6.10		
Total lipid (fat).....g	14.90	0.100	101	A	1		8.49		
Ash.....g	3.50	0.029	12	A	1		2.00		
Carbohydrate, by difference.....g	4.10		0	MC	9		2.34		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	2.10	0.808	3	A	1		1.20		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21	3.130	5	A	1		12		
Iron, Fe.....mg	1.56	0.116	5	A	1		0.89		
Magnesium, Mg.....mg	18	1.342	5	MA	12		10		
Phosphorus, P.....mg	164	9.391	5	MA	12		93		
Potassium, K.....mg	401	33.094	5	MA	12		229		
Sodium, Na.....mg	1079	6.667	9	A	1		615		
Zinc, Zn.....mg	2.10	0.121	5	MA	12		1.20		
Copper, Cu.....mg	0.210	0.009	5	MA	12		0.120		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.320		0	A	1		3.602		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.020	0.004	5	A	1		0.011		
13:0.....g									
14:0.....g	0.440	0.072	5	A	1		0.251		
15:0.....g									
16:0.....g	3.920	0.241	5	A	1		2.234		
17:0.....g									
18:0.....g	1.940	0.054	5	A	1		1.106		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.520		0	A	1		4.286		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.600	0.045	5	A	1		0.342		
17:1.....g									
18:1 undifferentiated.....g	6.920	0.353	5	A	1		3.944		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.990		0	A	1		0.564		
18:2 undifferentiated.....g	0.890	0.362	5	A	1		0.507		
18:3 undifferentiated.....g	0.100	0.036	5	A	1		0.057		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07245

OSCAR MAYER, Wieners (cheese hot dogs with turkey)

frank, frankfurter, hot dog

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.90	0.037	120	A	1		23.81		
Energy.....kcal	318		0	MC	9		143		
Energy.....kj	1331				9		599		
Protein.....g	12.00	0.027	120	A	1		5.40		
Total lipid (fat).....g	28.70	0.073	120	A	1		12.92		
Ash.....g	3.60	0.047	18	A	1		1.62		
Carbohydrate, by difference.....g	2.80		0	MC	9		1.26		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.80	0.134	5	A	1		0.81		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	164	19.230	5	A	1		74		
Iron, Fe.....mg	1.48	0.139	5	A	1		0.67		
Magnesium, Mg.....mg	25	2.683	5	MA	12		11		
Phosphorus, P.....mg	215	13.416	5	MA	12		97		
Potassium, K.....mg	131	7.155	5	MA	12		59		
Sodium, Na.....mg	1143	15.588	12	A	1		514		
Zinc, Zn.....mg	1.84	0.130	5	MA	12		0.83		
Copper, Cu.....mg	0.180	0.009	5	MA	12		0.081		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	10.025		0	A	1		4.511		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.312	0.086	5	A	1		0.140		
13:0.....g									
14:0.....g	0.623	0.025	5	A	1		0.280		
15:0.....g									
16:0.....g	6.442	0.245	5	A	1		2.899		
17:0.....g									
18:0.....g	2.648	0.184	5	A	1		1.192		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.104		0	A	1		5.897		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.981	0.053	5	A	1		0.441		
17:1.....g									
18:1 undifferentiated.....g	12.124	0.348	5	A	1		5.456		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.849		0	A	1		1.732		
18:2 undifferentiated.....g	3.611	0.090	5	A	1		1.625		
18:3 undifferentiated.....g	0.238	0.058	5	A	1		0.107		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07246

OSCAR MAYER, Wieners (fat free hot dogs)

frank, frankfurter, hot dog

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.80	0.046	120	A	1		39.40		
Energy.....kcal	73		0	MC	9		37		
Energy.....kj	305				9		153		
Protein.....g	12.60	0.046	120	A	1		6.30		
Total lipid (fat).....g	0.60	0.018	120	A	1		0.30		
Ash.....g	3.70	0.037	30	A	1		1.85		
Carbohydrate, by difference.....g	4.30		0	MC	9		2.15		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	2.10	0.221	10	A	1		1.05		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15	1.265	10	A	1		8		
Iron, Fe.....mg	0.92	0.063	10	A	1		0.46		
Magnesium, Mg.....mg	21	0.443	10	MA	12		11		
Phosphorus, P.....mg	162	3.479	10	MA	12		81		
Potassium, K.....mg	471	4.536	7	MA	12		236		
Sodium, Na.....mg	974	27.591	7	A	1		487		
Zinc, Zn.....mg	1.19	0.032	10	MA	12		0.60		
Copper, Cu.....mg	0.220	0.009	10	MA	12		0.110		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.200		0	A	1		0.100		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000	0.000	10	A	1		0.000		
13:0.....g									
14:0.....g	0.010	0.000	10	A	1		0.005		
15:0.....g									
16:0.....g	0.130	0.016	10	A	1		0.065		
17:0.....g									
18:0.....g	0.060	0.006	10	A	1		0.030		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.210		0	A	1		0.105		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020	0.003	10	A	1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.190	0.022	10	A	1		0.095		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.110		0	A	1		0.055		
18:2 undifferentiated.....g	0.100	0.013	10	A	1		0.050		
18:3 undifferentiated.....g	0.010	0.000	10	A	1		0.005		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07247

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

frank, frankfurter, hot dog

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.70	0.059	103	A	1		38.02		
Energy.....kcal	194		0	MC	9		111		
Energy.....kj	812				9		463		
Protein.....g	12.10	0.030	103	A	1		6.90		
Total lipid (fat).....g	14.90	0.049	103	A	1		8.49		
Ash.....g	3.50	0.032	10	A	1		2.00		
Carbohydrate, by difference.....g	2.80		0	MC	9		1.60		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.50	0.150	4	A	1		0.86		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38	2.449	6	A	1		22		
Iron, Fe.....mg	1.28	0.094	6	A	1		0.73		
Magnesium, Mg.....mg	17	1.102	6	MA	12		10		
Phosphorus, P.....mg	169	7.348	6	MA	12		96		
Potassium, K.....mg	397	30.619	6	MA	12		226		
Sodium, Na.....mg	1036	25.324	7	A	1		591		
Zinc, Zn.....mg	1.77	0.106	6	MA	12		1.01		
Copper, Cu.....mg	0.200	0.008	6	MA	12		0.114		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.199		0	A	1		2.963		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.027	0.007	6	A	1		0.015		
13:0.....g									
14:0.....g	0.213	0.011	6	A	1		0.121		
15:0.....g									
16:0.....g	3.457	0.094	6	A	1		1.970		
17:0.....g									
18:0.....g	1.502	0.021	6	A	1		0.856		

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	6.763		0	A	1		3.855		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.435	0.011	6	A	1		0.248		
17:1.....g									
18:1 undifferentiated.....g	6.328	0.221	6	A	1		3.607		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.044		0	A	1		1.165		
18:2 undifferentiated.....g	1.920	0.061	6	A	1		1.094		
18:3 undifferentiated.....g	0.124	0.026	6	A	1		0.071		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07240

OSCAR MAYER, Wieners (pork, turkey)

frank, frankfurter, hot dog, hotdog

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	53.35	0.050	123	A	1		24.01		
Energy.....kcal	327		0	NC	4		147		
Energy.....kj	1368		0	NC	4		615		
Protein (N x 6.25).....g	10.95	0.050	123	A	1		4.93		
Total lipid (fat).....g	29.90	0.300	123	A	1		13.46		
Ash.....g	3.15	0.050	9	A	1		1.42		
Carbohydrate, by difference.....g	2.70		0	MC	9		1.22		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.80	0.058	3	A	1		0.81		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60	4.950	8	A	1		27		
Iron, Fe.....mg	1.16	0.074	8	A	1		0.52		
Magnesium, Mg.....mg	17	1.131	8	MA	12		8		
Phosphorus, P.....mg	137	7.778	8	MA	12		62		
Potassium, K.....mg	162	5.303	8	MA	12		73		
Sodium, Na.....mg	988	22.000	9	A	1		445		
Zinc, Zn.....mg	1.72	0.053	8	MA	12		0.77		
Copper, Cu.....mg	0.260	0.025	8	MA	12		0.117		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	JO	11		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	9.467		0	A	1		4.260		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.019	0.000	8	A	1		0.009		
13:0.....g									
14:0.....g	0.362	0.013	8	A	1		0.163		
15:0.....g									
16:0.....g	6.466	0.092	8	A	1		2.910		
17:0.....g									
18:0.....g	2.620	0.151	8	A	1		1.179		

NDB No. 07240
 OSCAR MAYER, Wieners (pork, turkey)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.806		0	A	1		6.213		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.031	0.069	8	A	1		0.464		
17:1.....g									
18:1 undifferentiated.....g	12.775	0.315	8	A	1		5.749		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	4.255		0	A	1		1.915		
18:2 undifferentiated.....g	4.023	0.171	8	A	1		1.810		
18:3 undifferentiated.....g	0.232	0.020	8	A	1		0.104		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	72	4.025	5	A	1		32		
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 45g: 1 serving (1 link)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07248

OSCAR MAYER, Wieners Little (pork, turkey)

frank, frankfurter, hot dog

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.00		1	A	1		4.95	31.35	
Energy.....kcal	311		0	MC	9		28	177	
Energy.....kj	1301				9		117	742	
Protein.....g	10.90		1	A	1		0.98	6.21	
Total lipid (fat).....g	28.70		1	A	1		2.58	16.36	
Ash.....g	3.10		1	A	1		0.28	1.77	
Carbohydrate, by difference.....g	2.30		0	MC	9		0.21	1.31	
Fiber, total dietary.....g	0.0		0	MC	9		0.0	0.0	
Sugars, total.....g	1.60		1	A	1		0.14	0.91	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		1	A	1		1	7	
Iron, Fe.....mg	1.02		1	A	1		0.09	0.58	
Magnesium, Mg.....mg	13		1	MA	12		1	7	
Phosphorus, P.....mg	97		1	MA	12		9	55	
Potassium, K.....mg	159		1	MA	12		14	91	
Sodium, Na.....mg	1039		1	A	1		94	592	
Zinc, Zn.....mg	1.84		1	MA	12		0.17	1.05	
Copper, Cu.....mg	0.110		1	MA	12		0.010	0.063	
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.150		0	A	1		1.004	6.356	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.060		1	A	1		0.005	0.034	
13:0.....g									
14:0.....g	0.610		1	A	1		0.055	0.348	
15:0.....g									
16:0.....g	6.870		1	A	1		0.618	3.916	
17:0.....g									
18:0.....g	3.610		1	A	1		0.325	2.058	

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
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	14.330		0	A	1		1.290	8.168	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.290		1	A	1		0.116	0.735	
17:1.....g									
18:1 undifferentiated.....g	13.040		1	A	1		1.174	7.433	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.670		0	A	1		0.240	1.522	
18:2 undifferentiated.....g	2.380		1	A	1		0.214	1.357	
18:3 undifferentiated.....g	0.290		1	A	1		0.026	0.165	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07206

OSCAR MAYER. Bologna (Wisconsin made ring)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	54.70	0.190	40	A	1		30.63		
Energy.....kcal	313		0	MC	9		175		
Energy.....kj	1310				9		733		
Protein.....g	11.80	0.063	40	A	1		6.61		
Total lipid (fat).....g	28.40	0.174	40	A	1		15.90		
Ash.....g	2.50	0.028	13	A	1		1.40		
Carbohydrate, by difference.....g	2.60		0	MC	9		1.46		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	2.20		2	A	1		1.23		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15	1.387	13	A	1		8		
Iron, Fe.....mg	1.16	0.083	13	A	1		0.65		
Magnesium, Mg.....mg	15	0.804	13	MA	12		8		
Phosphorus, P.....mg	106	6.379	13	MA	12		59		
Potassium, K.....mg	139	25.516	13	MA	12		78		
Sodium, Na.....mg	827	16.918	13	A	1		463		
Zinc, Zn.....mg	1.85	0.058	13	MA	12		1.04		
Copper, Cu.....mg	0.130	0.031	13	MA	12		0.073		
Manganese, Mn.....mg	0.049	0.007	6	MA	12		0.027		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.290	0.011	7	MA	12		0.162		
Riboflavin.....mg	0.140	0.008	7	MA	12		0.078		
Niacin.....mg	2.650	0.129	7	MA	12		1.484		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.140	0.011	7	MA	12		0.078		
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.26	0.110	7	MA	12		0.71		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	40	7.155	5	MA	12		22		
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.140		0	A	1		6.238		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.040	0.014	13	A	1		0.022		
13:0.....g									
14:0.....g	0.730	0.053	13	A	1		0.409		
15:0.....g									
16:0.....g	6.790	0.244	13	A	1		3.802		
17:0.....g									
18:0.....g	3.580	0.111	13	A	1		2.005		

NDB No. 07206

OSCAR MAYER. Bologna (Wisconsin made ring)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	14.090		0	A	1		7.890		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.470	0.094	13	A	1		0.823		
17:1.....g									
18:1 undifferentiated.....g	12.620	0.047	13	A	1		7.067		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.970		0	A	1		1.103		
18:2 undifferentiated.....g	1.670	0.128	13	A	1		0.935		
18:3 undifferentiated.....g	0.300	0.047	13	A	1		0.168		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....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 National Nutrient Database for Standard Reference, Release 19 (2006)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.270		4		1		0.076	0.154	
15:0.....g									
16:0.....g	3.540		4		1		0.991	2.018	
17:0.....g									
18:0.....g	2.020		4		1		0.566	1.151	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.870		0		1		2.204	4.486	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660		4		1		0.185	0.376	
17:1.....g									
18:1 undifferentiated.....g	7.210		4		1		2.019	4.110	
20:1.....g	0.000		4		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		4		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.930		0		1		0.540	1.100	
18:2 undifferentiated.....g	1.820		4		1		0.510	1.037	
18:3 undifferentiated.....g	0.110		4		1		0.031	0.063	
18:4.....g	0.000		4		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		4		1		0.000	0.000	
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.104		0		1		0.029	0.059	
Threonine.....g	0.472		0		1		0.132	0.269	
Isoleucine.....g	0.421		0		1		0.118	0.240	
Leucine.....g	0.870		0		1		0.244	0.496	
Lysine.....g	0.809		0		1		0.227	0.461	
Methionine.....g	0.301		0		1		0.084	0.172	
Cystine.....g	0.144		0		1		0.040	0.082	
Phenylalanine.....g	0.419		0		1		0.117	0.239	
Tyrosine.....g	0.383		0		1		0.107	0.218	
Valine.....g	0.508		0		1		0.142	0.290	
Arginine.....g	0.583		0		1		0.163	0.332	
Histidine.....g	0.292		0		1		0.082	0.166	
Alanine.....g	0.618		0		1		0.173	0.352	
Aspartic acid.....g	0.951		0		1		0.266	0.542	
Glutamic acid.....g	1.919		0		1		0.537	1.094	
Glycine.....g	0.680		0		1		0.190	0.388	
Proline.....g	0.830		0		1		0.232	0.473	
Serine.....g	0.517		0		1		0.145	0.295	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 slice (1 oz) (4" x 4" x 3/32" thick)

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	5.900		1	A	1		2.242		
17:0.....g									
18:0.....g	3.000		1	A	1		1.140		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.100		0	NC	4		4.978		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.900		1	A	1		0.342		
17:1.....g									
18:1 undifferentiated.....g	11.900		1	A	1		4.522		
20:1.....g	0.300		1	A	1		0.114		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	4.100		0	NC	4		1.558		
18:2 undifferentiated.....g	3.200		1	A	1		1.216		
18:3 undifferentiated.....g	0.300		1	A	1		0.114		
18:4.....g									
20:2 n-6 c,c.....g	0.100		1	A	1		0.038		
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		1	A	1		0.076		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	211		1	A	1		80		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		1	A	1		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 38g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	1.874			FLA	4		1.050		
17:0.....g									
18:0.....g	0.460			FLA	4		0.258		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	2.816			FLA	4		1.577		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.397			FLA	4		0.222		
17:1.....g									
18:1 undifferentiated.....g	2.333			FLA	4		1.307		
20:1.....g	0.085			FLA	4		0.048		
22:1 undifferentiated.....g	0.000			FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.456			FLA	4		0.815		
18:2 undifferentiated.....g	1.325			FLA	4		0.742		
18:3 undifferentiated.....g	0.057			FLA	4		0.032		
18:4.....g	0.000			FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038			FLA	4		0.021		
20:5 n-3.....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		
Amino Acids:									
Tryptophan.....g	0.160			FLA	4		0.090		
Threonine.....g	0.597			FLA	4		0.334		
Isoleucine.....g	0.711			FLA	4		0.398		
Leucine.....g	1.048			FLA	4		0.587		
Lysine.....g	1.167			FLA	4		0.653		
Methionine.....g	0.382			FLA	4		0.214		
Cystine.....g	0.198			FLA	4		0.111		
Phenylalanine.....g	0.562			FLA	4		0.315		
Tyrosine.....g	0.461			FLA	4		0.258		
Valine.....g	0.702			FLA	4		0.393		
Arginine.....g	0.928			FLA	4		0.520		
Histidine.....g	0.419			FLA	4		0.235		
Alanine.....g	0.873			FLA	4		0.489		
Aspartic acid.....g	1.301			FLA	4		0.729		
Glutamic acid.....g	2.112			FLA	4		1.183		
Glycine.....g	1.034			FLA	4		0.579		
Proline.....g	0.750			FLA	4		0.420		
Serine.....g	0.520			FLA	4		0.291		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07935

