NDB No. 07001 Barbecue loaf, pork, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	64.82	0.836	5	18.38	14.91	
Energy	kcal	173		0	49	40	
Energy	kj	724		0	205	167	
Protein (N x 5.95)	g	15.84	0.436	5	4.49	3.64	
Total lipid (fat)	g	8.90	1.046	5	2.52	2.05	
Carbohydrate, by difference	g	6.40		0	1.81	1.47	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.04	0.136	5	1.15	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	55	4.273	5	16	13	
Iron	mg	1.16	0.262	5	0.33	0.27	
Magnesium	mg	17	1.157	5	5	4	
Phosphorus	mg	132	12.840	5	37	30	
Potassium	mg	329	6.985	5	93	76	
Sodium	mg	1334	47.217	5	378	307	
Zinc	mg	2.46	0.186	5	0.70	0.57	
Copper	mg	0.070	0.012	5	0.020	0.016	
Manganese	mg	0.040	0.005	5	0.011	0.009	
Selenium	µg	21.3		0	6.0	4.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.360	0.012	5	0.102	0.083	
Riboflavin	mg	0.248	0.013	5	0.070	0.057	
Niacin	mg	2.266	0.197	5	0.642	0.521	
Pantothenic acid	mg	1.570		1	0.445	0.361	
Vitamin B-6	mg	0.260	0.030	5	0.074	0.060	
Folate	µg	9		0	3	2	
Vitamin B-12	µg	1.68	0.119	5	0.48	0.39	
Vitamin A	IU	68		0	19	16	
Vitamin A, RE	µg	7		0	2	2	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.170		0	0.899	0.729	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040	0.010	5	0.011	0.009	
12:0	g	0.020	0.004	5	0.006	0.005	
14:0	g	0.140	0.008	5	0.040	0.032	
15.0	g						
16:0	g	1.890	0.246	5	0.536	0.435	
17:0	g						
18:0	g	1.090	0.134	5	0.309	0.251	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.140		0	1.174	0.952
14:1	g					
16:1	g	0.350	0.033	5	0.099	0.080
18:1	g	3.800	0.491	5	1.077	0.874
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.810		0	0.230	0.186
18:2	g	0.720	0.056	5	0.204	0.166
18:3	g	0.090	0.015	5	0.026	0.021
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	37	3.572	5	10	9
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.171		0	0.048	0.039
Threonine	g	0.684		0	0.194	0.157
Isoleucine	g	0.732		0	0.208	0.168
Leucine	g	1.283		0	0.364	0.295
Lysine	g	1.319		0	0.374	0.303
Methionine	g	0.395		0	0.112	0.091
Cystine	g	0.196		0	0.056	0.045
Phenylalanine	g	0.640		0	0.181	0.147
Tyrosine	g	0.539		0	0.153	0.124
Valine	g	0.795		0	0.225	0.183
Arginine	g	0.972		0	0.276	0.224
Histidine	g	0.517		0	0.147	0.119
Alanine	g	0.886		0	0.251	0.204
Aspartic acid	g	1.399		0	0.397	0.322
Glutamic acid	g	2.522		0	0.715	0.580
Glycine	g	0.837		0	0.237	0.193
Proline	g	0.914		0	0.259	0.210
Serine	g	0.677		0	0.192	0.156
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07002 Beerwurst, beer salami, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 23g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	52.90	0.605	7	12.17	3.17	
Energy	kcal	329		0	76	20	
Energy	kj	1377		0	317	83	
Protein (N x 5.95)	g	12.40	0.378	7	2.85	0.74	
Total lipid (fat)	g	29.90	1.021	7	6.88	1.79	
Carbohydrate, by difference	g	1.70		0	0.39	0.10	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.10	0.151	7	0.71	0.19	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.378	7	2	1	
Iron	mg	1.51	0.102	7	0.35	0.09	
Magnesium	mg	12	0.302	7	3	1	
Phosphorus	mg	97	3.402	7	22	6	
Potassium	mg	174	4.158	7	40	10	
Sodium	mg	1028	51.403	7	236	62	
Zinc	mg	2.44	0.117	7	0.56	0.15	
Copper	mg	0.040	0.004	7	0.009	0.002	
Manganese	mg	0.028		1	0.006	0.002	
Selenium	µg	16.1		0	3.7	1.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.019	7	0.016	0.004	
Riboflavin	mg	0.120	0.011	7	0.028	0.007	
Niacin	mg	3.390	0.336	7	0.780	0.203	
Pantothenic acid	mg	0.330		1	0.076	0.020	
Vitamin B-6	mg	0.170	0.019	7	0.039	0.010	
Folate	µg	3		1	1	0	
Vitamin B-12	µg	1.97	0.121	7	0.45	0.12	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.044	0.011	
Lipids:							