Oven-roasted chicken breast roll

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

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

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
Proximates:									
Water.....g	74.30		1	A	1		42.35		
Energy.....kcal	95		0	MC	9		54		
Energy.....kj	397		0	MC	9		227		
Protein (N x 6.25).....g	19.60		1	A	1		11.17		
Total lipid (fat).....g	1.16		1	A	1		0.66		
Ash.....g	3.40		1	A	1		1.94		
Carbohydrate, by difference.....g	1.54		0	MC	9		0.88		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		0	BFZN	4		5		
Iron, Fe.....mg	2.78		1	A	1		1.58		
Magnesium, Mg.....mg	18		0	BFZN	4		10		
Phosphorus, P.....mg	150		0	BFZN	4		86		
Potassium, K.....mg	228		0	BFZN	4		130		
Sodium, Na.....mg	1010		1	A	1		576		
Zinc, Zn.....mg	4.26		0	BFZN	4		2.43		
Copper, Cu.....mg	0.079		0	BFZN	4		0.045		
Manganese, Mn.....mg	0.013		0	BFZN	4		0.007		
Selenium, Se.....mcg	10.4		0	BFZN	4		5.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	34.6		1	A	1		19.7		
Thiamin.....mg	0.095		0	BFZN	4		0.054		
Riboflavin.....mg	0.170		0	BFZN	4		0.097		
Niacin.....mg	5.065		0	BFZN	4		2.887		
Pantothenic acid.....mg	0.300		0	BFZN	4		0.171		
Vitamin B-6.....mg	0.180		0	BFZN	4		0.103		
Folate, total.....mcg	7		0	BFZN	4		4		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	7		0	BFZN	4		4		
Folate, DFE.....mcg_DFE	7		0	NC	4		4		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.76		0	BFZN	4		1.00		
Vitamin A, 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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.560		1	A	1		0.319		
Fatty acids, total polyunsaturated.....g	0.040		1	A	1		0.023		
Fatty acids, total trans.....g									
Cholesterol.....mg	47		1	A	1		27		
Phytosterols.....mg	0		0	BFZN	4		0		
Amino Acids:									
Tryptophan.....g	0.157		0	BFZN	4		0.089		
Threonine.....g	0.651		0	BFZN	4		0.371		

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
Threonine.....g	0.651			BFZN	4				
Isoleucine.....g	0.745		0	BFZN	4		0.425		
Leucine.....g	1.266		0	BFZN	4		0.722		
Lysine.....g	1.322		0	BFZN	4		0.754		
Methionine.....g	0.400		0	BFZN	4		0.228		
Cystine.....g	0.221		0	BFZN	4		0.126		
Phenylalanine.....g	0.621		0	BFZN	4		0.354		
Tyrosine.....g	0.563		0	BFZN	4		0.321		
Valine.....g	0.759		0	BFZN	4		0.433		
Arginine.....g	1.065		0	BFZN	4		0.607		
Histidine.....g	0.549		0	BFZN	4		0.313		
Alanine.....g	1.242		0	BFZN	4		0.708		
Aspartic acid.....g	1.689		0	BFZN	4		0.963		
Glutamic acid.....g	2.809		0	BFZN	4		1.601		
Glycine.....g	1.440		0	BFZN	4		0.821		
Proline.....g	1.242		0	BFZN	4		0.708		
Serine.....g	0.695		0	BFZN	4		0.396		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 57g: 1 serving 6 slices

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.029		0		1		0.016	0.017	
15:0.....g									
16:0.....g	0.816		0		1		0.449	0.465	
17:0.....g									
18:0.....g	0.331		0		1		0.182	0.188	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	1.484		0	NC	4		0.816	0.846	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0		1		0.137	0.142	
17:1.....g									
18:1 undifferentiated.....g	1.220		0		1		0.671	0.695	
20:1.....g	0.007		0		1		0.004	0.004	
22:1 undifferentiated.....g	0.007		0		1		0.004	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.139		0	NC	4		0.626	0.649	
18:2 undifferentiated.....g	0.970		0		1		0.533	0.553	
18:3 undifferentiated.....g	0.051		0		1		0.028	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	0.088		0		1		0.048	0.050	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.015		0		1		0.008	0.008	
22:6 n-3.....g	0.015		0		1		0.008	0.008	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		2	A	1		37	39	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.203		0		1		0.112	0.116	
Threonine.....g	0.798		0		1		0.439	0.455	
Isoleucine.....g	0.918		0		1		0.505	0.523	
Leucine.....g	1.421		0		1		0.782	0.810	
Lysine.....g	1.662		0		1		0.914	0.947	
Methionine.....g	0.512		0		1		0.282	0.292	
Cystine.....g	0.206		0		1		0.113	0.117	
Phenylalanine.....g	0.715		0		1		0.393	0.408	
Tyrosine.....g	0.694		0		1		0.382	0.396	
Valine.....g	0.952		0		1		0.524	0.543	
Arginine.....g	1.290		0		1		0.710	0.735	
Histidine.....g	0.549		0		1		0.302	0.313	
Alanine.....g	1.166		0		1		0.641	0.665	
Aspartic acid.....g	1.761		0		1		0.969	1.004	
Glutamic acid.....g	2.920		0		1		1.606	1.664	
Glycine.....g	1.103		0		1		0.607	0.629	
Proline.....g	0.850		0		1		0.468	0.485	
Serine.....g	0.806		0		1		0.443	0.459	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		1	NR	4		1.353	1.402	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07052
Pastrami, turkey

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 55g: 1.94 oz

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.090		0		4		0.012	0.026	
15:0.....g									
16:0.....g	2.790		0		4		0.363	0.791	
17:0.....g									
18:0.....g	1.020		0		4		0.133	0.289	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	5.280		0		4		0.686	1.497	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.620		0		4		0.081	0.176	
17:1.....g									
18:1 undifferentiated.....g	4.510		0		4		0.586	1.279	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.460		0		4		0.320	0.697	
18:2 undifferentiated.....g	2.160		0		4		0.281	0.612	
18:3 undifferentiated.....g	0.100		0		4		0.013	0.028	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		4		0.013	0.028	
20:5 n-3.....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	
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07053
Pate, chicken liver, canned

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	9.450		0		4		1.229	2.679	
17:0.....g									
18:0.....g	4.580		0		4		0.595	1.298	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	25.610		0		4		3.329	7.260	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.400		0		4		0.182	0.397	
17:1.....g									
18:1 undifferentiated.....g	24.040		0		4		3.125	6.815	
20:1.....g	0.130		0		4		0.017	0.037	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.840		0		4		0.109	0.238	
18:2 undifferentiated.....g	0.570		0		4		0.074	0.162	
18:3 undifferentiated.....g	0.010		0		4		0.001	0.003	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.250		0		4		0.033	0.071	
20:5 n-3.....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	
Amino Acids:									
Tryptophan.....g	0.161		0		4		0.021	0.046	
Threonine.....g	0.507		0		4		0.066	0.144	
Isoleucine.....g	0.606		0		4		0.079	0.172	
Leucine.....g	1.029		0		4		0.134	0.292	
Lysine.....g	0.863		0		4		0.112	0.245	
Methionine.....g	0.270		0		4		0.035	0.077	
Cystine.....g	0.153		0		4		0.020	0.043	
Phenylalanine.....g	0.567		0		4		0.074	0.161	
Tyrosine.....g	0.401		0		4		0.052	0.114	
Valine.....g	0.719		0		4		0.093	0.204	
Arginine.....g	0.699		0		4		0.091	0.198	
Histidine.....g	0.303		0		4		0.039	0.086	
Alanine.....g	0.662		0		4		0.086	0.188	
Aspartic acid.....g	1.083		0		4		0.141	0.307	
Glutamic acid.....g	1.477		0		4		0.192	0.419	
Glycine.....g	0.662		0		4		0.086	0.188	
Proline.....g	0.565		0		4		0.073	0.160	
Serine.....g	0.491		0		4		0.064	0.139	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

NDB No. 07054

Pate, goose liver, smoked, canned

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.090		0		4		0.792	1.727	
17:0.....g									
18:0.....g	2.960		0		4		0.385	0.839	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.360		0		4		1.607	3.504	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.950		0		4		0.124	0.269	
17:1.....g									
18:1 undifferentiated.....g	11.410		0		4		1.483	3.235	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.160		0		4		0.411	0.896	
18:2 undifferentiated.....g	2.750		0		4		0.358	0.780	
18:3 undifferentiated.....g	0.210		0		4		0.027	0.060	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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	
Amino Acids:									
Tryptophan.....g	0.157		1		1		0.020	0.045	
Threonine.....g	0.568		1		1		0.074	0.161	
Isoleucine.....g	0.554		1		1		0.072	0.157	
Leucine.....g	1.050		1		1		0.137	0.298	
Lysine.....g	0.838		1		1		0.109	0.238	
Methionine.....g	0.284		1		1		0.037	0.081	
Cystine.....g	0.170		1		1		0.022	0.048	
Phenylalanine.....g	0.582		1		1		0.076	0.165	
Tyrosine.....g	0.454		1		1		0.059	0.129	
Valine.....g	0.768		1		1		0.100	0.218	
Arginine.....g	0.895		1		1		0.116	0.254	
Histidine.....g	0.298		1		1		0.039	0.084	
Alanine.....g	0.952		1		1		0.124	0.270	
Aspartic acid.....g	1.163		1		1		0.151	0.330	
Glutamic acid.....g	1.904		1		1		0.248	0.540	
Glycine.....g	1.363		1		1		0.177	0.386	
Proline.....g	0.995		1		1		0.129	0.282	
Serine.....g	0.595		1		1		0.077	0.169	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg									
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07055

Pate, liver, not specified, 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

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

Common Measures:

Measure 1 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07942
Pate, truffle flav or

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	6.090		0	BFZN	4		3.410		
17:0.....g									
18:0.....g	2.960		0	BFZN	4		1.658		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.600		1	A	1		7.616		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.950		0	BFZN	4		0.532		
17:1.....g									
18:1 undifferentiated.....g	11.410		0	BFZN	4		6.390		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.420		1	A	1		1.915		
18:2 undifferentiated.....g	2.750		0	BFZN	4		1.540		
18:3 undifferentiated.....g	0.210		0	BFZN	4		0.118		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.157		0	BFZN	4		0.088		
Threonine.....g	0.568		0	BFZN	4		0.318		
Isoleucine.....g	0.554		0	BFZN	4		0.310		
Leucine.....g	1.050		0	BFZN	4		0.588		
Lysine.....g	0.838		0	BFZN	4		0.469		
Methionine.....g	0.284		0	BFZN	4		0.159		
Cystine.....g	0.170		0	BFZN	4		0.095		
Phenylalanine.....g	0.582		0	BFZN	4		0.326		
Tyrosine.....g	0.454		0	BFZN	4		0.254		
Valine.....g	0.768		0	BFZN	4		0.430		
Arginine.....g	0.895		0	BFZN	4		0.501		
Histidine.....g	0.298		0	BFZN	4		0.167		
Alanine.....g	0.952		0	BFZN	4		0.533		
Aspartic acid.....g	1.163		0	BFZN	4		0.651		
Glutamic acid.....g	1.904		0	BFZN	4		1.066		
Glycine.....g	1.363		0	BFZN	4		0.763		
Proline.....g	0.995		0	BFZN	4		0.557		
Serine.....g	0.595		0	BFZN	4		0.333		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

NDB No. 07942

Pate, truffle flav or

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07056
Peppered loaf, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.090		0	MC	9		0.051	0.025	
15:0.....g									
16:0.....g	1.360		0	MC	9		0.775	0.381	
17:0.....g									
18:0.....g	0.790		0	MC	9		0.450	0.221	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	3.000		0	MC	9		1.710	0.840	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0	MC	9		0.160	0.078	
17:1.....g									
18:1 undifferentiated.....g	2.720		0	MC	9		1.550	0.762	
20:1.....g	0.000		0	MC	9		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	MC	9		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.500		0	MC	9		0.285	0.140	
18:2 undifferentiated.....g	0.430		0	MC	9		0.245	0.120	
18:3 undifferentiated.....g	0.070		0	MC	9		0.040	0.020	
18:4.....g	0.000		0	MC	9		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MC	9		0.000	0.000	
20:5 n-3.....g	0.000		0	MC	9		0.000	0.000	
22:5 n-3.....g	0.000		0	MC	9		0.000	0.000	
22:6 n-3.....g	0.000		0	MC	9		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	46		0	MC	9		26	13	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	MC	9		0.0	0.0	
Caffeine.....mg	0		0	MC	9		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 57g: 1 serving 2 slices

Measure 2 = 28g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07057
Pepperoni, pork, beef

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.52		2	A	1		8.85	8.55	30.52
Energy.....kcal	466		0	NC	4		135	130	466
Energy.....kj	1949		0	NC	4		565	546	1949
Protein (N x 6.25).....g	20.35		2	A	1		5.90	5.70	20.35
Total lipid (fat).....g	40.28		2	A	1		11.68	11.28	40.28
Ash.....g	4.81		2	A	1		1.39	1.35	4.81
Carbohydrate, by difference.....g	4.04		0	NC	4		1.17	1.13	4.04
Fiber, total dietary.....g	1.5		0	MC	9		0.4	0.4	1.5
Sugars, total.....g	0.75		0	MC	9		0.22	0.21	0.75
Sucrose.....g	0.75		0	FLA	4		0.22	0.21	0.75
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	MC	9		6	6	21
Iron, Fe.....mg	1.44		0	MC	9		0.42	0.40	1.44
Magnesium, Mg.....mg	18		0	MC	9		5	5	18
Phosphorus, P.....mg	176		0	MC	9		51	49	176
Potassium, K.....mg	315		0	MC	9		91	88	315
Sodium, Na.....mg	1788		2	A	1		519	501	1788
Zinc, Zn.....mg	2.73		0	MC	9		0.79	0.76	2.73
Copper, Cu.....mg	0.071		0	MC	9		0.021	0.020	0.071
Manganese, Mn.....mg	0.323		0	FLA	4		0.094	0.090	0.323
Selenium, Se.....mcg	21.8		0	FLA	4		6.3	6.1	21.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0	MC	9		0.2	0.2	0.7
Thiamin.....mg	0.532		0	MC	9		0.154	0.149	0.532
Riboflavin.....mg	0.230		0	MC	9		0.067	0.064	0.230
Niacin.....mg	5.416		0	MC	9		1.571	1.517	5.416
Pantothenic acid.....mg	0.605		0	MC	9		0.175	0.169	0.605
Vitamin B-6.....mg	0.390		0	MC	9		0.113	0.109	0.390
Folate, total.....mcg	6		0	MC	9		2	2	6
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	6		0	MC	9		2	2	6
Folate, DFE.....mcg_DFE	6		0	NC	4		2	2	6
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.57		0	MC	9		0.45	0.44	1.57
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	1		0	NC	4		0	0	1
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLA	4		0.00	0.00	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	9		0	MC	9		3	3	9
Vitamin K (phylloquinone).....mcg	1.3		0	BFZN	4		0.4	0.4	1.3
Lipids:									
Fatty acids, total saturated.....g	16.092		0	NC	4		4.667	4.506	16.092

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
4:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
10:0.....g	0.113		0	FLA	4		0.033	0.032	0.113
12:0.....g	0.106		0	FLA	4		0.031	0.030	0.106
13:0.....g									
14:0.....g	1.213		0	FLA	4		0.352	0.340	1.213
15:0.....g									
16:0.....g	9.498		0	FLA	4		2.754	2.659	9.498
17:0.....g									
18:0.....g	5.163		0	MC	9		1.497	1.446	5.163
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	19.044		0	NC	4		5.523	5.332	19.044
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.828		0	FLA	4		0.530	0.512	1.828
17:1.....g									
18:1 undifferentiated.....g	17.119		0	FLA	4		4.965	4.793	17.119
20:1.....g	0.097		0	FLA	4		0.028	0.027	0.097
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.635		0	NC	4		0.764	0.738	2.635
18:2 undifferentiated.....g	1.827		0	FLA	4		0.530	0.511	1.827
18:3 undifferentiated.....g	0.748		0	FLA	4		0.217	0.209	0.748
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0	FLA	4		0.017	0.017	0.060
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	118		2	A	1		34	33	118
Phytosterols.....mg	5		0	FLA	4		1	1	5
Amino Acids:									
Tryptophan.....g	0.230		0	FLA	4		0.067	0.064	0.230
Threonine.....g	0.869		0	FLA	4		0.252	0.243	0.869
Isoleucine.....g	0.901		0	FLA	4		0.261	0.252	0.901
Leucine.....g	1.575		0	FLA	4		0.457	0.441	1.575
Lysine.....g	1.652		0	FLA	4		0.479	0.463	1.652
Methionine.....g	0.511		0	FLA	4		0.148	0.143	0.511
Cystine.....g	0.228		0	FLA	4		0.066	0.064	0.228
Phenylalanine.....g	0.778		0	FLA	4		0.226	0.218	0.778
Tyrosine.....g	0.661		0	FLA	4		0.192	0.185	0.661
Valine.....g	0.987		0	FLA	4		0.286	0.276	0.987
Arginine.....g	1.298		0	FLA	4		0.376	0.363	1.298
Histidine.....g	0.688		0	FLA	4		0.200	0.193	0.688
Alanine.....g	1.178		0	FLA	4		0.342	0.330	1.178
Aspartic acid.....g	1.825		0	FLA	4		0.529	0.511	1.825
Glutamic acid.....g	3.009		0	FLA	4		0.873	0.843	3.009
Glycine.....g	1.073		0	FLA	4		0.311	0.301	1.073
Proline.....g	0.862		0	FLA	4		0.250	0.241	0.862
Serine.....g	0.771		0	FLA	4		0.224	0.216	0.771
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0

NDB No. 07057
Pepperoni, 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
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		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 = 29g: 15 slices 1 serving

Measure 2 = 28g: 1 oz

Measure 3 = 100g: 3.527 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
Proximates:									
Water.....g	60.29	2.224	219	A	1		22.91		
Energy.....kcal	225		0	NC	4		85		
Energy.....kj	939		0	NC	4		357		
Protein (N x 6.25).....g	11.23	0.357	219	A	1		4.27		
Total lipid (fat).....g	15.95	1.916	219	A	1		6.06		
Ash.....g	4.07	0.212	10	A	1		1.55		
Carbohydrate, by difference.....g	8.46		0	NC	4		3.22		
Fiber, total dietary.....g	0.6		0	FLA	4		0.2		
Sugars, total.....g	3.26		0	FLA	4		1.24		
Sucrose.....g	0.00		0	FLA	4		0.00		
Glucose (dextrose).....g	0.00		0	FLA	4		0.00		
Fructose.....g	0.00		0	FLA	4		0.00		
Lactose.....g	0.00		0	FLA	4		0.00		
Maltose.....g	0.00		0	FLA	4		0.00		
Galactose.....g	0.00		0	FLA	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	109	19.575	3	A	1		42		
Iron, Fe.....mg	1.33	0.175	3	A	1		0.50		
Magnesium, Mg.....mg	21		0	FLA	4		8		
Phosphorus, P.....mg	143		0	FLA	4		54		
Potassium, K.....mg	316		0	FLA	4		120		
Sodium, Na.....mg	1304	71.012	10	A	1		495		
Zinc, Zn.....mg	1.90		0	FLA	4		0.72		
Copper, Cu.....mg	0.089		0	FLA	4		0.034		
Manganese, Mn.....mg	0.069		0	FLA	4		0.026		
Selenium, Se.....mcg	11.0		0	FLA	4		4.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.8		1	A	1		3.0		
Thiamin.....mg	0.474		0	FLA	4		0.180		
Riboflavin.....mg	0.145		0	FLA	4		0.055		
Niacin.....mg	3.416		0	FLA	4		1.298		
Pantothenic acid.....mg	0.619		0	FLA	4		0.235		
Vitamin B-6.....mg	0.326		0	FLA	4		0.124		
Folate, total.....mcg	16		0	FLA	4		6		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	16		0	FLA	4		6		
Folate, DFE.....mcg_DFE	16		0	NC	4		6		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.79		0	FLA	4		0.30		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	522		0	NC	4		198		
Vitamin A, RAE.....mcg_RAE	91		0	NC	4		35		
Retinol.....mcg	78		1	NR	4		30		
Vitamin E (alpha-tocopherol).....mg	0.42		0	FLA	4		0.16		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg	0.00		0	FLA	4		0.00		
Tocopherol, gamma.....mg	0.00		0	FLA	4		0.00		
Tocopherol, delta.....mg	0.00		0	FLA	4		0.00		
Vitamin D.....IU	48		0	FLA	4		18		
Vitamin K (phylloquinone).....mcg	2.2		0	FLA	4		0.8		
Lipids:									
Fatty acids, total saturated.....g	5.287		0	NC	4		2.009		

NDB No. 07058
Pickle and pimiento loaf, pork

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	FLA	4		0.000		
6:0.....g	0.000		0	FLA	4		0.000		
8:0.....g	0.000		0	FLA	4		0.000		
10:0.....g	0.016		0	FLA	4		0.006		
12:0.....g	0.016		0	FLA	4		0.006		
13:0.....g									
14:0.....g	0.204		1	A	1		0.077		
15:0.....g									
16:0.....g	3.465		1	A	1		1.317		
17:0.....g	0.059		1	A	1		0.022		
18:0.....g	1.498		1	A	1		0.569		
20:0.....g	0.029		1	A	1		0.011		
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.060		0	NC	4		2.683		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.628		1	A	1		0.239		
17:1.....g									
18:1 undifferentiated.....g	6.343		1	A	1		2.411		
20:1.....g	0.088		1	A	1		0.034		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.804		0	NC	4		1.065		
18:2 undifferentiated.....g	2.686		1	A	1		1.021		
18:3 undifferentiated.....g	0.117		1	A	1		0.045		
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	0.000		0	FLA	4		0.000		
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	58	0.500	3	A	1		22		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.135		0	FLA	4		0.051		
Threonine.....g	0.558		0	FLA	4		0.212		
Isoleucine.....g	0.583		0	FLA	4		0.222		
Leucine.....g	1.014		0	FLA	4		0.385		
Lysine.....g	1.054		0	FLA	4		0.400		
Methionine.....g	0.356		0	FLA	4		0.135		
Cystine.....g	0.157		0	FLA	4		0.060		
Phenylalanine.....g	0.514		0	FLA	4		0.195		
Tyrosine.....g	0.425		0	FLA	4		0.161		
Valine.....g	0.642		0	FLA	4		0.244		
Arginine.....g	0.943		0	FLA	4		0.358		
Histidine.....g	0.418		0	FLA	4		0.159		
Alanine.....g	0.846		0	FLA	4		0.322		
Aspartic acid.....g	1.226		0	FLA	4		0.466		
Glutamic acid.....g	2.081		0	FLA	4		0.791		
Glycine.....g	0.937		0	FLA	4		0.356		
Proline.....g	0.683		0	FLA	4		0.260		
Serine.....g	0.555		0	FLA	4		0.211		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		

NDB No. 07058
Pickle and pimiento loaf, pork

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	136		0	FLA	4		51.774		
Carotene, alpha.....mcg	1		0	FLA	4		0.491		
Cryptoxanthin, beta.....mcg	40		0	FLA	4		15.385		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	82		0	FLA	4		31.031		

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

Common Measures:

Measure 1 = 38g: 1 slice

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	3.570	0.119	5		1		1.000	2.035	
17:0.....g									
18:0.....g	2.080	0.062	5		1		0.582	1.186	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.680		0		1		2.150	4.378	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680	0.038	5		1		0.190	0.388	
17:1.....g									
18:1 undifferentiated.....g	7.000	0.303	5		1		1.960	3.990	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.890		0		1		0.529	1.077	
18:2 undifferentiated.....g	1.680	0.025	5		1		0.470	0.958	
18:3 undifferentiated.....g	0.210	0.035	5		1		0.059	0.120	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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	
<u>Amino Acids:</u>									
Tryptophan.....g	0.143		1		1		0.040	0.082	
Threonine.....g	0.656		1		1		0.184	0.374	
Isoleucine.....g	0.582		1		1		0.163	0.332	
Leucine.....g	1.146		1		1		0.321	0.653	
Lysine.....g	1.193		1		1		0.334	0.680	
Methionine.....g	0.377		1		1		0.106	0.215	
Cystine.....g	0.162		1		1		0.045	0.092	
Phenylalanine.....g	0.537		1		1		0.150	0.306	
Tyrosine.....g	0.458		1		1		0.128	0.261	
Valine.....g	0.642		1		1		0.180	0.366	
Arginine.....g	0.888		1		1		0.249	0.506	
Histidine.....g	0.437		1		1		0.122	0.249	
Alanine.....g	0.890		1		1		0.249	0.507	
Aspartic acid.....g	1.318		1		1		0.369	0.751	
Glutamic acid.....g	2.253		1		1		0.631	1.284	
Glycine.....g	0.972		1		1		0.272	0.554	
Proline.....g	0.859		1		1		0.241	0.490	
Serine.....g	0.656		1		1		0.184	0.374	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 57g: 2 slices

NDB No. 07062

Picnic loaf, pork, beef

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.400	0.113	6		1		14.528	1.814	
17:0.....g									
18:0.....g	3.380	0.085	6		1		7.673	0.958	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.520		0		1		30.690	3.833	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.950	0.021	6		1		2.157	0.269	
17:1.....g									
18:1 undifferentiated.....g	12.580	0.269	6		1		28.557	3.566	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.080		0		1		6.992	0.873	
18:2 undifferentiated.....g	2.790	0.063	6		1		6.333	0.791	
18:3 undifferentiated.....g	0.290	0.015	6		1		0.658	0.082	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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		159	20	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.138		0		1		0.313	0.039	
Threonine.....g	0.591		0		1		1.342	0.168	
Isoleucine.....g	0.611		0		1		1.387	0.173	
Leucine.....g	1.076		0		1		2.443	0.305	
Lysine.....g	1.110		0		1		2.520	0.315	
Methionine.....g	0.379		0		1		0.860	0.107	
Cystine.....g	0.157		0		1		0.356	0.045	
Phenylalanine.....g	0.539		0		1		1.224	0.153	
Tyrosine.....g	0.444		0		1		1.008	0.126	
Valine.....g	0.679		0		1		1.541	0.192	
Arginine.....g	0.925		0		1		2.100	0.262	
Histidine.....g	0.444		0		1		1.008	0.126	
Alanine.....g	0.902		0		1		2.048	0.256	
Aspartic acid.....g	1.293		0		1		2.935	0.367	
Glutamic acid.....g	2.117		0		1		4.806	0.600	
Glycine.....g	0.992		0		1		2.252	0.281	
Proline.....g	0.712		0		1		1.616	0.202	
Serine.....g	0.584		0		1		1.326	0.166	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 28.35g: 1 oz

NDB No. 07059
Polish sausage, pork

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.333	0.020	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	5.787	0.343	4	A	1				
17:0.....g	0.069	0.005	4	A	1				
18:0.....g	2.880	0.195	4	A	1				
20:0.....g	0.062	0.002	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g									
Fatty acids, total monounsaturated..... g	12.376	0.705	4	A	1				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g	0.000	0.000	4	A	1				
16:1 undifferentiated.....g	0.779	0.037	4	A	1				
17:1.....g									
18:1 undifferentiated.....g	11.275	0.661	4	A	1				
20:1.....g	0.320	0.011	4	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.727	0.101	4	A	1				
18:2 undifferentiated.....g	3.292	0.095	4	A	1				
18:3 undifferentiated.....g	0.138		0	AS	1				
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.186	0.004	4	A	1				
20:3 undifferentiated.....g	0.000	0.000	4	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.108	0.004	4	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.235	0.079	4	A	1				
Cholesterol.....mg	84	2.000	4	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.155		0	BFPN	4				
Threonine.....g	0.768		0	BFPN	4				
Isoleucine.....g	0.709		0	BFPN	4				
Leucine.....g	1.302		0	BFPN	4				
Lysine.....g	1.477		0	BFPN	4				
Methionine.....g	0.473		0	BFPN	4				
Cystine.....g	0.196		0	BFPN	4				
Phenylalanine.....g	0.649		0	BFPN	4				
Tyrosine.....g	0.560		0	BFPN	4				
Valine.....g	0.780		0	BFPN	4				
Arginine.....g	1.147		0	BFPN	4				
Histidine.....g	0.560		0	BFPN	4				
Alanine.....g	1.088		0	BFPN	4				
Aspartic acid.....g	1.616		0	BFPN	4				
Glutamic acid.....g	2.685		0	BFPN	4				
Glycine.....g	1.178		0	BFPN	4				
Proline.....g	0.904		0	BFPN	4				
Serine.....g	0.752		0	BFPN	4				
Hydroxyproline.....g	0.320	0.022	4	A	1				

Others:

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
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0	0.000	4	A	1				
Carotene, alpha.....mcg	0	0.000	4	A	1				
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1				
Lycopene.....mcg	0	0.000	4	A	1				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.600		0		1		0.078	0.162	
15:0.....g									
16:0.....g	8.310		0		1		1.080	2.244	
17:0.....g									
18:0.....g	3.870		0		1		0.503	1.045	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	17.180		0		1		2.233	4.639	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.350		0		1		0.176	0.365	
17:1.....g									
18:1 undifferentiated.....g	15.800		0		1		2.054	4.266	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.900		0		1		0.507	1.053	
18:2 undifferentiated.....g	3.460		0		1		0.450	0.934	
18:3 undifferentiated.....g	0.320		0		1		0.042	0.086	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.016	0.032	
20:5 n-3.....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	
Amino Acids:									
Tryptophan.....g	0.132		0		1		0.017	0.036	
Threonine.....g	0.554		0		1		0.072	0.150	
Isoleucine.....g	0.530		0		1		0.069	0.143	
Leucine.....g	0.974		0		1		0.127	0.263	
Lysine.....g	1.088		0		1		0.141	0.294	
Methionine.....g	0.328		0		1		0.043	0.089	
Cystine.....g	0.139		0		1		0.018	0.038	
Phenylalanine.....g	0.478		0		1		0.062	0.129	
Tyrosine.....g	0.405		0		1		0.053	0.109	
Valine.....g	0.592		0		1		0.077	0.160	
Arginine.....g	0.850		0		1		0.111	0.230	
Histidine.....g	0.412		0		1		0.054	0.111	
Alanine.....g	0.812		0		1		0.106	0.219	
Aspartic acid.....g	1.182		0		1		0.154	0.319	
Glutamic acid.....g	1.995		0		1		0.259	0.539	
Glycine.....g	0.898		0		1		0.117	0.242	
Proline.....g	0.654		0		1		0.085	0.177	
Serine.....g	0.532		0		1		0.069	0.144	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07065

Pork and beef sausage, fresh, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 13.0g: 1 link (raw dimensions: 4" long x 7/8" dia), cooked

Measure 2 = 27g: 1 patty, cooked (raw dimensions: 3-7/8" dia x 1/4" thick)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07957

Pork and turkey sausage, pre-cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	50.68		1	A	1				
Energy.....kcal	342		0	NC	4				
Energy.....kj	1430		0	NC	4				
Protein (N x 6.25).....g	12.05		1	A	1				
Total lipid (fat).....g	30.64		1	A	1				
Ash.....g	3.01		1	A	1				
Carbohydrate, by difference.....g	3.63		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	74		1	A	1				
Iron, Fe.....mg	1.30		1	A	1				
Magnesium, Mg.....mg	25		1	A	1				
Phosphorus, P.....mg	136		1	A	1				
Potassium, K.....mg	230		1	A	1				
Sodium, Na.....mg	876		1	A	1				
Zinc, Zn.....mg	1.34		1	A	1				
Copper, Cu.....mg	0.113		1	A	1				
Manganese, Mn.....mg	0.239		1	A	1				
Selenium, Se.....mcg	0.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1				
Thiamin.....mg	0.089		1	A	1				
Riboflavin.....mg	0.099		1	A	1				
Niacin.....mg	2.730		1	A	1				
Pantothenic acid.....mg	0.490		1	A	1				
Vitamin B-6.....mg	0.124		1	A	1				
Folate, total.....mcg	10		1	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	10		1	A	1				
Folate, DFE.....mcg_DFE	10		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.58		1	A	1				
Vitamin A, IU.....IU	102		0	AS	1				
Vitamin A, RAE.....mcg_RAE	21		0	AS	1				
Retinol.....mcg	19		1	A	1				
Vitamin E (alpha-tocopherol).....mg	0.52		2	A	1				
Tocopherol, beta.....mg	0.00		2	A	1				
Tocopherol, gamma.....mg	0.10		2	A	1				
Tocopherol, delta.....mg	0.00		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.7		2	A	1				
Lipids:									
Fatty acids, total saturated.....g	9.881		1	A	1				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.356		1	A	1				
15:0.....g	0.000		1	A	1				

NDB No. 07957

Pork and turkey sausage, pre-cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	6.364		1	A	1				
17:0.....g	0.091		1	A	1				
18:0.....g	3.019		1	A	1				
20:0.....g	0.051		1	A	1				
22:0.....g	0.000		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated..... g	13.054		1	A	1				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.836		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	12.005		1	A	1				
20:1.....g	0.213		1	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	4.504		1	A	1				
18:2 undifferentiated.....g	4.057		1	A	1				
18:3 undifferentiated.....g	0.201		0	AS	1				
18:3 n-6 c,c,c.....g	0.000		1	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.140		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.106		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.328		1	A	1				
Cholesterol.....mg	72		1	A	1				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.089		1	A	1				
Threonine.....g	0.475		1	A	1				
Isoleucine.....g	0.523		1	A	1				
Leucine.....g	0.912		1	A	1				
Lysine.....g	0.914		1	A	1				
Methionine.....g	0.226		1	A	1				
Cystine.....g	0.140		1	A	1				
Phenylalanine.....g	0.493		1	A	1				
Tyrosine.....g	0.371		1	A	1				
Valine.....g	0.593		1	A	1				
Arginine.....g	0.804		1	A	1				
Histidine.....g	0.362		1	A	1				
Alanine.....g	0.718		1	A	1				
Aspartic acid.....g	1.177		1	A	1				
Glutamic acid.....g	1.942		1	A	1				
Glycine.....g	0.786		1	A	1				
Proline.....g	0.613		1	A	1				
Serine.....g	0.545		1	A	1				
Hydroxyproline.....g	0.182		1	A	1				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				