Saturated, total	g	13.030		0	2.997	0.782	
4:0	g	0.000		7	0.000	0.000	
6.0	g	0.000		7	0.000	0.000	
8:0	g	0.000		7	0.000	0.000	
10:0	g	0.040		7	0.009	0.002	
12:0	g	0.030		7	0.007	0.002	
14:0	g	1.010		7	0.232	0.061	
15.0	g						
16:0	g	7.350		7	1.690	0.441	
17:0	g						
18:0	g	4.050		7	0.931	0.243	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.020		0	3.225	0.841
14:1	g					
16:1	g	2.320		7	0.534	0.139
18:1	g	11.700		7	2.691	0.702
20:1	g	0.000		7	0.000	0.000
22.1	g	0.000		7	0.000	0.000
Polyunsaturated, total	g	1.110		0	0.255	0.067
18:2	g	0.810		7	0.186	0.049
18:3	g	0.290		7	0.067	0.017
18:4	g	0.000		7	0.000	0.000
20:4	g	0.000		7	0.000	0.000
20:5	g	0.000		7	0.000	0.000
22:5	g	0.000	0.000	7	0.000	0.000
22:6	g	0.000		7	0.000	0.000
Cholesterol	mg	61	4.158	7	14	4
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.111		0	0.026	0.007
Threonine	g	0.462		0	0.106	0.028
Isoleucine	g	0.530		0	0.122	0.032
Leucine	g	0.901		0	0.207	0.054
Lysine	g	0.940		0	0.216	0.056
Methionine	g	0.284		0	0.065	0.017
Cystine	g	0.157		0	0.036	0.009
Phenylalanine	g	0.440		0	0.101	0.026
Tyrosine	g	0.401		0	0.092	0.024
Valine	g	0.540		0	0.124	0.032
Arginine	g	0.758		0	0.174	0.045
Histidine	g	0.391		0	0.090	0.023
Alanine	g	0.883		0	0.203	0.053
Aspartic acid	g	1.200		0	0.276	0.072
Glutamic acid	g	1.998		0	0.460	0.120
Glycine	g	1.024		0	0.236	0.061
Proline	g	0.883		0	0.203	0.053
Serine	g	0.494		0	0.114	0.030
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (4" dia x 1/8" thick)
Measure 2: 1 slice, (2-3/4" dia x 1/16")

NDB No. 07003 Beerwurst, beer salami, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 23g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	61.46	0.702	5	14.14	3.69	
Energy	kcal	238		0	55	14	
Energy	kj	996		0	229	60	
Protein (N x 5.95)	g	14.24	0.306	5	3.28	0.85	
Total lipid (fat)	g	18.80	0.698	5	4.32	1.13	
Carbohydrate, by difference	g	2.06		0	0.47	0.12	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.44	0.068	5	0.79	0.21	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.837	5	2	0	
Iron	mg	0.76	0.182	5	0.17	0.05	
Magnesium	mg	13	0.735	5	3	1	
Phosphorus	mg	103	8.908	5	24	6	
Potassium	mg	253	15.783	5	58	15	
Sodium	mg	1240	27.018	5	285	74	
Zinc	mg	1.72	0.124	5	0.40	0.10	
Copper	mg	0.050	0.018	5	0.012	0.003	
Manganese	mg	0.032	0.007	3	0.007	0.002	
Selenium	µg	20.9		0	4.8	1.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.554	0.034	5	0.127	0.033	
Riboflavin	mg	0.192	0.010	5	0.044	0.012	
Niacin	mg	3.254	0.307	5	0.748	0.195	
Pantothenic acid	mg	0.490		1	0.113	0.029	
Vitamin B-6	mg	0.350	0.083	5	0.080	0.021	
Folate	µg	3	0.400	4	1	0	
Vitamin B-12	µg	0.87	0.019	5	0.20	0.05	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.280		0	1.444	0.377	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.090	0.017	4	0.021	0.005	
12:0	g	0.090	0.015	4	0.021	0.005	
14:0	g	0.270	0.014	5	0.062	0.016	
15.0	g						
16:0	g	3.890	0.180	5	0.895	0.233	
17:0	g						
18:0	g	1.940	0.080	5	0.446	0.116	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.980		0	2.065	0.539
14:1	g					
16:1	g	0.770	0.045	5	0.177	0.046
18:1	g	8.210	0.429	5	1.888	0.493
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.360		0	0.543	0.142
18:2	g	1.940	0.106	5	0.446	0.116
18:3	g	0.420	0.059	5	0.097	0.025
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	59	4.734	4	14	4
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.112		1	0.026	0.007
Threonine	g	0.565		1	0.130	0.034
Isoleucine	g	0.485		1	0.112	0.029
Leucine	g	0.943		1	0.217	0.057
Lysine	g	1.032		1	0.237	0.062
Methionine	g	0.355		1	0.082	0.021
Cystine	g	0.107		1	0.025	0.006
Phenylalanine	g	0.451		1	0.104	0.027
Tyrosine	g	0.403		1	0.093	0.024
Valine	g	0.510		1	0.117	0.031
Arginine	g	0.809		1	0.186	0.049
Histidine	g	0.419		1	0.096	0.025
Alanine	g	0.770		1	0.177	0.046
Aspartic acid	g	1.198		1	0.276	0.072
Glutamic acid	g	2.141		1	0.492	0.128
Glycine	g	0.781		1	0.180	0.047
Proline	g	0.640		1	0.147	0.038
Serine	g	0.569		1	0.131	0.034
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (4" dia x 1/8" thick)
Measure 2: 1 slice, (2-3/4" dia x 1/16")

NDB No. 07004 Berliner, pork, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	60.97	0.260	3	17.28	14.02	
Energy	kcal	230		0	65	53	
Energy	kj	962		0	273	221	
Protein (N x 5.95)	g	15.27	0.120	3	4.33	3.51	
Total lipid (fat)	g	17.20	0.458	3	4.88	3.96	
Carbohydrate, by difference	g	2.60		0	0.74	0.60	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.97	0.033	3	1.13	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	12	2.028	3	3	3	
Iron	mg	1.15	0.072	3	0.33	0.26	
Magnesium	mg	15	1.528	3	4	3	
Phosphorus	mg	130	18.550	3	37	30	
Potassium	mg	283	20.915	3	80	65	
Sodium	mg	1297	65.659	3	368	298	
Zinc	mg	2.47	0.233	3	0.70	0.57	
Copper	mg	0.080	0.021	3	0.023	0.018	
Manganese	mg	0.041	0.012	3	0.012	0.009	
Selenium	µg	14.1		0	4.0	3.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.380	0.023	3	0.108	0.087	
Riboflavin	mg	0.213	0.009	3	0.060	0.049	
Niacin	mg	3.110	0.274	3	0.882	0.715	
Pantothenic acid	mg	0.690		0	0.196	0.159	
Vitamin B-6	mg	0.200	0.013	3	0.057	0.046	
Folate	µg	5		0	1	1	
Vitamin B-12	µg	2.67	0.352	3	0.76	0.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.080		0	1.724	1.398	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020	0.003	3	0.006	0.005	
12:0	g	0.010	0.000	3	0.003	0.002	
14:0	g	0.220	0.017	3	0.062	0.051	
15.0	g						
16:0	g	3.690	0.107	3	1.046	0.849	
17:0	g						
18:0	g	2.140	0.019	3	0.607	0.492	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.000		0	2.268	1.840
14:1	g					
16:1	g	0.660	0.053	3	0.187	0.152
18:1	g	7.340	0.185	3	2.081	1.688
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.580		0	0.448	0.363
18:2	g	1.400	0.052	3	0.397	0.322
18:3	g	0.180	0.005	3	0.051	0.041
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	46	1.667	3	13	11
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.175		0	0.050	0.040
Threonine	g	0.654		0	0.185	0.150
Isoleucine	g	0.682		0	0.193	0.157
Leucine	g	1.201		0	0.340	0.276
Lysine	g	1.319		0	0.374	0.303
Methionine	g	0.391		0	0.111	0.090
Cystine	g	0.221		0	0.063	0.051
Phenylalanine	g	0.600		0	0.170	0.138
Tyrosine	g	0.480		0	0.136	0.110
Valine	g	0.703		0	0.199	0.162
Arginine	g	1.041		0	0.295	0.239
Histidine	g	0.588		0	0.167	0.135
Alanine	g	0.940		0	0.266	0.216
Aspartic acid	g	1.484		0	0.421	0.341
Glutamic acid	g	2.355		0	0.668	0.542
Glycine	g	0.867		0	0.246	0.199
Proline	g	0.736		0	0.209	0.169
Serine	g	0.605		0	0.172	0.139
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

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	Samples	Measure 1* 28g	Measure 2* 25g	Measure 3*
Proximates:							
Water	g	47.33	1.770	14	13.42	11.83	
Energy	kcal	378		0	107	95	
Energy	kj	1582		0	448	396	
Protein (N x 5.95)	g	14.61	0.674	14	4.14	3.65	
Total lipid (fat)	g	34.48	2.277	14	9.78	8.62	
Carbohydrate, by difference	g	1.28		0	0.36	0.32	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.31	0.140	13	0.65	0.58	
Sugars, total	g						
Minerals:							
Calcium	mg	6		0	2	2	
Iron	mg	6.40		0	1.81	1.60	
Magnesium	mg	8		0	2	2	
Phosphorus	mg	22		0	6	6	
Potassium	mg	38		0	11	10	
Sodium	mg	680		0	193	170	
Zinc	mg	1.30		0	0.37	0.33	
Copper	mg	0.040		0	0.011	0.010	
Manganese	mg	0.011		0	0.003	0.003	
Selenium	µg	11.8		0	3.3	3.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.073		0	0.021	0.018	