NDB No. 07957

Pork and turkey sausage, pre-cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	11		1	A		1			
Carotene, alpha.....mcg	11		1	A		1			
Cryptoxanthin, beta.....mcg	11		1	A		1			
Lycopene.....mcg	11		1	A		1			
Lutein + zeaxanthin.....mcg	71		1	A		1			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 42190

Pork sausage rice links, brown and serve, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.279		0		4		0.126	0.167	
15:0.....g									
16:0.....g	4.047		0		4		1.821	2.428	
17:0.....g									
18:0.....g	2.244		0		4		1.010	1.346	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	8.615		0	NC	4		3.877	5.169	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.675		0		4		0.304	0.405	
17:1.....g									
18:1 undifferentiated.....g	7.940		0		4		3.573	4.764	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.368		0	NC	4		1.065	1.421	
18:2 undifferentiated.....g	2.032		0		4		0.915	1.219	
18:3 undifferentiated.....g	0.335		0		4		0.151	0.201	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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	66		4	A	1		30	40	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 45g: 2 links 1 NLEA serving

Measure 2 = 60g: 3 links 1 NLEA serving

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.320	0.021	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	5.586	0.367	4	A	1				
17:0.....g	0.067	0.005	4	A	1				
18:0.....g	2.764	0.190	4	A	1				
20:0.....g	0.059	0.003	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g									
Fatty acids, total monounsaturated..... g	11.814	0.738	4	A	1				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g	0.000	0.000	4	A	1				
16:1 undifferentiated.....g	0.741	0.055	3	A	1				
17:1.....g									
18:1 undifferentiated.....g	10.848	0.968	3	A	1				
20:1.....g	0.306	0.014	4	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.558	0.126	4	A	1				
18:2 undifferentiated.....g	3.161	0.161	3	A	1				
18:3 undifferentiated.....g	0.134		0	AS	1				
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.177	0.006	4	A	1				
20:3 undifferentiated.....g	0.013	0.007	4	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.093	0.005	4	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.211	0.073	4	A	1				
Cholesterol.....mg	72	0.959	4	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105	0.005	4	A	1				
Threonine.....g	0.595	0.031	4	A	1				
Isoleucine.....g	0.629	0.034	4	A	1				
Leucine.....g	1.076	0.054	4	A	1				
Lysine.....g	1.192	0.060	4	A	1				
Methionine.....g	0.314	0.010	4	A	1				
Cystine.....g	0.156	0.004	4	A	1				
Phenylalanine.....g	0.542	0.028	4	A	1				
Tyrosine.....g	0.410	0.020	4	A	1				
Valine.....g	0.696	0.040	4	A	1				
Arginine.....g	0.885	0.043	4	A	1				
Histidine.....g	0.549	0.028	4	A	1				
Alanine.....g	0.900	0.053	4	A	1				
Aspartic acid.....g	1.305	0.066	4	A	1				
Glutamic acid.....g	2.210	0.112	4	A	1				
Glycine.....g	0.933	0.077	4	A	1				
Proline.....g	0.686	0.048	4	A	1				
Serine.....g	0.573	0.027	4	A	1				
Hydroxyproline.....g	0.215	0.032	4	A	1				

Others:

NDB No. 07063
Pork sausage, fresh, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	11	0.000	4	A		1			
Carotene, alpha.....mcg	12	0.955	4	A		1			
Cryptoxanthin, beta.....mcg	11	0.000	4	A		1			
Lycopene.....mcg	11	0.000	4	A		1			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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

Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07953
Pork sausage, pre-cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	47.97	1.536	3	A	1				
Energy.....kcal	378		0	NC	4				
Energy.....kj	1581		0	NC	4				
Protein (N x 6.25).....g	14.49	0.816	3	A	1				
Total lipid (fat).....g	35.04	1.535	3	A	1				
Ash.....g	2.84	0.049	3	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	137	130.157	3	A	1				
Iron, Fe.....mg	0.92	0.046	3	A	1				
Magnesium, Mg.....mg	13	0.285	3	A	1				
Phosphorus, P.....mg	275	23.352	3	A	1				
Potassium, K.....mg	307	50.320	3	A	1				
Sodium, Na.....mg	752	40.217	3	A	1				
Zinc, Zn.....mg	1.50	0.070	3	A	1				
Copper, Cu.....mg	0.067	0.001	3	A	1				
Manganese, Mn.....mg	0.041	0.012	3	A	1				
Selenium, Se.....mcg	0.0	0.004	3	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1				
Thiamin.....mg	0.208	0.021	3	A	1				
Riboflavin.....mg	0.156	0.021	3	A	1				
Niacin.....mg	4.050	0.235	3	A	1				
Pantothenic acid.....mg	0.503	0.031	3	A	1				
Vitamin B-6.....mg	0.149	0.025	3	A	1				
Folate, total.....mcg	1	0.333	3	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	1	0.333	3	A	1				
Folate, DFE.....mcg_DFE	1		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.71	0.032	3	A	1				
Vitamin A, IU.....IU	94		0	AS	1				
Vitamin A, RAE.....mcg_RAE	19		0	AS	1				
Retinol.....mcg	17	3.383	3	A	1				
Vitamin E (alpha-tocopherol).....mg	0.53	0.067	3	A	1				
Tocopherol, beta.....mg	0.00	0.000	3	A	1				
Tocopherol, gamma.....mg	0.11	0.017	3	A	1				
Tocopherol, delta.....mg	0.00	0.000	3	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1	0.651	3	A	1				
Lipids:									
Fatty acids, total saturated.....g	11.662	0.329	3	A	1				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000	0.000	3	A	1				
10:0.....g	0.000	0.000	3	A	1				
12:0.....g	0.000	0.000	3	A	1				
13:0.....g									
14:0.....g	0.439	0.011	3	A	1				
15:0.....g	0.013	0.013	3	A	1				

NDB No. 07953
Pork sausage, pre-cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	4.936	2.474	3	A	1				
17:0.....g	0.113	0.004	3	A	1				
18:0.....g	3.695	0.132	3	A	1				
20:0.....g	0.058	0.003	3	A	1				
22:0.....g	0.000	0.000	3	A	1				
24:0.....g									
Fatty acids, total monounsaturated..... g	15.170	0.430	3	A	1				
14:1.....g	0.000	0.000	3	A	1				
15:1.....g	0.000	0.000	3	A	1				
16:1 undifferentiated.....g	0.890	0.008	3	A	1				
17:1.....g									
18:1 undifferentiated.....g	14.013	0.411	3	A	1				
20:1.....g	0.268	0.014	3	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	4.869	0.739	3	A	1				
18:2 undifferentiated.....g	4.364	0.669	3	A	1				
18:3 undifferentiated.....g	0.195		0	AS	1				
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.194	0.029	3	A	1				
20:3 undifferentiated.....g	0.000	0.000	3	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.115	0.009	3	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.332	0.015	3	A	1				
Cholesterol.....mg	74	0.693	3	A	1				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.098		2	A	1				
Threonine.....g	0.576		2	A	1				
Isoleucine.....g	0.606		2	A	1				
Leucine.....g	1.056		2	A	1				
Lysine.....g	1.114		2	A	1				
Methionine.....g	0.279		2	A	1				
Cystine.....g	0.138		2	A	1				
Phenylalanine.....g	0.537		2	A	1				
Tyrosine.....g	0.421		2	A	1				
Valine.....g	0.692		2	A	1				
Arginine.....g	0.921		2	A	1				
Histidine.....g	0.511		2	A	1				
Alanine.....g	0.915		2	A	1				
Aspartic acid.....g	1.300		2	A	1				
Glutamic acid.....g	2.241		2	A	1				
Glycine.....g	1.062		2	A	1				
Proline.....g	0.750		2	A	1				
Serine.....g	0.581		2	A	1				
Hydroxyproline.....g	0.296	0.019	3	A	1				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				

NDB No. 07953
Pork sausage, pre-cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z		7			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	11	0.000	3	A		1			
Carotene, alpha.....mcg	11	0.000	3	A		1			
Cryptoxanthin, beta.....mcg	11	0.000	3	A		1			
Lycopene.....mcg	11	0.000	3	A		1			
Lutein + zeaxanthin.....mcg	20		3	A		1			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.000		0		4		0.000	0.000	
15:0.....g									
16:0.....g	2.960		0		4		0.385	0.839	
17:0.....g									
18:0.....g	0.440		0		4		0.057	0.125	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	3.250		2		1		0.423	0.921	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0		4		0.033	0.071	
17:1.....g									
18:1 undifferentiated.....g	2.710		0		4		0.352	0.768	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	6.220		2		1		0.809	1.763	
18:2 undifferentiated.....g	5.970		0		4		0.776	1.692	
18:3 undifferentiated.....g	0.050		0		4		0.007	0.014	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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	
Amino Acids:									
Tryptophan.....g	0.130		0		4		0.017	0.037	
Threonine.....g	0.497		0		4		0.065	0.141	
Isoleucine.....g	0.584		0		4		0.076	0.166	
Leucine.....g	0.880		0		4		0.114	0.249	
Lysine.....g	1.010		0		4		0.131	0.286	
Methionine.....g	0.320		0		4		0.042	0.091	
Cystine.....g	0.141		0		4		0.018	0.040	
Phenylalanine.....g	0.455		0		4		0.059	0.129	
Tyrosine.....g	0.412		0		4		0.054	0.117	
Valine.....g	0.589		0		4		0.077	0.167	
Arginine.....g	0.779		0		4		0.101	0.221	
Histidine.....g	0.347		0		4		0.045	0.098	
Alanine.....g	0.713		0		4		0.093	0.202	
Aspartic acid.....g	1.085		0		4		0.141	0.308	
Glutamic acid.....g	1.789		0		4		0.233	0.507	
Glycine.....g	0.722		0		4		0.094	0.205	
Proline.....g	0.551		0		4		0.072	0.156	
Serine.....g	0.466		0		4		0.061	0.132	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07067

Poultry salad sandwich spread

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g									
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	5.587		0	BFZN	4		3.185		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.493		0	BFZN	4		0.281		
17:1.....g									
18:1 undifferentiated.....g	5.080		0	BFZN	4		2.896		
20:1.....g	0.013		0	BFZN	4		0.007		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.427		0	BFZN	4		0.243		
18:2 undifferentiated.....g	0.360		0	BFZN	4		0.205		
18:3 undifferentiated.....g	0.040		0	BFZN	4		0.023		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0	BFZN	4		0.015		
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 57g: 1 serving .25 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	7.640		0	BFZN	4		2.139		
17:0.....g									
18:0.....g	3.560		0	BFZN	4		0.997		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	18.200		1	A	1		5.096		
Fatty acids, total polyunsaturated..... g	3.600		1	A	1		1.008		
Fatty acids, total trans.....g									
Cholesterol.....mg	80		1	A	1		22		
Phytosterols.....mg	0		0	BFZN	4		0		
Amino Acids:									
Tryptophan.....g	0.253		0	BFZN	4		0.071		
Threonine.....g	1.012		0	BFZN	4		0.283		
Isoleucine.....g	1.084		0	BFZN	4		0.304		
Leucine.....g	1.625		0	BFZN	4		0.455		
Lysine.....g	1.878		0	BFZN	4		0.526		
Methionine.....g	0.470		0	BFZN	4		0.132		
Cystine.....g	0.289		0	BFZN	4		0.081		
Phenylalanine.....g	0.940		0	BFZN	4		0.263		
Tyrosine.....g	0.686		0	BFZN	4		0.192		
Valine.....g	1.120		0	BFZN	4		0.314		
Arginine.....g	1.373		0	BFZN	4		0.384		
Histidine.....g	0.614		0	BFZN	4		0.172		
Alanine.....g	1.336		0	BFZN	4		0.374		
Aspartic acid.....g	2.095		0	BFZN	4		0.587		
Glutamic acid.....g	3.829		0	BFZN	4		1.072		
Glycine.....g	1.553		0	BFZN	4		0.435		
Proline.....g	1.336		0	BFZN	4		0.374		
Serine.....g	0.903		0	BFZN	4		0.253		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
Proximates:									
Water.....g	40.50		1	A	1		11.34		
Energy.....kcal	350		0	MC	9		98		
Energy.....kj	1466		0	MC	9		411		
Protein (N x 6.25).....g	21.80		1	A	1		6.10		
Total lipid (fat).....g	26.40		1	A	1		7.39		
Ash.....g	4.90		1	A	1		1.37		
Carbohydrate, by difference.....g	6.40		0	MC	9		1.79		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		0	BFZN	4		2		
Iron, Fe.....mg	1.51		0	BFZN	4		0.42		
Magnesium, Mg.....mg	17		0	BFZN	4		5		
Phosphorus, P.....mg	142		0	BFZN	4		40		
Potassium, K.....mg	378		0	BFZN	4		106		
Sodium, Na.....mg	936		1	A	1		262		
Zinc, Zn.....mg	3.23		0	BFZN	4		0.90		
Copper, Cu.....mg	0.080		0	BFZN	4		0.022		
Manganese, Mn.....mg	0.038		0	BFZN	4		0.011		
Selenium, Se.....mcg	26.1		0	BFZN	4		7.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0		
Thiamin.....mg	0.600		0	BFZN	4		0.168		
Riboflavin.....mg	0.285		0	BFZN	4		0.080		
Niacin.....mg	4.867		0	BFZN	4		1.363		
Pantothenic acid.....mg	1.060		0	BFZN	4		0.297		
Vitamin B-6.....mg	0.500		0	BFZN	4		0.140		
Folate, total.....mcg	2		0	BFZN	4		1		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	2		0	BFZN	4		1		
Folate, DFE.....mcg_DFE	2		0	NC	4		1		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.90		0	BFZN	4		0.53		
Vitamin A, 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 (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.3		0	BFZN	4		0.4		
Lipids:									
Fatty acids, total saturated.....g	9.750		1	A	1		2.730		
Fatty acids, total monounsaturated.....g	13.200		1	A	1		3.696		
Fatty acids, total polyunsaturated.....g	2.290		1	A	1		0.641		
Fatty acids, total trans.....g									
Cholesterol.....mg	89		1	A	1		25		
Phytosterols.....mg	0		0	BFZN	4		0		
Amino Acids:									
Tryptophan.....g	0.210		0	BFZN	4		0.059		
Threonine.....g	0.959		0	BFZN	4				

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
Threonine.....g	0.959			BFZN	4		0.269		
Isoleucine.....g	0.971		0	BFZN	4		0.272		
Leucine.....g	1.732		0	BFZN	4		0.485		
Lysine.....g	1.824		0	BFZN	4		0.511		
Methionine.....g	0.593		0	BFZN	4		0.166		
Cystine.....g	0.262		0	BFZN	4		0.073		
Phenylalanine.....g	0.868		0	BFZN	4		0.243		
Tyrosine.....g	0.710		0	BFZN	4		0.199		
Valine.....g	1.083		0	BFZN	4		0.303		
Arginine.....g	1.516		0	BFZN	4		0.424		
Histidine.....g	0.699		0	BFZN	4		0.196		
Alanine.....g	1.480		0	BFZN	4		0.414		
Aspartic acid.....g	2.073		0	BFZN	4		0.580		
Glutamic acid.....g	3.383		0	BFZN	4		0.947		
Glycine.....g	1.641		0	BFZN	4		0.459		
Proline.....g	1.188		0	BFZN	4		0.333		
Serine.....g	0.942		0	BFZN	4		0.264		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving 5 slices

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.565		1	MC	9		0.147	0.160	
15:0.....g									
16:0.....g	5.371		1	MC	9		1.396	1.523	
17:0.....g									
18:0.....g	3.863		1	MC	9		1.004	1.095	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	10.648		0	NC	4		2.768	3.019	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.036		1	MC	9		0.269	0.294	
17:1.....g									
18:1 undifferentiated.....g	9.611		1	MC	9		2.499	2.725	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.036		0	NC	4		0.269	0.294	
18:2 undifferentiated.....g	0.660		1	MC	9		0.171	0.187	
18:3 undifferentiated.....g	0.377		1	MC	9		0.098	0.107	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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		1	MC	9		18	20	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.137		0		1		0.036	0.039	
Threonine.....g	0.568		0		1		0.148	0.161	
Isoleucine.....g	0.650		0		1		0.169	0.184	
Leucine.....g	1.104		0		1		0.287	0.313	
Lysine.....g	1.152		0		1		0.300	0.327	
Methionine.....g	0.349		0		1		0.091	0.099	
Cystine.....g	0.192		0		1		0.050	0.054	
Phenylalanine.....g	0.541		0		1		0.141	0.153	
Tyrosine.....g	0.491		0		1		0.128	0.139	
Valine.....g	0.662		0		1		0.172	0.188	
Arginine.....g	0.929		0		1		0.242	0.263	
Histidine.....g	0.479		0		1		0.125	0.136	
Alanine.....g	1.083		0		1		0.282	0.307	
Aspartic acid.....g	1.472		0		1		0.383	0.417	
Glutamic acid.....g	2.449		0		1		0.637	0.694	
Glycine.....g	1.256		0		1		0.327	0.356	
Proline.....g	1.083		0		1		0.282	0.307	
Serine.....g	0.606		0		1		0.158	0.172	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07068
Salami, cooked, beef

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 26g: 1 slice
 Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
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	
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	
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07069
Salami, cooked, beef and pork

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.121	0.013	4	A	1		0.034		
15:0.....g									
16:0.....g	1.988	0.086	4	A	1		0.557		
17:0.....g									
18:0.....g	0.657	0.013	4	A	1		0.184		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	3.172		0	NC	4		0.888		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.268	0.013	4	A	1		0.075		
17:1.....g									
18:1 undifferentiated.....g	2.878	0.073	4	A	1		0.806		
20:1.....g	0.026		0	FLA	4		0.007		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.466		0	NC	4		0.691		
18:2 undifferentiated.....g	2.291	0.164	4	A	1		0.641		
18:3 undifferentiated.....g	0.052	0.035	4	A	1		0.015		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.087		0	FLA	4		0.024		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.014		0	FLA	4		0.004		
22:6 n-3.....g	0.022		0	FLA	4		0.006		
Fatty acids, total trans.....g	0.000		0	NR	4		0.000		
Cholesterol.....mg	76	1.000	4	A	1		21		
Phytosterols.....mg	0		0	FLA	4		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.174		0	A	1		0.049		
Threonine.....g	0.681		0	A	1		0.191		
Isoleucine.....g	0.796		0	A	1		0.223		
Leucine.....g	1.219		0	A	1		0.341		
Lysine.....g	1.442		0	A	1		0.404		
Methionine.....g	0.443		0	A	1		0.124		
Cystine.....g	0.159		0	A	1		0.045		
Phenylalanine.....g	0.607		0	A	1		0.170		
Tyrosine.....g	0.605		0	A	1		0.169		
Valine.....g	0.813		0	A	1		0.228		
Arginine.....g	1.067		0	A	1		0.299		
Histidine.....g	0.477		0	A	1		0.134		
Alanine.....g	0.947		0	A	1		0.265		
Aspartic acid.....g	1.486		0	A	1		0.416		
Glutamic acid.....g	2.497		0	A	1		0.699		
Glycine.....g	0.759		0	A	1		0.212		
Proline.....g	0.637		0	A	1		0.178		
Serine.....g	0.681		0	A	1		0.191		
Hydroxyproline.....g	0.000		0	NR	4		0.000		
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		

NDB No. 07070
Salami, cooked, turkey

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	FLA	4		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 = 28g: 1 serving

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	7.640		0		1		8.633	0.764	
17:0.....g									
18:0.....g	3.560		0		1		4.023	0.356	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	16.000		0		1		18.080	1.600	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.220		0		1		1.379	0.122	
17:1.....g									
18:1 undifferentiated.....g	14.670		0		1		16.577	1.467	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.740		0		1		4.226	0.374	
18:2 undifferentiated.....g	3.270		0		1		3.695	0.327	
18:3 undifferentiated.....g	0.280		0		1		0.316	0.028	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.181	0.016	
20:5 n-3.....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	
Amino Acids:									
Tryptophan.....g	0.253		1		1		0.286	0.025	
Threonine.....g	1.012		1		1		1.144	0.101	
Isoleucine.....g	1.084		1		1		1.225	0.108	
Leucine.....g	1.625		1		1		1.836	0.163	
Lysine.....g	1.878		1		1		2.122	0.188	
Methionine.....g	0.470		1		1		0.531	0.047	
Cystine.....g	0.289		1		1		0.327	0.029	
Phenylalanine.....g	0.940		1		1		1.062	0.094	
Tyrosine.....g	0.686		1		1		0.775	0.069	
Valine.....g	1.120		1		1		1.266	0.112	
Arginine.....g	1.373		1		1		1.551	0.137	
Histidine.....g	0.614		1		1		0.694	0.061	
Alanine.....g	1.336		1		1		1.510	0.134	
Aspartic acid.....g	2.095		1		1		2.367	0.210	
Glutamic acid.....g	3.829		1		1		4.327	0.383	
Glycine.....g	1.553		1		1		1.755	0.155	
Proline.....g	1.336		1		1		1.510	0.134	
Serine.....g	0.903		1		1		1.020	0.090	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 113g: 1 package (4 oz)

NDB No. 07071

Salami, dry or hard, pork

Measure 2 = 10.0g: 1 slice (3-1/8" dia x 1/16" thick)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.443	0.051	4		1		0.120		
15:0.....g									
16:0.....g	6.605	0.326	4		1		1.783		
17:0.....g									
18:0.....g	3.477	0.261	4		1		0.939		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	14.854		0	NC	4		4.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.469	0.153	4		1		0.397		
17:1.....g									
18:1 undifferentiated.....g	13.385	0.582	4		1		3.614		
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	2.781		0	NC	4		0.751		
18:2 undifferentiated.....g	2.494	0.401	4		1		0.673		
18:3 undifferentiated.....g	0.287	0.144	4		1		0.077		
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	100		2	A	1		27		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 27g: 3 slices 1 serving

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	4.530		0	BFZN	4		4.530		
17:0.....g									
18:0.....g	3.480		0	MC	9		3.480		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.320		0	MC	9		13.320		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.890		0	BFZN	4		0.890		
17:1.....g									
18:1 undifferentiated.....g	8.300		0	BFZN	4		8.300		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.067		0	MC	9		3.067		
18:2 undifferentiated.....g	1.610		0	BFZN	4		1.610		
18:3 undifferentiated.....g	0.410		0	BFZN	4		0.410		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....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		
Amino Acids:									
Tryptophan.....g	0.114		0	BFZN	4		0.114		
Threonine.....g	0.521		0	BFZN	4		0.521		
Isoleucine.....g	0.675		0	BFZN	4		0.675		
Leucine.....g	0.929		0	BFZN	4		0.929		
Lysine.....g	1.107		0	BFZN	4		1.107		
Methionine.....g	0.301		0	BFZN	4		0.301		
Cystine.....g	0.196		0	BFZN	4		0.196		
Phenylalanine.....g	0.481		0	BFZN	4		0.481		
Tyrosine.....g	0.552		0	BFZN	4		0.552		
Valine.....g	0.668		0	BFZN	4		0.668		
Arginine.....g	0.855		0	BFZN	4		0.855		
Histidine.....g	0.359		0	BFZN	4		0.359		
Alanine.....g	0.880		0	BFZN	4		0.880		
Aspartic acid.....g	1.285		0	BFZN	4		1.285		
Glutamic acid.....g	1.929		0	BFZN	4		1.929		
Glycine.....g	1.189		0	BFZN	4		1.189		
Proline.....g	0.831		0	BFZN	4		0.831		
Serine.....g	0.537		0	BFZN	4		0.537		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07913

Salami, pork, beef, less sodium

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07073
Sandwich spread, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	
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	
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 15.0g: 1 tbsp
 Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07004
Sausage, Berliner, pork, beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	3.690	0.107	3		1		0.849	1.046	
17:0.....g									
18:0.....g	2.140	0.019	3		1		0.492	0.607	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	8.000		0	NC	4		1.840	2.268	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660	0.053	3		1		0.152	0.187	
17:1.....g									
18:1 undifferentiated.....g	7.340	0.185	3		1		1.688	2.081	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.580		0	NC	4		0.363	0.448	
18:2 undifferentiated.....g	1.400	0.052	3		1		0.322	0.397	
18:3 undifferentiated.....g	0.180	0.005	3		1		0.041	0.051	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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	46	1.667	3		1		11	13	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.107		0	BFZN	4		0.025	0.030	
Threonine.....g	0.465		0	BFZN	4		0.107	0.132	
Isoleucine.....g	0.485		0	BFZN	4		0.112	0.137	
Leucine.....g	0.810		0	BFZN	4		0.186	0.230	
Lysine.....g	0.903		0	BFZN	4		0.208	0.256	
Methionine.....g	0.364		0	BFZN	4		0.084	0.103	
Cystine.....g	0.105		0	BFZN	4		0.024	0.030	
Phenylalanine.....g	0.405		0	BFZN	4		0.093	0.115	
Tyrosine.....g	0.386		0	BFZN	4		0.089	0.109	
Valine.....g	0.464		0	BFZN	4		0.107	0.132	
Arginine.....g	0.765		0	BFZN	4		0.176	0.217	
Histidine.....g	0.395		0	BFZN	4		0.091	0.112	
Alanine.....g	0.774		0	BFZN	4		0.178	0.219	
Aspartic acid.....g	1.136		0	BFZN	4		0.261	0.322	
Glutamic acid.....g	1.994		0	BFZN	4		0.459	0.565	
Glycine.....g	0.857		0	BFZN	4		0.197	0.243	
Proline.....g	0.673		0	BFZN	4		0.155	0.191	
Serine.....g	0.510		0	BFZN	4		0.117	0.145	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	MC	9		0.0	0.0	
Caffeine.....mg	0		0	MC	9		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

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

Common Measures:

Measure 1 = 23g: 1 slice
Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
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	NC	4		9.919	8.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.180	0.074	4		1		0.979	0.791	
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	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.280		0	NC	4		2.722	2.198	
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	57		2	A	1		47	38	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07089
Sausage, Italian, pork, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 83g: 1 link, 4/lb
 Measure 2 = 67g: 1 link, 5/lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.640	0.218	4		1		7.503	6.042	
17:0.....g									
18:0.....g	3.930	0.218	4		1		4.441	3.576	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	14.340		0		1		16.204	13.049	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.490	0.118	4		1		1.684	1.356	
17:1.....g									
18:1 undifferentiated.....g	12.860	0.384	4		1		14.532	11.703	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	4.030		0		1		4.554	3.667	
18:2 undifferentiated.....g	3.620	0.251	4		1		4.091	3.294	
18:3 undifferentiated.....g	0.410	0.095	4		1		0.463	0.373	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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	
Amino Acids:									
Tryptophan.....g	0.114		0		1		0.129	0.104	
Threonine.....g	0.563		0		1		0.636	0.512	
Isoleucine.....g	0.520		0		1		0.588	0.473	
Leucine.....g	0.956		0		1		1.080	0.870	
Lysine.....g	1.083		0		1		1.224	0.986	
Methionine.....g	0.346		0		1		0.391	0.315	
Cystine.....g	0.144		0		1		0.163	0.131	
Phenylalanine.....g	0.477		0		1		0.539	0.434	
Tyrosine.....g	0.411		0		1		0.464	0.374	
Valine.....g	0.572		0		1		0.646	0.521	
Arginine.....g	0.842		0		1		0.951	0.766	
Histidine.....g	0.411		0		1		0.464	0.374	
Alanine.....g	0.798		0		1		0.902	0.726	
Aspartic acid.....g	1.186		0		1		1.340	1.079	
Glutamic acid.....g	1.970		0		1		2.226	1.793	
Glycine.....g	0.865		0		1		0.977	0.787	
Proline.....g	0.663		0		1		0.749	0.603	
Serine.....g	0.552		0		1		0.624	0.502	
Hydroxyproline.....g									

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

Common Measures:

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

Measure 2 = 91g: 1 link, 5/lb

NDB No. 07036
Sausage, Italian, pork, raw

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	1.986		0	FLA	4		1.668		
17:0.....g									
18:0.....g	1.009		0	FLA	4		0.848		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	3.629		0	FLA	4		3.049		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.371		0	FLA	4		0.312		
17:1.....g									
18:1 undifferentiated.....g	3.233		0	FLA	4		2.716		
20:1.....g	0.025		0	FLA	4		0.021		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.493		0	FLA	4		0.414		
18:2 undifferentiated.....g	0.376		0	FLA	4		0.316		
18:3 undifferentiated.....g	0.095		0	FLA	4		0.079		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	FLA	4		0.019		
20:5 n-3.....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		
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07914

Sausage, Italian, sweet, links

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

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

Common Measures:

Measure 1 = 84g: 1 link 3 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	2.418		0	FLA	4		1.354		
17:0.....g									
18:0.....g	0.861		0	FLA	4		0.482		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.379		0	FLA	4		0.212		
17:1.....g									
18:1 undifferentiated.....g	1.985		0	FLA	4		1.111		
20:1.....g	0.008		0	FLA	4		0.004		
22:1 undifferentiated.....g	0.008		0	FLA	4		0.004		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g									
18:2 undifferentiated.....g	1.371		0	FLA	4		0.768		
18:3 undifferentiated.....g	0.085		0	FLA	4		0.048		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.085		0	FLA	4		0.048		
20:5 n-3.....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		
Amino Acids:									
Tryptophan.....g	0.209		0	FLA	4		0.117		
Threonine.....g	0.817		0	FLA	4		0.457		
Isoleucine.....g	0.945		0	FLA	4		0.529		
Leucine.....g	1.467		0	FLA	4		0.822		
Lysine.....g	1.692		0	FLA	4		0.947		
Methionine.....g	0.523		0	FLA	4		0.293		
Cystine.....g	0.204		0	FLA	4		0.114		
Phenylalanine.....g	0.738		0	FLA	4		0.413		
Tyrosine.....g	0.717		0	FLA	4		0.401		
Valine.....g	0.984		0	FLA	4		0.551		
Arginine.....g	1.293		0	FLA	4		0.724		
Histidine.....g	0.560		0	FLA	4		0.314		
Alanine.....g	1.171		0	FLA	4		0.656		
Aspartic acid.....g	1.788		0	FLA	4		1.001		
Glutamic acid.....g	3.018		0	FLA	4		1.690		
Glycine.....g	1.095		0	FLA	4		0.613		
Proline.....g	0.906		0	FLA	4		0.507		
Serine.....g	0.832		0	FLA	4		0.466		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07927
Sausage, Italian, turkey, smoked

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

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

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
Proximates:									
Water.....g	55.20		1	A	1		30.36	30.36	
Energy.....kcal	259		0	MC	9		143	143	
Energy.....kj	1085		0	MC	9		597	597	
Protein (N x 6.25).....g	17.60		1	A	1		9.68	9.68	
Total lipid (fat).....g	19.40		1	A	1		10.67	10.67	
Ash.....g	4.20		1	A	1		2.31	2.31	
Carbohydrate, by difference.....g	3.60		0	MC	9		1.98	1.98	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0	BFZN	4		7	7	
Iron, Fe.....mg	0.88		1	A	1		0.48	0.48	
Magnesium, Mg.....mg	14		0	BFZN	4		8	8	
Phosphorus, P.....mg	136		0	BFZN	4		75	75	
Potassium, K.....mg	237		0	BFZN	4		130	130	
Sodium, Na.....mg	1540		1	A	1		847	847	
Zinc, Zn.....mg	1.93		0	BFZN	4		1.06	1.06	
Copper, Cu.....mg	0.090		0	BFZN	4		0.050	0.050	
Manganese, Mn.....mg	0.049		0	BFZN	4		0.027	0.027	
Selenium, Se.....mcg	17.7		0	BFZN	4		9.7	9.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	0.502		0	BFZN	4		0.276	0.276	
Riboflavin.....mg	0.148		0	BFZN	4		0.081	0.081	
Niacin.....mg	3.443		0	BFZN	4		1.894	1.894	
Pantothenic acid.....mg	0.450		0	BFZN	4		0.248	0.248	
Vitamin B-6.....mg	0.190		0	BFZN	4		0.105	0.105	
Folate, total.....mcg	2		0	BFZN	4		1	1	
Folic acid.....mcg	0		0	BFZN	4		0	0	
Folate, food.....mcg	2		0	BFZN	4		1	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		1	1	
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.98		0	BFZN	4		0.54	0.54	
Vitamin A, IU.....IU	0		1	A	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1	A	1		0	0	
Retinol.....mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.010		1	A	1		4.406	4.406	
Fatty acids, total monounsaturated.....g	9.700		1	A	1		5.335	5.335	
Fatty acids, total polyunsaturated.....g	0.790		1	A	1		0.435	0.435	
Fatty acids, total trans.....g									
Cholesterol.....mg	66		1	A	1		36	36	
Phytosterols.....mg	0		0	BFZN	4		0	0	
Amino Acids:									
Tryptophan.....g	0.138		0	BFZN	4		0.076	0.076	
Threonine.....g	0.591		0	BFZN	4		0.325		

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
Threonine.....g	0.591			BFZN	4			0.325	
Isoleucine.....g	0.611		0	BFZN	4		0.336	0.336	
Leucine.....g	1.076		0	BFZN	4		0.592	0.592	
Lysine.....g	1.110		0	BFZN	4		0.611	0.611	
Methionine.....g	0.379		0	BFZN	4		0.208	0.208	
Cystine.....g	0.157		0	BFZN	4		0.086	0.086	
Phenylalanine.....g	0.539		0	BFZN	4		0.296	0.296	
Tyrosine.....g	0.444		0	BFZN	4		0.244	0.244	
Valine.....g	0.679		0	BFZN	4		0.373	0.373	
Arginine.....g	0.925		0	BFZN	4		0.509	0.509	
Histidine.....g	0.444		0	BFZN	4		0.244	0.244	
Alanine.....g	0.902		0	BFZN	4		0.496	0.496	
Aspartic acid.....g	1.293		0	BFZN	4		0.711	0.711	
Glutamic acid.....g	2.117		0	BFZN	4		1.164	1.164	
Glycine.....g	0.992		0	BFZN	4		0.546	0.546	
Proline.....g	0.712		0	BFZN	4		0.392	0.392	
Serine.....g	0.584		0	BFZN	4		0.321	0.321	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 55g: 1 serving 5 pieces