Riboflavin	mg	0.130		0	0.037	0.033	
Niacin	mg	1.200		0	0.340	0.300	
Pantothenic acid	mg	0.600		0	0.170	0.150	
Vitamin B-6	mg	0.040		0	0.011	0.010	
Folate	µg	5		0	1	1	
Vitamin B-12	µg	1.00		0	0.28	0.25	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.240		0	0.068	0.060	
Lipids:							
Saturated, total	g	13.370		0	3.790	3.342	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		1	0.009	0.008	
14:0	g	0.620		1	0.176	0.155	
15.0	g						
16:0	g	8.300		1	2.353	2.075	
17:0	g						
18:0	g	4.410		1	1.250	1.103	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.850	0	4.493	3.962
14:1	g				
16:1	g	0.880	1	0.249	0.220
18:1	g	14.970	1	4.244	3.743
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.460	0	0.981	0.865
18:2	g	3.200	1	0.907	0.800
18:3	g	0.260	1	0.074	0.065
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	120	1	34	30
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.187	0	0.053	0.047
Threonine	g	0.584	0	0.166	0.146
Isoleucine	g	0.327	0	0.093	0.082
Leucine	g	1.426	0	0.404	0.357
Lysine	g	1.075	0	0.305	0.269
Methionine	g	0.210	0	0.060	0.053
Cystine	g	0.187	0	0.053	0.047
Phenylalanine	g	0.842	0	0.239	0.211
Tyrosine	g	0.351	0	0.100	0.088
Valine	g	1.052	0	0.298	0.263
Arginine	g	0.701	0	0.199	0.175
Histidine	g	0.725	0	0.206	0.181
Alanine	g	1.075	0	0.305	0.269
Aspartic acid	g	1.379	0	0.391	0.345
Glutamic acid	g	2.174	0	0.616	0.544
Glycine	g	0.935	0	0.265	0.234
Proline	g	1.029	0	0.292	0.257
Serine	g	0.701	0	0.199	0.175
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 slice, (5" x 4-5/8" x 1/16")

NDB No. 07006 Bockwurst, raw, pork, veal, milk, eggs

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 65g	Measure 3*
Proximates:							
Water	g	56.12	0.660	3	15.91	36.48	
Energy	kcal	307		0	87	200	
Energy	kj	1284		0	364	835	
Protein (N x 5.95)	g	13.32	0.725	3	3.78	8.66	
Total lipid (fat)	g	27.57	1.326	3	7.82	17.92	
Carbohydrate, by difference	g	0.48		0	0.14	0.31	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.50		1	0.71	1.63	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	5	10	
Iron	mg	0.65		0	0.18	0.42	
Magnesium	mg	18		0	5	12	
Phosphorus	mg	146		0	41	95	
Potassium	mg	270		0	77	176	
Sodium	mg	1105		0	313	718	
Zinc	mg	1.55		0	0.44	1.01	
Copper	mg	0.060		0	0.017	0.039	
Manganese	mg	0.015		0	0.004	0.010	
Selenium	µg	10.6		0	3.0	6.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.410		0	0.116	0.266	
Riboflavin	mg	0.170		0	0.048	0.111	
Niacin	mg	4.126		0	1.170	2.682	
Pantothenic acid	mg	0.670		0	0.190	0.436	
Vitamin B-6	mg	0.230		0	0.065	0.150	
Folate	µg	6		0	2	4	
Vitamin B-12	µg	0.81		0	0.23	0.53	
Vitamin A	IU	23		0	7	15	
Vitamin A, RE	µg	6		0	2	4	
Vitamin E, α-TE	mg	0.140		0	0.040	0.091	
Lipids:							
Saturated, total	g	10.130		0	2.872	6.585	
4:0	g	0.010		0	0.003	0.007	
6.0	g	0.010		0	0.003	0.007	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010		0	0.003	0.007	
12:0	g	0.010		0	0.003	0.007	
14:0	g	0.530		0	0.150	0.345	
15.0	g						
16:0	g	6.280		0	1.780	4.082	
17:0	g						
18:0	g	3.070		0	0.870	1.995	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.000	0	3.686	8.450
14:1	g				
16:1	g	1.010	0	0.286	0.657
18:1	g	11.800	0	3.345	7.670
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.980	0	0.845	1.937
18:2	g	2.560	0	0.726	1.664
18:3	g	0.250	0	0.071	0.163
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.026	0.059
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	59	0	17	38
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.136	0	0.039	0.088
Threonine	g	0.550	0	0.156	0.358
Isoleucine	g	0.581	0	0.165	0.378
Leucine	g	0.939	0	0.266	0.610