Measure 2 = 55g: 5 pieces

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	5.696		0	BFZN	4		4.329		
17:0.....g									
18:0.....g	3.078		0	BFZN	4		2.339		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.302		0	NC	4		9.349		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.980		0	BFZN	4		0.745		
17:1.....g									
18:1 undifferentiated.....g	11.322		0	BFZN	4		8.605		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.826		0	NC	4		2.148		
18:2 undifferentiated.....g	2.497		0	BFZN	4		1.898		
18:3 undifferentiated.....g	0.329		0	BFZN	4		0.250		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.107		0	BFZN	4		0.081		
Threonine.....g	0.465		0	BFZN	4		0.353		
Isoleucine.....g	0.485		0	BFZN	4		0.369		
Leucine.....g	0.810		0	BFZN	4		0.616		
Lysine.....g	0.903		0	BFZN	4		0.686		
Methionine.....g	0.364		0	BFZN	4		0.277		
Cystine.....g	0.105		0	BFZN	4		0.080		
Phenylalanine.....g	0.405		0	BFZN	4		0.308		
Tyrosine.....g	0.386		0	BFZN	4		0.293		
Valine.....g	0.464		0	BFZN	4		0.353		
Arginine.....g	0.765		0	BFZN	4		0.581		
Histidine.....g	0.395		0	BFZN	4		0.300		
Alanine.....g	0.774		0	BFZN	4		0.588		
Aspartic acid.....g	1.136		0	BFZN	4		0.863		
Glutamic acid.....g	1.994		0	BFZN	4		1.515		
Glycine.....g	0.857		0	BFZN	4		0.651		
Proline.....g	0.673		0	BFZN	4		0.511		
Serine.....g	0.510		0	BFZN	4		0.388		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07916

Sausage, Polish, pork and beef, smoked

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

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

Common Measures:

Measure 1 = 76g: 1 serving 2.67 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07083

Sausage, Vienna, canned, chicken, beef, pork

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.453	0.028	3		1		0.072	0.512	
15:0.....g									
16:0.....g	4.177	0.214	3		1		0.668	4.719	
17:0.....g									
18:0.....g	2.457	0.092	3		1		0.393	2.776	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	9.628		0	NC	4		1.540	10.879	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.167	0.088	3		1		0.187	1.319	
17:1.....g									
18:1 undifferentiated.....g	8.461	0.318	3		1		1.354	9.560	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.290		0	NC	4		0.206	1.457	
18:2 undifferentiated.....g	0.990	0.192	3		1		0.158	1.119	
18:3 undifferentiated.....g	0.299	0.068	3		1		0.048	0.338	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....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	87		1	A	1		14	98	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 16g: 1 sausage (7/8" dia x 2" long)

Measure 2 = 113g: 7 sausages (drained contents from can, net wt 4 oz)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 42262

Sausage, chicken and beef, smoked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.430				4		0.593	0.077	
15:0.....g									
16:0.....g	4.320				4		5.962	0.778	
17:0.....g									
18:0.....g	2.310				4		3.188	0.416	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	10.190				4		14.062	1.834	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.190				4		1.642	0.214	
17:1.....g									
18:1 undifferentiated.....g	8.830				4		12.185	1.589	
20:1.....g	0.170				4		0.235	0.031	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	4.720				4		6.514	0.850	
18:2 undifferentiated.....g	4.340				4		5.989	0.781	
18:3 undifferentiated.....g	0.350				4		0.483	0.063	
18:4.....g	0.020				4		0.028	0.004	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70				4		97	13	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				4		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 138g: 1 cup pieces

Measure 2 = 18g: 1 cubic inch

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	2.875		0	FLM	4		2.415		
17:0.....g									
18:0.....g	1.493		0	FLM	4		1.254		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.165		0	FLM	4		6.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.795		0	FLM	4		0.668		
17:1.....g									
18:1 undifferentiated.....g	6.330		0	FLM	4		5.317		
20:1.....g	0.040		0	FLM	4		0.033		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.846		0	FLM	4		0.711		
18:2 undifferentiated.....g	0.640		0	FLM	4		0.538		
18:3 undifferentiated.....g	0.186		0	FLM	4		0.156		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	FLM	4		0.015		
20:5 n-3.....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		
Amino Acids:									
Tryptophan.....g	0.145		0	FLM	4		0.122		
Threonine.....g	0.565		0	FLM	4		0.475		
Isoleucine.....g	0.613		0	FLM	4		0.515		
Leucine.....g	1.044		0	FLM	4		0.877		
Lysine.....g	1.092		0	FLM	4		0.917		
Methionine.....g	0.334		0	FLM	4		0.281		
Cystine.....g	0.155		0	FLM	4		0.131		
Phenylalanine.....g	0.519		0	FLM	4		0.436		
Tyrosine.....g	0.448		0	FLM	4		0.376		
Valine.....g	0.661		0	FLM	4		0.555		
Arginine.....g	0.855		0	FLM	4		0.718		
Histidine.....g	0.426		0	FLM	4		0.358		
Alanine.....g	0.804		0	FLM	4		0.675		
Aspartic acid.....g	1.184		0	FLM	4		0.995		
Glutamic acid.....g	2.036		0	FLM	4		1.710		
Glycine.....g	0.814		0	FLM	4		0.684		
Proline.....g	0.770		0	FLM	4		0.647		
Serine.....g	0.562		0	FLM	4		0.472		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07928

Sausage, chicken, beef, pork, skinless, smoked

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	5.787		0	BFZN	4		4.456		
17:0.....g									
18:0.....g	3.016		0	BFZN	4		2.322		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.357		0	NC	4		9.515		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.032		0	BFZN	4		0.795		
17:1.....g									
18:1 undifferentiated.....g	11.325		0	BFZN	4		8.720		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.735		0	NC	4		2.106		
18:2 undifferentiated.....g	2.373		0	BFZN	4		1.827		
18:3 undifferentiated.....g	0.362		0	BFZN	4		0.279		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.150		0	BFZN	4		0.116		
Threonine.....g	0.540		0	BFZN	4		0.416		
Isoleucine.....g	0.620		0	BFZN	4		0.477		
Leucine.....g	1.100		0	BFZN	4		0.847		
Lysine.....g	1.160		0	BFZN	4		0.893		
Methionine.....g	0.360		0	BFZN	4		0.277		
Cystine.....g	0.150		0	BFZN	4		0.116		
Phenylalanine.....g	0.560		0	BFZN	4		0.431		
Tyrosine.....g	0.520		0	BFZN	4		0.400		
Valine.....g	0.690		0	BFZN	4		0.531		
Arginine.....g	0.840		0	BFZN	4		0.647		
Histidine.....g	0.470		0	BFZN	4		0.362		
Alanine.....g	0.830		0	BFZN	4		0.639		
Aspartic acid.....g	1.240		0	BFZN	4		0.955		
Glutamic acid.....g	2.350		0	BFZN	4		1.810		
Glycine.....g	0.910		0	BFZN	4		0.701		
Proline.....g	0.970		0	BFZN	4		0.747		
Serine.....g	0.600		0	BFZN	4		0.462		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07917

Sausage, pork and beef, with cheddar cheese, smoked

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

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

Common Measures:

Measure 1 = 77g: 12 oz serving 2.7 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07075

Sausage, smoked link sausage, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.399		1	A	1		1.811		
15:0.....g	0.000		1	A	1		0.000		
16:0.....g	6.119		1	A	1		27.780		
17:0.....g	0.117		1	A	1		0.531		
18:0.....g	3.088		1	A	1		14.020		
20:0.....g	0.046		1	A	1		0.209		
22:0.....g	0.000		1	A	1		0.000		
24:0.....g									
Fatty acids, total monounsaturated..... g	12.238		1	A	1		55.561		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.744		1	A	1		3.378		
17:1.....g									
18:1 undifferentiated.....g	11.262		1	A	1		51.129		
20:1.....g	0.232		1	A	1		1.053		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.927		1	A	1		17.829		
18:2 undifferentiated.....g	3.481		1	A	1		15.804		
18:3 undifferentiated.....g	0.207		0	AS	1		0.940		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:3i.....g									
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.151		1	A	1		0.686		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.088		1	A	1		0.400		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	58		1	A	1		265		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g	0.191		1	A	1		0.867		
Others:									

NDB No. 07075

Sausage, smoked link sausage, pork and beef

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	11		1	A	1		50.759		
Carotene, alpha.....mcg	11		1	A	1		48.154		
Cryptoxanthin, beta.....mcg	11		1	A	1		50.759		
Lycopene.....mcg	11		1	A	1		50.759		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 454g: 16 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.390		0	BFZN	4		1.812		
17:0.....g									
18:0.....g	3.330		0	BFZN	4		0.944		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.680		0	BFZN	4		3.878		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.140		0	BFZN	4		0.323		
17:1.....g									
18:1 undifferentiated.....g	12.505		0	BFZN	4		3.545		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.020		0	BFZN	4		0.856		
18:2 undifferentiated.....g	2.620		0	BFZN	4		0.743		
18:3 undifferentiated.....g	0.400		0	BFZN	4		0.113		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.150		0	BFZN	4		0.043		
Threonine.....g	0.540		0	BFZN	4		0.153		
Isoleucine.....g	0.620		0	BFZN	4		0.176		
Leucine.....g	1.100		0	BFZN	4		0.312		
Lysine.....g	1.160		0	BFZN	4		0.329		
Methionine.....g	0.360		0	BFZN	4		0.102		
Cystine.....g	0.150		0	BFZN	4		0.043		
Phenylalanine.....g	0.560		0	BFZN	4		0.159		
Tyrosine.....g	0.520		0	BFZN	4		0.147		
Valine.....g	0.690		0	BFZN	4		0.196		
Arginine.....g	0.840		0	BFZN	4		0.238		
Histidine.....g	0.470		0	BFZN	4		0.133		
Alanine.....g	0.830		0	BFZN	4		0.235		
Aspartic acid.....g	1.240		0	BFZN	4		0.352		
Glutamic acid.....g	2.350		0	BFZN	4		0.666		
Glycine.....g	0.910		0	BFZN	4		0.258		
Proline.....g	0.970		0	BFZN	4		0.275		
Serine.....g	0.600		0	BFZN	4		0.170		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07918

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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	5.082		0	BFZN	4		2.846	2.846	
17:0.....g									
18:0.....g	1.810		0	BFZN	4		1.014	1.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	5.001		0	BFZN	4		2.800	2.800	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.797		0	BFZN	4		0.446	0.446	
17:1.....g									
18:1 undifferentiated.....g	4.171		0	BFZN	4		2.336	2.336	
20:1.....g	0.016		0	BFZN	4		0.009	0.009	
22:1 undifferentiated.....g	0.016		0	BFZN	4		0.009	0.009	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.303		0	BFZN	4		1.850	1.850	
18:2 undifferentiated.....g	2.880		0	BFZN	4		1.613	1.613	
18:3 undifferentiated.....g	0.179		0	BFZN	4		0.100	0.100	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.179		0	BFZN	4		0.100	0.100	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.033		0	BFZN	4		0.018	0.018	
22:6 n-3.....g	0.033		0	BFZN	4		0.018	0.018	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	BFZN	4		34	34	
Phytosterols.....mg	0		0	BFZN	4		0	0	
Amino Acids:									
Tryptophan.....g	0.175		0	A	1		0.098	0.098	
Threonine.....g	0.686		0	A	1		0.384	0.384	
Isoleucine.....g	0.802		0	A	1		0.449	0.449	
Leucine.....g	1.229		0	A	1		0.688	0.688	
Lysine.....g	1.453		0	A	1		0.814	0.814	
Methionine.....g	0.447		0	A	1		0.250	0.250	
Cystine.....g	0.161		0	A	1		0.090	0.090	
Phenylalanine.....g	0.612		0	A	1		0.343	0.343	
Tyrosine.....g	0.609		0	A	1		0.341	0.341	
Valine.....g	0.819		0	A	1		0.459	0.459	
Arginine.....g	1.076		0	A	1		0.602	0.602	
Histidine.....g	0.481		0	A	1		0.269	0.269	
Alanine.....g	0.955		0	A	1		0.535	0.535	
Aspartic acid.....g	1.498		0	A	1		0.839	0.839	
Glutamic acid.....g	2.517		0	A	1		1.409	1.409	
Glycine.....g	0.765		0	A	1		0.428	0.428	
Proline.....g	0.642		0	A	1		0.359	0.359	
Serine.....g	0.686		0	A	1		0.384	0.384	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07919

Sausage, turkey, breakfast links, mild

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

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

Common Measures:

Measure 1 = 56g: 1 serving 2 links

Measure 2 = 56g: 2 oz, 2 links

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
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		
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	53		1	A	1		29		
Phytosterols.....mg	0		0	BFZN	4		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.171		0	A	1		0.096		
Threonine.....g	0.669		0	A	1		0.375		
Isoleucine.....g	0.783		0	A	1		0.438		
Leucine.....g	1.199		0	A	1		0.671		
Lysine.....g	1.418		0	A	1		0.794		
Methionine.....g	0.436		0	A	1		0.244		
Cystine.....g	0.157		0	A	1		0.088		
Phenylalanine.....g	0.597		0	A	1		0.334		
Tyrosine.....g	0.595		0	A	1		0.333		
Valine.....g	0.800		0	A	1		0.448		
Arginine.....g	1.050		0	A	1		0.588		
Histidine.....g	0.470		0	A	1		0.263		
Alanine.....g	0.932		0	A	1		0.522		
Aspartic acid.....g	1.462		0	A	1		0.819		
Glutamic acid.....g	2.456		0	A	1		1.376		
Glycine.....g	0.746		0	A	1		0.418		
Proline.....g	0.626		0	A	1		0.351		
Serine.....g	0.669		0	A	1		0.375		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07929
Sausage, turkey, hot, smoked

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

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

Common Measures:

Measure 1 = 56g: 1 serving 2 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07951

Scrapple, pork

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	62.47		3	JA	6		34.98		
Energy.....kcal	213		0	NC	4		119		
Energy.....kj	893		0	NC	4		500		
Protein (N x 6.25).....g	8.06		4	JA	6		4.52		
Total lipid (fat).....g	13.87		4	JA	6		7.77		
Ash.....g	1.53		3	A	1		0.86		
Carbohydrate, by difference.....g	14.06		0	NC	4		7.88		
Fiber, total dietary.....g	0.3		1	JO	11		0.1		
Sugars, total.....g	0.20		0	NR	4		0.11		
Sucrose.....g	0.00		0	Z	7		0.00		
Glucose (dextrose).....g	0.20		1	A	1		0.11		
Fructose.....g	0.00		0	Z	7		0.00		
Lactose.....g	0.00		0	Z	7		0.00		
Maltose.....g	0.00		0	Z	7		0.00		
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		4	JA	6		4		
Iron, Fe.....mg	1.89		4	JA	6		1.06		
Magnesium, Mg.....mg	13		3	A	1		7		
Phosphorus, P.....mg	76		4	JA	6		43		
Potassium, K.....mg	158		4	JA	6		88		
Sodium, Na.....mg	659		4	JA	6		369		
Zinc, Zn.....mg	1.06		3	A	1		0.59		
Copper, Cu.....mg	0.212		3	A	1		0.119		
Manganese, Mn.....mg									
Selenium, Se.....mcg	17.4		0	BFZN	4		9.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.5		1	A	1		1.4		
Thiamin.....mg	0.116		4	JA	6		0.065		
Riboflavin.....mg	0.287		4	JA	6		0.160		
Niacin.....mg	2.273		4	JA	6		1.273		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.120		0		4		0.067		
Folate, total.....mcg	5		0		4		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	5		0		4		3		
Folate, DFE.....mcg_DFE	5		0	NC	4		3		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.31		0		4		0.17		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	2086		4	JA	6		1168		
Vitamin A, RAE.....mcg_RAE	626		0	NR	4		350		
Retinol.....mcg	626		0	NR	4		350		
Vitamin E (alpha-tocopherol).....mg	0.15		0	NR	4		0.08		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.4		0	BFZN	4		1.9		
Lipids:									
Fatty acids, total saturated.....g	4.732		0	NC	4		2.650		