Lysine	g	1.048	0	0.297	0.681
Methionine	g	0.320	0	0.091	0.208
Cystine	g	0.147	0	0.042	0.096
Phenylalanine	g	0.492	0	0.139	0.320
Tyrosine	g	0.428	0	0.121	0.278
Valine	g	0.609	0	0.173	0.396
Arginine	g	0.813	0	0.230	0.528
Histidine	g	0.398	0	0.113	0.259
Alanine	g	0.759	0	0.215	0.493
Aspartic acid	g	1.188	0	0.337	0.772
Glutamic acid	g	1.943	0	0.551	1.263
Glycine	g	0.727	0	0.206	0.473
Proline	g	0.600	0	0.170	0.390
Serine	g	0.558	0	0.158	0.363
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 link, 7 per lb

NDB No. 07007 Bologna, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	55.30	0.267	67	15.68	12.72	
Energy	kcal	312		0	88	72	
Energy	kj	1305		0	370	300	
Protein (N x 5.95)	g	12.20	0.161	68	3.46	2.81	
Total lipid (fat)	g	28.50	0.298	31	8.08	6.55	
Carbohydrate, by difference	g	0.80		0	0.23	0.18	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.20	0.028	15	0.91	0.74	
Sugars, total	g						
Minerals:							
Calcium	mg	12		1	3	3	
Iron	mg	1.66	0.088	30	0.47	0.38	
Magnesium	mg	12	0.603	15	3	3	
Phosphorus	mg	88	7.705	15	25	20	
Potassium	mg	157	9.398	15	45	36	
Sodium	mg	981	19.273	33	278	226	
Zinc	mg	2.16	0.116	15	0.61	0.50	
Copper	mg	0.030	0.009	5	0.009	0.007	
Manganese	mg	0.028	0.003	2	0.008	0.006	
Selenium	µg	11.3	0.390	41	3.2	2.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050	0.002	21	0.014	0.012	
Riboflavin	mg	0.109	0.004	30	0.031	0.025	
Niacin	mg	2.407	0.046	30	0.682	0.554	
Pantothenic acid	mg	0.280		1	0.079	0.064	
Vitamin B-6	mg	0.150	0.005	32	0.043	0.034	
Folate	µg	5		1	1	1	
Vitamin B-12	µg	1.42	0.062	32	0.40	0.33	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.054	0.044	
Lipids:							
Saturated, total	g	12.070		0	3.422	2.776	
4:0	g	0.000		15	0.000	0.000	
6.0	g	0.000		15	0.000	0.000	
8:0	g	0.000		15	0.000	0.000	
10:0	g	0.080		15	0.023	0.018	
12:0	g	0.040		15	0.011	0.009	
14:0	g	0.870		15	0.247	0.200	
15.0	g						
16:0	g	6.640		15	1.882	1.527	
17:0	g						
18:0	g	4.050		15	1.148	0.931	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.800		0	3.912	3.174
14:1	g					
16:1	g	1.640		15	0.465	0.377
18:1	g	12.160		15	3.447	2.797
20:1	g	0.000		15	0.000	0.000
22.1	g	0.000		15	0.000	0.000
Polyunsaturated, total	g	1.090		0	0.309	0.251
18:2	g	0.850		15	0.241	0.196
18:3	g	0.240		15	0.068	0.055
18:4	g	0.000		15	0.000	0.000
20:4	g	0.000		15	0.000	0.000
20:5	g	0.000		15	0.000	0.000
22:5	g	0.000	0.000	15	0.000	0.000
22:6	g	0.000		15	0.000	0.000
Cholesterol	mg	58	1.868	15	16	13
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.110		0	0.031	0.025
Threonine	g	0.456		0	0.129	0.105
Isoleucine	g	0.523		0	0.148	0.120
Leucine	g	0.889		0	0.252	0.204
Lysine	g	0.928		0	0.263	0.213
Methionine	g	0.280		0	0.079	0.064
Cystine	g	0.155		0	0.044	0.036
Phenylalanine	g	0.435		0	0.123	0.100
Tyrosine	g	0.396		0	0.112	0.091
Valine	g	0.533		0	0.151	0.123
Arginine	g	0.748		0	0.212	0.172
Histidine	g	0.386		0	0.109	0.089
Alanine	g	0.871		0	0.247	0.200
Aspartic acid	g	1.185		0	0.336	0.273
Glutamic acid	g	1.972		0	0.559	0.454
Glycine	g	1.011		0	0.287	0.233
Proline	g	0.871		0	0.247	0.200
Serine	g	0.488		0	0.138	0.112
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

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

NDB No. 07008 Bologna, beef and pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	54.30	0.187	100	15.39	12.49	
Energy	kcal	316		0	90	73	
Energy	kj	1322		0	375	304	
Protein (N x 5.95)	g	11.69	0.060	96	3.31	2.69	
Total lipid (fat)	g	28.26	0.171	96	8.01	6.50	
Carbohydrate, by difference	g	2.79		0	0.79	0.64	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.97	0.065	22	0.84	0.68	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.479	28	3	3	
Iron	mg	1.51	0.037	95	0.43	0.35	
Magnesium	mg	11	0.254	22	3	3	
Phosphorus	mg	91	3.054	22	26	21	
Potassium	mg	180	5.841	21	51	41	
Sodium	mg	1019	27.445	22	289	234	
Zinc	mg	1.94	0.080	22	0.55	0.45	
Copper	mg	0.080	0.027	21	0.023	0.018	
Manganese	mg	0.039	0.004	13	0.011	0.009	
Selenium	µg	11.3	0.390	41	3.2	2.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.172	0.005	95	0.049	0.040	
Riboflavin	mg	0.137	0.002	95	0.039	0.032	
Niacin	mg	2.580	0.038	95	0.731	0.593	
Pantothenic acid	mg	0.280	0.029	4	0.079	0.064	
Vitamin B-6	mg	0.180	0.003	95	0.051	0.041	
Folate	µg	5	0.900	4	1	1	
Vitamin B-12	µg	1.33	0.028	95	0.38	0.31	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.062	0.051	
Lipids:							
Saturated, total	g	10.700		0	3.033	2.461	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060	0.012	20	0.017	0.014	
12:0	g	0.040	0.010	23	0.011	0.009	
14:0	g	0.620	0.025	23	0.176	0.143	
15.0	g						
16:0	g	6.270	0.067	23	1.778	1.442	
17:0	g						
18:0	g	3.700	0.059	23	1.049	0.851	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.390		0	3.796	3.080
14:1	g					
16:1	g	1.380	0.053	23	0.391	0.317
18:1	g	12.010	0.141	23	3.405	2.762
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.400		0	0.680	0.552
18:2	g	1.990	0.104	23	0.564	0.458
18:3	g	0.410	0.046	23	0.116	0.094
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	55	2.076	19	16	13
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.105		6	0.030	0.024
Threonine	g	0.511		16	0.145	0.118
Isoleucine	g	0.507		14	0.144	0.117
Leucine	g	0.898		16	0.255	0.207
Lysine	g	0.883		16	0.250	0.203
Methionine	g	0.277		14	0.079	0.064
Cystine	g	0.136		7	0.039	0.031
Phenylalanine	g	0.462		16	0.131	0.106
Tyrosine	g	0.359		16	0.102	0.083
Valine	g	0.621		14	0.176	0.143
Arginine	g	0.699		14	0.198	0.161
Histidine	g	0.318		14	0.090	0.073
Alanine	g	0.729		12	0.207	0.168
Aspartic acid	g	1.028		12	0.291	0.236
Glutamic acid	g	1.874		12	0.531	0.431
Glycine	g	0.864		12	0.245	0.199
Proline	g	0.748		12	0.212	0.172
Serine	g	0.509		12	0.144	0.117
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

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

NDB No. 07010 Bologna, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	60.60	0.839	3	17.18	13.94	
Energy	kcal	247		0	70	57	
Energy	kj	1033		0	293	238	
Protein (N x 5.95)	g	15.30	0.153	3	4.34	3.52	
Total lipid (fat)	g	19.87	1.267	3	5.63	4.57	
Carbohydrate, by difference	g	0.73		0	0.21	0.17	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.50	0.058	3	0.99	0.81	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.000	3	3	3	
Iron	mg	0.77	0.097	3	0.22	0.18	
Magnesium	mg	14	0.577	3	4	3	
Phosphorus	mg	139	3.712	3	39	32	
Potassium	mg	281	18.475	3	80	65	
Sodium	mg	1184	20.177	3	336	272	
Zinc	mg	2.03	0.111	4	0.58	0.47	
Copper	mg	0.080	0.013	4	0.023	0.018	
Manganese	mg	0.036	0.010	2	0.010	0.008	
Selenium	µg	12.7		0	3.6	2.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.523	0.009	3	0.148	0.120	
Riboflavin	mg	0.157	0.020	3	0.045	0.036	
Niacin	mg	3.900	0.156	3	1.106	0.897	
Pantothenic acid	mg	0.720		1	0.204	0.166	
Vitamin B-6	mg	0.270	0.014	3	0.077	0.062	
Folate	µg	5		0	1	1	
Vitamin B-12	µg	0.93	0.041	3	0.26	0.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.260		0	0.074	0.060	
Lipids:							
Saturated, total	g	6.880		0	1.950	1.582	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020	0.003	3	0.006	0.005	
12:0	g	0.020	0.003	3	0.006	0.005	
14:0	g	0.240	0.021	3	0.068	0.055	
15.0	g						
16:0	g	4.330	0.289	3	1.228	0.996	
17:0	g						
18:0	g	2.270	0.158	3	0.644	0.522	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.780		0	2.773	2.249
14:1	g					