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0		4		0.000		
6:0.....g	0.000		0		4		0.000		
8:0.....g	0.000		0		4		0.000		
10:0.....g	0.009		0		4		0.005		
12:0.....g	0.014		0		4		0.008		
13:0.....g									
14:0.....g	0.167		0		4		0.094		
15:0.....g									
16:0.....g	2.993		0		4		1.676		
17:0.....g									
18:0.....g	1.549		0		4		0.867		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	6.156		0	NC	4		3.447		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.394		0		4		0.221		
17:1.....g									
18:1 undifferentiated.....g	5.660		0		4		3.170		
20:1.....g	0.102		0		4		0.057		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.664		0	NC	4		0.932		
18:2 undifferentiated.....g	1.349		0		4		0.755		
18:3 undifferentiated.....g	0.259		0		4		0.145		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.056		0		4		0.031		
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	49		4	JA	6		27		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 56g: 1 serving 2 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

NDB No. 07951
Scrapple, pork

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.400		4		1		0.272		
15:0.....g									
16:0.....g	7.070		4		1		4.808		
17:0.....g									
18:0.....g	3.760		4		1		2.557		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	14.640		0		1		9.955		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.010		4		1		0.687		
17:1.....g									
18:1 undifferentiated.....g	13.630		4		1		9.268		
20:1.....g	0.000		4		1		0.000		
22:1 undifferentiated.....g	0.000		4		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.760		0		1		2.557		
18:2 undifferentiated.....g	3.390		4		1		2.305		
18:3 undifferentiated.....g	0.370		4		1		0.252		
18:4.....g	0.000		4		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		4		1		0.000		
20:5 n-3.....g	0.000		4		1		0.000		
22:5 n-3.....g	0.000	0.000	4		1		0.000		
22:6 n-3.....g	0.000		4		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	68	8.614	5		1		46		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.216		0		1		0.147		
Threonine.....g	0.929		0		1		0.632		
Isoleucine.....g	0.951		0		1		0.647		
Leucine.....g	1.692		0		1		1.151		
Lysine.....g	1.745		0		1		1.187		
Methionine.....g	0.596		0		1		0.405		
Cystine.....g	0.248		0		1		0.169		
Phenylalanine.....g	0.848		0		1		0.577		
Tyrosine.....g	0.699		0		1		0.475		
Valine.....g	1.068		0		1		0.726		
Arginine.....g	1.454		0		1		0.989		
Histidine.....g	0.699		0		1		0.475		
Alanine.....g	1.419		0		1		0.965		
Aspartic acid.....g	2.033		0		1		1.382		
Glutamic acid.....g	3.327		0		1		2.262		
Glycine.....g	1.561		0		1		1.061		
Proline.....g	1.121		0		1		0.762		
Serine.....g	0.919		0		1		0.625		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		

NDB No. 07074
Smoked link sausage, 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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 68g: 1 link (4" long x 1-1/8" dia)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
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	
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	NC	4		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	65		2	A	1		44	10	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
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									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07076

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

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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 68g: 1 link (4" long x 1-1/8" dia)

Measure 2 = 16g: 1 link, little (2" long x 3/4" dia)

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	5.920	0.104	7		1		4.026	0.947	
17:0.....g									
18:0.....g	3.280	0.080	7		1		2.230	0.525	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.640		0		1		8.595	2.022	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.980	0.065	7		1		0.666	0.157	
17:1.....g									
18:1 undifferentiated.....g	11.660	0.220	7		1		7.929	1.866	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.020		0		1		2.054	0.483	
18:2 undifferentiated.....g	2.630	0.085	7		1		1.788	0.421	
18:3 undifferentiated.....g	0.390	0.099	7		1		0.265	0.062	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....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	
Amino Acids:									
Tryptophan.....g	0.135		0		1		0.092	0.022	
Threonine.....g	0.552		0		1		0.375	0.088	
Isoleucine.....g	0.605		0		1		0.411	0.097	
Leucine.....g	1.044		0		1		0.710	0.167	
Lysine.....g	1.043		0		1		0.709	0.167	
Methionine.....g	0.344		0		1		0.234	0.055	
Cystine.....g	0.151		0		1		0.103	0.024	
Phenylalanine.....g	0.520		0		1		0.354	0.083	
Tyrosine.....g	0.451		0		1		0.307	0.072	
Valine.....g	0.660		0		1		0.449	0.106	
Arginine.....g	0.813		0		1		0.553	0.130	
Histidine.....g	0.414		0		1		0.282	0.066	
Alanine.....g	0.826		0		1		0.562	0.132	
Aspartic acid.....g	1.213		0		1		0.825	0.194	
Glutamic acid.....g	2.135		0		1		1.452	0.342	
Glycine.....g	0.894		0		1		0.608	0.143	
Proline.....g	0.814		0		1		0.554	0.130	
Serine.....g	0.570		0		1		0.388	0.091	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 68g: 1 link (4" long x 1-1/8" dia)

Measure 2 = 16g: 1 link, little (2" long x 3/4" dia)

NDB No. 07077

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	6.390		0	BFZN	4		4.920		
17:0.....g									
18:0.....g	3.330		0	BFZN	4		2.564		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	13.680		0	BFZN	4		10.534		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.140		0	BFZN	4		0.878		
17:1.....g									
18:1 undifferentiated.....g	12.505		0	BFZN	4		9.629		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.020		0	BFZN	4		2.325		
18:2 undifferentiated.....g	2.620		0	BFZN	4		2.017		
18:3 undifferentiated.....g	0.400		0	BFZN	4		0.308		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....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									
Amino Acids:									
Tryptophan.....g	0.150		0	BFZN	4		0.116		
Threonine.....g	0.540		0	BFZN	4		0.416		
Isoleucine.....g	0.620		0	BFZN	4		0.477		
Leucine.....g	1.100		0	BFZN	4		0.847		
Lysine.....g	1.160		0	BFZN	4		0.893		
Methionine.....g	0.360		0	BFZN	4		0.277		
Cystine.....g	0.150		0	BFZN	4		0.116		
Phenylalanine.....g	0.560		0	BFZN	4		0.431		
Tyrosine.....g	0.520		0	BFZN	4		0.400		
Valine.....g	0.690		0	BFZN	4		0.531		
Arginine.....g	0.840		0	BFZN	4		0.647		
Histidine.....g	0.470		0	BFZN	4		0.362		
Alanine.....g	0.830		0	BFZN	4		0.639		
Aspartic acid.....g	1.240		0	BFZN	4		0.955		
Glutamic acid.....g	2.350		0	BFZN	4		1.810		
Glycine.....g	0.910		0	BFZN	4		0.701		
Proline.....g	0.970		0	BFZN	4		0.747		
Serine.....g	0.600		0	BFZN	4		0.462		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

NDB No. 07920

Swisswurst, pork and beef, with swiss cheese, smoked

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

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

Common Measures:

Measure 1 = 77g: 1 serving 2.7 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.800	0.051	7		1		0.448		
15:0.....g									
16:0.....g	6.350	0.251	7		1		3.556		
17:0.....g									
18:0.....g	4.170	0.161	7		1		2.335		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	12.970		0	NC	4		7.263		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.760	0.114	7		1		0.986		
17:1.....g									
18:1 undifferentiated.....g	11.210	0.503	7		1		6.278		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.200		0	NC	4		0.672		
18:2 undifferentiated.....g	0.990	0.185	7		1		0.554		
18:3 undifferentiated.....g	0.210	0.035	7		1		0.118		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....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	74		4	A	1		42		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 56g: 2 oz 1 serving

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 42173

Turkey and pork sausage, fresh, bulk, patty or link, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.314				4		0.079	0.088	0.066
15:0.....g									
16:0.....g	4.740				4		1.185	1.327	0.995
17:0.....g									
18:0.....g	2.631				4		0.658	0.737	0.553
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	9.719				4		2.430	2.721	2.041
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.800				4		0.200	0.224	0.168
17:1.....g									
18:1 undifferentiated.....g	8.901				4		2.225	2.492	1.869
20:1.....g	0.010				4		0.003	0.003	0.002
22:1 undifferentiated.....g	0.007				4		0.002	0.002	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	3.250				4		0.813	0.910	0.683
18:2 undifferentiated.....g	2.760				4		0.690	0.773	0.580
18:3 undifferentiated.....g	0.380				4		0.095	0.106	0.080
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.089				4		0.022	0.025	0.019
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.014				4		0.004	0.004	0.003
22:6 n-3.....g	0.021				4		0.005	0.006	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	84				4		21	24	18
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	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
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		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 = 25g: 1 patty, cooked
- Measure 2 = 28g: 1 oz
- Measure 3 = 21g: 1 oz cooked, yield

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.008		0	BFFN	4		0.003	0.002	
15:0.....g									
16:0.....g	0.245		0	BFFN	4		0.081	0.051	
17:0.....g									
18:0.....g	0.080		0	BFFN	4		0.026	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.540	0.145	11	JA	6		0.178	0.113	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.084		0	BFFN	4		0.028	0.018	
17:1.....g									
18:1 undifferentiated.....g	0.409		0	BFFN	4		0.135	0.086	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.274	0.093	11	JA	6		0.091	0.058	
18:2 undifferentiated.....g	0.270		0	BFFN	4		0.089	0.057	
18:3 undifferentiated.....g	0.017		0	BFFN	4		0.006	0.004	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.017		0	BFFN	4		0.006	0.004	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.004		0	BFFN	4		0.001	0.001	
22:6 n-3.....g	0.004		0	BFFN	4		0.001	0.001	
Fatty acids, total trans.....g	0.000		0	NR	4		0.000	0.000	
Cholesterol.....mg	43	0.434	14	JA	6		14	9	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.194		0	JO	11		0.064	0.041	
Threonine.....g	0.759		0	JO	11		0.251	0.159	
Isoleucine.....g	0.888		0	JO	11		0.293	0.186	
Leucine.....g	1.360		0	JO	11		0.449	0.286	
Lysine.....g	1.609		0	JO	11		0.531	0.338	
Methionine.....g	0.495		0	JO	11		0.163	0.104	
Cystine.....g	0.178		0	JO	11		0.059	0.037	
Phenylalanine.....g	0.678		0	JO	11		0.224	0.142	
Tyrosine.....g	0.675		0	JO	11		0.223	0.142	
Valine.....g	0.907		0	JO	11		0.299	0.190	
Arginine.....g	1.191		0	JO	11		0.393	0.250	
Histidine.....g	0.533		0	JO	11		0.176	0.112	
Alanine.....g	1.057		0	JO	11		0.349	0.222	
Aspartic acid.....g	1.658		0	JO	11		0.547	0.348	
Glutamic acid.....g	2.786		0	JO	11		0.920	0.585	
Glycine.....g	0.847		0	JO	11		0.279	0.178	
Proline.....g	0.711		0	JO	11		0.234	0.149	
Serine.....g	0.759		0	JO	11		0.251	0.159	
Hydroxyproline.....g	0.000		0	NR	4		0.000	0.000	
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07079
Turkey breast 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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 33g: 1 serving

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

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.040	0.003	11	A	1		0.011		
15:0.....g									
16:0.....g	0.680	0.042	11	A	1		0.190		
17:0.....g									
18:0.....g	0.340	0.021	11	A	1		0.095		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	1.902		3	A	1		0.533		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.009	11	A	1		0.028		
17:1.....g									
18:1 undifferentiated.....g	1.040	0.072	11	A	1		0.291		
20:1.....g	0.007		0	BFFN	4		0.002		
22:1 undifferentiated.....g	0.007		0	BFFN	4		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.319		3	A	1		0.369		
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	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.096		0	BFFN	4		0.027		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.014		0	BFFN	4		0.004		
22:6 n-3.....g	0.021		0	BFFN	4		0.006		
Fatty acids, total trans.....g									
Cholesterol.....mg	72		20	A	1		20		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.192		0	A	1		0.054		
Threonine.....g	0.758		0	A	1		0.212		
Isoleucine.....g	0.872		0	A	1		0.244		
Leucine.....g	1.351		0	A	1		0.378		
Lysine.....g	1.582		0	A	1		0.443		
Methionine.....g	0.489		0	A	1		0.137		
Cystine.....g	0.191		0	A	1		0.053		
Phenylalanine.....g	0.680		0	A	1		0.190		
Tyrosine.....g	0.660		0	A	1		0.185		
Valine.....g	0.905		0	A	1		0.253		
Arginine.....g	1.224		0	A	1		0.343		
Histidine.....g	0.523		0	A	1		0.147		
Alanine.....g	1.106		0	A	1		0.310		
Aspartic acid.....g	1.675		0	A	1		0.469		
Glutamic acid.....g	2.773		0	A	1		0.777		
Glycine.....g	1.037		0	A	1		0.290		
Proline.....g	0.805		0	A	1		0.225		
Serine.....g	0.767		0	A	1		0.215		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		

NDB No. 07080

Turkey ham, cured turkey thigh 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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 serving .99 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 42128

Turkey ham, sliced, extra lean, prepackaged or deli-sliced

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.026				4		0.036	0.005	
15:0.....g									
16:0.....g	0.674				4		0.930	0.135	
17:0.....g									
18:0.....g	0.379				4		0.523	0.076	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.863				4		1.191	0.173	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.126				4		0.174	0.025	
17:1.....g									
18:1 undifferentiated.....g	0.711				4		0.981	0.142	
20:1.....g	0.016				4		0.022	0.003	
22:1 undifferentiated.....g	0.011				4		0.015	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.137				4		1.569	0.227	
18:2 undifferentiated.....g	0.921				4		1.271	0.184	
18:3 undifferentiated.....g	0.037				4		0.051	0.007	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.137				4		0.189	0.027	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.021				4		0.029	0.004	
22:6 n-3.....g	0.032				4		0.044	0.006	
Fatty acids, total trans.....g									
Cholesterol.....mg	67						92	13	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 138g: 1 cup pieces

Measure 2 = 20g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
14:0.....g	0.050		0		1		0.014	0.029	
15:0.....g									
16:0.....g	1.250		0		1		0.354	0.713	
17:0.....g									
18:0.....g	0.500		0		1		0.142	0.285	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	2.300		0		1		0.652	1.311	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0		1		0.108	0.217	
17:1.....g									
18:1 undifferentiated.....g	1.870		0		1		0.530	1.066	
20:1.....g	0.010		0		1		0.003	0.006	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.006	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	1.780		0		1		0.505	1.015	
18:2 undifferentiated.....g	1.480		0		1		0.420	0.844	
18:3 undifferentiated.....g	0.080		0		1		0.023	0.046	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.040	0.080	
20:5 n-3.....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	
Amino Acids:									
Tryptophan.....g	0.200		0		4		0.057	0.114	
Threonine.....g	0.792		0		4		0.225	0.451	
Isoleucine.....g	0.909		0		4		0.258	0.518	
Leucine.....g	1.409		0		4		0.399	0.803	
Lysine.....g	1.649		0		4		0.467	0.940	
Methionine.....g	0.510		0		4		0.145	0.291	
Cystine.....g	0.200		0		4		0.057	0.114	
Phenylalanine.....g	0.710		0		4		0.201	0.405	
Tyrosine.....g	0.687		0		4		0.195	0.392	
Valine.....g	0.944		0		4		0.268	0.538	
Arginine.....g	1.279		0		4		0.363	0.729	
Histidine.....g	0.545		0		4		0.155	0.311	
Alanine.....g	1.158		0		4		0.328	0.660	
Aspartic acid.....g	1.749		0		4		0.496	0.997	
Glutamic acid.....g	2.893		0		4		0.820	1.649	
Glycine.....g	1.094		0		4		0.310	0.624	
Proline.....g	0.846		0		4		0.240	0.482	
Serine.....g	0.800		0		4		0.227	0.456	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07082
Turkey roll, light and dark 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
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28.35g: 1 oz

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
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	
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	
<u>Amino Acids:</u>									
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									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	

NDB No. 07081
Turkey 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 of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28.35g: 1 oz

Measure 2 = 57g: 2 slices

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07958
Turkey 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
Proximates:									
Water.....g	65.06		1	A	1				
Energy.....kcal	196		0	NC	4				
Energy.....kj	821		0	NC	4				
Protein (N x 6.25).....g	23.89		1	A	1				
Total lipid (fat).....g	10.44		1	A	1				
Ash.....g	2.65		1	A	1				
Carbohydrate, by difference.....g	0.00		0	Z	7				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		1	A	1				
Iron, Fe.....mg	1.49		1	A	1				
Magnesium, Mg.....mg	21		1	A	1				
Phosphorus, P.....mg	202		1	A	1				
Potassium, K.....mg	298		1	A	1				
Sodium, Na.....mg	665		1	A	1				
Zinc, Zn.....mg	3.88		1	A	1				
Copper, Cu.....mg	0.145		1	A	1				
Manganese, Mn.....mg	0.024		1	A	1				
Selenium, Se.....mcg	0.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	A	1				
Thiamin.....mg	0.084		1	A	1				
Riboflavin.....mg	0.255		1	A	1				
Niacin.....mg	5.720		1	A	1				
Pantothenic acid.....mg	1.080		1	A	1				
Vitamin B-6.....mg	0.322		1	A	1				
Folate, total.....mcg	6		1	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	6		1	A	1				
Folate, DFE.....mcg_DFE	6		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.23		1	A	1				
Vitamin A, IU.....IU	75		0	AS	1				
Vitamin A, RAE.....mcg_RAE	13		0	AS	1				
Retinol.....mcg	11		1	A	1				
Vitamin E (alpha-tocopherol).....mg	0.18		2	A	1				
Tocopherol, beta.....mg	0.00		2	A	1				
Tocopherol, gamma.....mg	0.16		2	A	1				
Tocopherol, delta.....mg	0.00		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.5		2	A	1				
Lipids:									
Fatty acids, total saturated.....g	2.266		1	A	1				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.009		1	A	1				
13:0.....g									
14:0.....g	0.081		1	A	1				
15:0.....g	0.013		1	A	1				