16:1	g	0.720	0.050	3	0.204	0.166
18:1	g	9.070	0.522	3	2.571	2.086
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.120		0	0.601	0.488
18:2	g	1.840	0.124	3	0.522	0.423
18:3	g	0.280	0.031	3	0.079	0.064
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	59	3.528	3	17	14
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.149		0	0.042	0.034
Threonine	g	0.641		0	0.182	0.147
Isoleucine	g	0.663		0	0.188	0.152
Leucine	g	1.168		0	0.331	0.269
Lysine	g	1.204		0	0.341	0.277
Methionine	g	0.412		0	0.117	0.095
Cystine	g	0.171		0	0.048	0.039
Phenylalanine	g	0.585		0	0.166	0.135
Tyrosine	g	0.482		0	0.137	0.111
Valine	g	0.737		0	0.209	0.170
Arginine	g	1.004		0	0.285	0.231
Histidine	g	0.482		0	0.137	0.111
Alanine	g	0.979		0	0.278	0.225
Aspartic acid	g	1.403		0	0.398	0.323
Glutamic acid	g	2.296		0	0.651	0.528
Glycine	g	1.077		0	0.305	0.248
Proline	g	0.773		0	0.219	0.178
Serine	g	0.634		0	0.180	0.146
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

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

NDB No. 07011 Bologna, 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	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	65.08	1.091	4	18.45	36.90	
Energy	kcal	199		0	56	113	
Energy	kj	833		0	236	472	
Protein (N x 5.95)	g	13.73	0.383	6	3.89	7.78	
Total lipid (fat)	g	15.21	1.631	6	4.31	8.62	
Carbohydrate, by difference	g	0.97		6	0.27	0.55	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.30	0.211	4	0.94	1.87	
Sugars, total	g						
Minerals:							
Calcium	mg	84	5.667	4	24	48	
Iron	mg	1.53	0.338	4	0.43	0.87	
Magnesium	mg	14		1	4	8	
Phosphorus	mg	131	4.000	2	37	74	
Potassium	mg	199	8.452	3	56	113	
Sodium	mg	878	140.969	7	249	498	
Zinc	mg	1.74		1	0.49	0.99	
Copper	mg	0.030		1	0.009	0.017	
Manganese	mg	0.015		0	0.004	0.009	
Selenium	µg	12.8		0	3.6	7.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.055	0.005	2	0.016	0.031	
Riboflavin	mg	0.165	0.015	2	0.047	0.094	
Niacin	mg	3.527		0	1.000	2.000	
Pantothenic acid	mg	0.700		0	0.198	0.397	
Vitamin B-6	mg	0.220		0	0.062	0.125	
Folate	µg	7		0	2	4	
Vitamin B-12	µg	0.27		0	0.08	0.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.530		0	0.150	0.301	
Lipids:							
Saturated, total	g	5.060		0	1.435	2.869	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.130		0	0.037	0.074	
14:0	g	0.250		0	0.071	0.142	
15.0	g						
16:0	g	3.110		0	0.882	1.763	
17:0	g						
18:0	g	1.570		0	0.445	0.890	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.790		0	1.358	2.716
14:1	g					
16:1	g	0.240		0	0.068	0.136
18:1	g	4.550		0	1.290	2.580
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	4.290		0	1.216	2.432
18:2	g	3.980		0	1.128	2.257
18:3	g	0.310		0	0.088	0.176
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	99	31.000	2	28	56
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.110		0	0.031	0.062
Threonine	g	0.657		0	0.186	0.373
Isoleucine	g	0.518		0	0.147	0.294
Leucine	g	1.118		0	0.317	0.634
Lysine	g	1.190		0	0.337	0.675
Methionine	g	0.386		0	0.109	0.219
Cystine	g	0.101		0	0.029	0.057
Phenylalanine	g	0.569		0	0.161	0.323
Tyrosine	g	0.488		0	0.138	0.277
Valine	g	0.562		0	0.159	0.319
Arginine	g	0.896		0	0.254	0.508
Histidine	g	0.520		0	0.147	0.295
Alanine	g	0.898		0	0.255	0.509
Aspartic acid	g	1.397		0	0.396	0.792
Glutamic acid	g	2.304		0	0.653	1.306
Glycine	g	0.804		0	0.228	0.456
Proline	g	0.670		0	0.190	0.380
Serine	g	0.641		0	0.182	0.363
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 2 slices

NDB No. 07013 Bratwurst, cooked, 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	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	56.13	0.268	6	15.91	47.71	