NDB No. 07958
Turkey sausage, fresh, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.491		1	A	1				
17:0.....g	0.027		1	A	1				
18:0.....g	0.635		1	A	1				
20:0.....g	0.010		1	A	1				
22:0.....g	0.000		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated..... g	2.990		1	A	1				
14:1.....g	0.013		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.250		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	2.697		1	A	1				
20:1.....g	0.030		1	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.706		1	A	1				
18:2 undifferentiated.....g	2.384		1	A	1				
18:3 undifferentiated.....g	0.173		0	AS	1				
18:3 n-6 c,c,c.....g	0.013		1	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.018		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.131		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.430		1	A	1				
Cholesterol.....mg	92		1	A	1				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.185		1	A	1				
Threonine.....g	0.892		1	A	1				
Isoleucine.....g	0.993		1	A	1				
Leucine.....g	1.676		1	A	1				
Lysine.....g	1.884		1	A	1				
Methionine.....g	0.533		1	A	1				
Cystine.....g	0.230		1	A	1				
Phenylalanine.....g	0.866		1	A	1				
Tyrosine.....g	0.744		1	A	1				
Valine.....g	1.037		1	A	1				
Arginine.....g	1.444		1	A	1				
Histidine.....g	0.577		1	A	1				
Alanine.....g	1.346		1	A	1				
Aspartic acid.....g	2.009		1	A	1				
Glutamic acid.....g	3.558		1	A	1				
Glycine.....g	1.299		1	A	1				
Proline.....g	0.992		1	A	1				
Serine.....g	0.922		1	A	1				
Hydroxyproline.....g	0.226		1	A	1				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				

NDB No. 07958
Turkey sausage, fresh, cooked

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z		7			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	11		1	A		1			
Carotene, alpha.....mcg	11		1	A		1			
Cryptoxanthin, beta.....mcg	11		1	A		1			
Lycopene.....mcg	11		1	A		1			
Lutein + zeaxanthin.....mcg	11		1	A		1			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07955
Turkey 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
Proximates:									
Water.....g	70.42		1	A	1				
Energy.....kcal	155		0	NC	4				
Energy.....kj	648		0	NC	4				
Protein (N x 6.25).....g	18.79		1	A	1				
Total lipid (fat).....g	8.08		1	A	1				
Ash.....g	2.24		1	A	1				
Carbohydrate, by difference.....g	0.47		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g	0.00		0	Z	7				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		1	A	1				
Iron, Fe.....mg	1.17		1	A	1				
Magnesium, Mg.....mg	19		1	A	1				
Phosphorus, P.....mg	177		1	A	1				
Potassium, K.....mg	262		1	A	1				
Sodium, Na.....mg	593		1	A	1				
Zinc, Zn.....mg	3.06		1	A	1				
Copper, Cu.....mg	0.086		1	A	1				
Manganese, Mn.....mg	0.021		1	A	1				
Selenium, Se.....mcg	0.0		1	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.3		1	A	1				
Thiamin.....mg	0.077		1	A	1				
Riboflavin.....mg	0.234		1	A	1				
Niacin.....mg	4.600		1	A	1				
Pantothenic acid.....mg	1.020		1	A	1				
Vitamin B-6.....mg	0.431		1	A	1				
Folate, total.....mcg	5		1	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	5		1	A	1				
Folate, DFE.....mcg_DFE	5		0	NC	4				
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	1.30		1	A	1				
Vitamin A, IU.....IU	75		0	AS	1				
Vitamin A, RAE.....mcg_RAE	13		0	AS	1				
Retinol.....mcg	11		1	A	1				
Vitamin E (alpha-tocopherol).....mg	0.13		2	A	1				
Tocopherol, beta.....mg	0.00		2	A	1				
Tocopherol, gamma.....mg	0.13		2	A	1				
Tocopherol, delta.....mg	0.00		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		2	A	1				
Lipids:									
Fatty acids, total saturated.....g	1.963		1	A	1				
4:0.....g	0.000		0	Z	7				
6:0.....g	0.000		0	Z	7				
8:0.....g	0.000		1	A	1				
10:0.....g	0.000		1	A	1				
12:0.....g	0.000		1	A	1				
13:0.....g									
14:0.....g	0.070		1	A	1				
15:0.....g	0.011		1	A	1				

NDB No. 07955
Turkey sausage, fresh, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.304		1	A	1				
17:0.....g	0.023		1	A	1				
18:0.....g	0.555		1	A	1				
20:0.....g	0.000		1	A	1				
22:0.....g	0.000		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated..... g	2.624		1	A	1				
14:1.....g	0.011		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.212		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	2.375		1	A	1				
20:1.....g	0.026		1	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.386		1	A	1				
18:2 undifferentiated.....g	2.119		1	A	1				
18:3 undifferentiated.....g	0.143		0	AS	1				
18:3 n-6 c,c,c.....g	0.010		1	A	1				
18:3i.....g									
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.016		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.108		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.350		1	A	1				
Cholesterol.....mg	75		1	A	1				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.130		1	A	1				
Threonine.....g	0.711		1	A	1				
Isoleucine.....g	0.777		1	A	1				
Leucine.....g	1.316		1	A	1				
Lysine.....g	1.472		1	A	1				
Methionine.....g	0.415		1	A	1				
Cystine.....g	0.204		1	A	1				
Phenylalanine.....g	0.670		1	A	1				
Tyrosine.....g	0.575		1	A	1				
Valine.....g	0.802		1	A	1				
Arginine.....g									
Histidine.....g	0.468		1	A	1				
Alanine.....g	1.025		1	A	1				
Aspartic acid.....g	1.572		1	A	1				
Glutamic acid.....g	2.762		1	A	1				
Glycine.....g	0.935		1	A	1				
Proline.....g	0.737		1	A	1				
Serine.....g	0.729		1	A	1				
Hydroxyproline.....g	0.188		1	A	1				
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				

NDB No. 07955
Turkey sausage, fresh, raw

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z		7			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	11		1	A		1			
Carotene, alpha.....mcg	11		1	A		1			
Cryptoxanthin, beta.....mcg	11		1	A		1			
Lycopene.....mcg	11		1	A		1			
Lutein + zeaxanthin.....mcg	11		1	A		1			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07066

Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	59.59		0	FLC	4		76.28		
Energy.....kcal	200		0	FLC	4		256		
Energy.....kj	837		0	FLC	4		1071		
Protein.....g	17.00		0	FLC	4		21.76		
Total lipid (fat).....g	10.30		0	FLC	4		13.18		
Ash.....g	2.19		0	FLC	4		2.80		
Carbohydrate, by difference.....g	10.77		0	FLC	4		13.79		
Fiber, total dietary.....g	0.3		0	FLC	4		0.4		
Sugars, total.....g	0.00		0	FLC	4		0.00		
Sucrose.....g	0.00		0	FLC	4		0.00		
Glucose (dextrose).....g	0.00		0	FLC	4		0.00		
Fructose.....g	0.00		0	FLC	4		0.00		
Lactose.....g	0.00		0	FLC	4		0.00		
Maltose.....g	0.00		0	FLC	4		0.00		
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31		0	FLC	4		40		
Iron, Fe.....mg	1.80		0	FLC	4		2.30		
Magnesium, Mg.....mg	21		0	FLC	4		27		
Phosphorus, P.....mg	164		0	FLC	4		210		
Potassium, K.....mg	207		0	FLC	4		265		
Sodium, Na.....mg	617		0	FLC	4		790		
Zinc, Zn.....mg	2.31		0	FLC	4		2.96		
Copper, Cu.....mg	0.149		0	FLC	4		0.191		
Manganese, Mn.....mg	0.221		0	FLC	4		0.283		
Selenium, Se.....mcg	20.8		0	FLC	4		26.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0		
Thiamin.....mg	0.066		0	FLC	4		0.084		
Riboflavin.....mg	0.151		0	FLC	4		0.193		
Niacin.....mg	2.137		0	FLC	4		2.735		
Pantothenic acid.....mg	0.722		0	FLC	4		0.924		
Vitamin B-6.....mg	0.234		0	FLC	4		0.300		
Folate, total.....mcg	23		0	FLC	4		29		
Folic acid.....mcg	0		0	NR	4		0		
Folate, food.....mcg	23		0	FLC	4		29		
Folate, DFE.....mcg_DFE	23		0	NC	4		29		
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg	0.28		0	FLC	4		0.36		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	8		0	FLC	4		10		
Vitamin A, RAE.....mcg_RAE	2		0	NR	4		3		
Retinol.....mcg	2		0	NR	4		3		
Vitamin E (alpha-tocopherol).....mg	0.00		0	FLC	4		0.00		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	0		0	FLC	4		0		
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	2.871		0	FLC	4		3.675		

NDB No. 07066

Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.008		0	FLC	4		0.010		
13:0.....g									
14:0.....g	0.078		0	FLC	4		0.100		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.906		0	FLC	4		2.440		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.643		0	FLC	4		0.823		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		
Fatty acids, total monounsaturated..... g	3.876		0	FLC	4		4.961		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.658		0	FLC	4		0.842		
17:1.....g									
18:1 undifferentiated.....g	3.131		0	FLC	4		4.008		
20:1.....g	0.008		0	FLC	4		0.010		
22:1 undifferentiated.....g	0.008		0	FLC	4		0.010		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.541		0	FLC	4		3.252		
18:2 undifferentiated.....g	2.227		0	FLC	4		2.851		
18:3 undifferentiated.....g	0.142		0	FLC	4		0.182		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0	FLC	4		0.141		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.016		0	FLC	4		0.020		
22:6 n-3.....g	0.024		0	FLC	4		0.031		
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0	FLC	4		74		
Phytosterols.....mg	0		0	FLC	4		0		
Amino Acids:									
Tryptophan.....g	0.193		0	FLC	4		0.247		
Threonine.....g	0.728		0	FLC	4		0.932		
Isoleucine.....g	0.829		0	FLC	4		1.061		
Leucine.....g	1.314		0	FLC	4		1.682		
Lysine.....g	1.437		0	FLC	4		1.839		
Methionine.....g	0.427		0	FLC	4		0.547		
Cystine.....g	0.207		0	FLC	4		0.265		
Phenylalanine.....g	0.706		0	FLC	4		0.904		
Tyrosine.....g	0.628		0	FLC	4		0.804		
Valine.....g	0.874		0	FLC	4		1.119		
Arginine.....g	1.234		0	FLC	4		1.580		
Histidine.....g	0.488		0	FLC	4		0.625		
Alanine.....g	1.058		0	FLC	4		1.354		
Aspartic acid.....g	1.709		0	FLC	4		2.188		
Glutamic acid.....g	2.796		0	FLC	4		3.579		
Glycine.....g	1.120		0	FLC	4		1.434		
Proline.....g	0.884		0	FLC	4		1.132		
Serine.....g	0.784		0	FLC	4		1.004		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		

NDB No. 07066

Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 128g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07943

Turkey, breast, smoked, lemon pepper flavor, 97% fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.50		1	A	1		20.58		
Energy.....kcal	95		0	MC	9		27		
Energy.....kj	398		0	MC	9		111		
Protein (N x 6.25).....g	20.90		1	A	1		5.85		
Total lipid (fat).....g	0.69		1	A	1		0.19		
Ash.....g	3.60		1	A	1		1.01		
Carbohydrate, by difference.....g	1.31		0	MC	9		0.37		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	1160		1	A	1		325		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.220		1	A	1		0.062		
Fatty acids, total monounsaturated.....g	0.250		1	A	1		0.070		
Fatty acids, total polyunsaturated.....g	0.190		1	A	1		0.053		
Fatty acids, total trans.....g									
Cholesterol.....mg	48		1	A	1		14		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 28g: 1 slice

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 07900

Turkey, pork, and beef sausage, low fat, smoked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.037				4		0.168		
15:0.....g									
16:0.....g	0.544				4		2.468		
17:0.....g									
18:0.....g	0.271				4		1.229		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	1.030				4		4.672		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099				4		0.449		
17:1.....g									
18:1 undifferentiated.....g	0.914				4		4.146		
20:1.....g	0.012				4		0.054		
22:1 undifferentiated.....g	0.001				4		0.005		
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.330				4		1.497		
18:2 undifferentiated.....g	0.283				4		1.284		
18:3 undifferentiated.....g	0.017				4		0.077		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024				4		0.109		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.002				4		0.009		
22:6 n-3.....g	0.003				4		0.014		
Fatty acids, total trans.....g									
Cholesterol.....mg	21				4		95		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 453.6g: 1 lb 16 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

NDB No. 42241

Turkey, pork, and beef sausage, reduced fat, smoked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.207				4		0.304	0.029	
15:0.....g									
16:0.....g	3.732				4		5.486	0.522	
17:0.....g									
18:0.....g	1.971				4		2.897	0.276	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	7.010				4		10.305	0.981	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.557				4		0.819	0.078	
17:1.....g									
18:1 undifferentiated.....g	6.414				4		9.429	0.898	
20:1.....g	0.059				4		0.087	0.008	
22:1 undifferentiated.....g	0.003				4		0.004	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.260				4		3.322	0.316	
18:2 undifferentiated.....g	1.907				4		2.803	0.267	
18:3 undifferentiated.....g	0.130				4		0.191	0.018	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.087				4		0.128	0.012	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.009				4		0.013	0.001	
22:6 n-3.....g	0.012				4		0.018	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	65				4		96	9	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				4		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 147g: 1 cup pieces

Measure 2 = 14.0g: 1 cubic inch

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	0.086		0	BFZN	4				
17:0.....g									
18:0.....g	0.028		0	BFZN	4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	0.591		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.102		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	0.487		0	BFZN	4				
20:1.....g	0.001		0	BFZN	4				
22:1 undifferentiated.....g	0.001		0	BFZN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	0.370		0	NC	4				
18:2 undifferentiated.....g	0.322		0	BFZN	4				
18:3 undifferentiated.....g	0.021		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.003		0	BFZN	4				
22:6 n-3.....g	0.004		0	BFZN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	55		1	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.154		0	A	1				
Threonine.....g	0.600		0	A	1				
Isoleucine.....g	0.702		0	A	1				
Leucine.....g	1.076		0	A	1				
Lysine.....g	1.272		0	A	1				
Methionine.....g	0.391		0	A	1				
Cystine.....g	0.141		0	A	1				
Phenylalanine.....g	0.536		0	A	1				
Tyrosine.....g	0.534		0	A	1				
Valine.....g	0.717		0	A	1				
Arginine.....g	0.942		0	A	1				
Histidine.....g	0.421		0	A	1				
Alanine.....g	0.836		0	A	1				
Aspartic acid.....g	1.311		0	A	1				
Glutamic acid.....g	2.203		0	A	1				
Glycine.....g	0.670		0	A	1				
Proline.....g	0.562		0	A	1				
Serine.....g	0.600		0	A	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

NDB No. 07944

Turkey, white, rotisserie, deli cut

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the 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 National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	3.218		1	A	1				
17:0.....g									
18:0.....g	1.382		1	A	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	8.061		1	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.484		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	7.439		1	A	1				
20:1.....g	0.126		1	A	1				
22:1 undifferentiated.....g	0.004		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.246		1	A	1				
18:2 undifferentiated.....g	1.722		1	A	1				
18:3 undifferentiated.....g	0.086		1	A	1				
18:4.....g	0.000		1	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		1	A	1				
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
16:0.....g	3.568		1	A	1				
17:0.....g									
18:0.....g	1.576		1	A	1				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated..... g	8.710		1	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.522		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	8.051		1	A	1				
20:1.....g	0.126		1	A	1				
22:1 undifferentiated.....g	0.003		1	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated..... g	2.312		1	A	1				
18:2 undifferentiated.....g	1.967		1	A	1				
18:3 undifferentiated.....g	0.094		1	A	1				
18:4.....g	0.000		1	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.101		1	A	1				
20:5 n-3.....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									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	15		0	A	1				
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats
 USDA National Nutrient Database for Standard Reference, Release 19 (2006)

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
Proximates:									
Water.....g	58.20		1	A	1		32.59		
Energy.....kcal	268		0	MC	9		150		
Energy.....kj	1121		0	MC	9		628		
Protein (N x 6.25).....g	14.80		1	A	1		8.29		
Total lipid (fat).....g	22.60		1	A	1		12.66		
Ash.....g	3.00		1	A	1		1.68		
Carbohydrate, by difference.....g	1.40		0	MC	9		0.78		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		1	A	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		0	MC	9		10		
Iron, Fe.....mg	1.00		0	MC	9		0.56		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	936		1	A	1		524		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Choline, total.....mg									
Betaine.....mg									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.900		0	MC	9		4.424		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0	MC	9		36		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									

NDB No. 07930

Yachtwurst, with pistachio nuts, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		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 = 56g: 1 serving 2 oz

Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 07 Sausages and Luncheon Meats

USDA National Nutrient Database for Standard Reference, Release 19 (2006)