Energy	kcal	301		0	85	256	
Energy	kj	1259		0	357	1070	
Protein (N x 5.95)	g	14.08	0.111	6	3.99	11.97	
Total lipid (fat)	g	25.87	0.150	6	7.33	21.99	
Carbohydrate, by difference	g	2.07		0	0.59	1.76	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.85	0.085	6	0.52	1.57	
Sugars, total	g						
Minerals:							
Calcium	mg	44	1.820	6	12	37	
Iron	mg	1.29	0.054	6	0.37	1.10	
Magnesium	mg	15	0.428	6	4	13	
Phosphorus	mg	149	2.109	6	42	127	
Potassium	mg	212	10.009	6	60	180	
Sodium	mg	557	35.714	6	158	473	
Zinc	mg	2.30	0.097	6	0.65	1.95	
Copper	mg	0.090	0.011	6	0.026	0.077	
Manganese	mg	0.046	0.006	6	0.013	0.039	
Selenium	µg	21.2		0	6.0	18.0	
Vitamins:							
Ascorbic acid	mg	1.0	0.000	6	0.3	0.9	
Thiamin	mg	0.505	0.052	6	0.143	0.429	
Riboflavin	mg	0.183	0.011	6	0.052	0.156	
Niacin	mg	3.200	0.158	6	0.907	2.720	
Pantothenic acid	mg	0.320	0.030	5	0.091	0.272	
Vitamin B-6	mg	0.210	0.008	6	0.060	0.179	
Folate	µg	2		0	1	2	
Vitamin B-12	µg	0.95	0.091	6	0.27	0.81	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.250		0	0.071	0.213	
Lipids:							
Saturated, total	g	9.320		0	2.642	7.922	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030	0.007	6	0.009	0.026	
12:0	g	0.010	0.003	6	0.003	0.009	
14:0	g	0.300	0.005	6	0.085	0.255	
15.0	g						
16:0	g	5.850	0.051	6	1.658	4.972	
17:0	g						
18:0	g	3.130	0.080	6	0.887	2.661	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.190		0	3.456	10.361
14:1	g					
16:1	g	0.820	0.027	6	0.232	0.697
18:1	g	11.370	0.066	6	3.223	9.664
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.740		0	0.777	2.329
18:2	g	2.480	0.038	6	0.703	2.108
18:3	g	0.260	0.023	6	0.074	0.221
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	60	0.730	6	17	51
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.113		0	0.032	0.096
Threonine	g	0.556		0	0.158	0.473
Isoleucine	g	0.514		0	0.146	0.437
Leucine	g	0.944		0	0.268	0.802
Lysine	g	1.070		0	0.303	0.910
Methionine	g	0.342		0	0.097	0.291
Cystine	g	0.142		0	0.040	0.121
Phenylalanine	g	0.471		0	0.134	0.400
Tyrosine	g	0.406		0	0.115	0.345
Valine	g	0.566		0	0.160	0.481
Arginine	g	0.831		0	0.236	0.706
Histidine	g	0.406		0	0.115	0.345
Alanine	g	0.789		0	0.224	0.671
Aspartic acid	g	1.172		0	0.332	0.996
Glutamic acid	g	1.947		0	0.552	1.655
Glycine	g	0.854		0	0.242	0.726
Proline	g	0.656		0	0.186	0.558
Serine	g	0.545		0	0.155	0.463
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 link, 4 per 12 oz package

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	48.01	0.512	27	13.61	8.64	
Energy	kcal	359		0	102	65	
Energy	kj	1502		0	426	270	
Protein (N x 5.95)	g	13.50	0.145	26	3.83	2.43	
Total lipid (fat)	g	32.09	0.480	26	9.10	5.78	
Carbohydrate, by difference	g	3.13		0	0.89	0.56	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.27	0.072	25	0.93	0.59	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.831	23	3	2	
Iron	mg	9.36	0.375	26	2.65	1.68	
Magnesium	mg	11	0.237	25	3	2	
Phosphorus	mg	168	5.127	26	48	30	
Potassium	mg	199	6.325	18	56	36	
Sodium	mg	1143	25.057	26	324	206	
Zinc	mg	2.81	0.061	25	0.80	0.51	
Copper	mg	0.240	0.015	25	0.068	0.043	
Manganese	mg	0.155	0.004	23	0.044	0.028	
Selenium	µg	58.0		0	16.4	10.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.249	0.009	25	0.071	0.045	
Riboflavin	mg	1.525	0.039	26	0.432	0.274	
Niacin	mg	8.368	0.306	26	2.372	1.506	
Pantothenic acid	mg	3.380	0.274	14	0.958	0.608	
Vitamin B-6	mg	0.330	0.019	20	0.094	0.059	
Folate	µg	44		0	12	8	
Vitamin B-12	µg	20.09	0.754	20	5.70	3.62	
Vitamin A	IU	14051	1027.156	21	3983	2529	
Vitamin A, RE	µg	4220		0	1196	760	
Vitamin E, α-TE	mg	0.350		0	0.099	0.063	
Lipids:							
Saturated, total	g	10.900		0	3.090	1.962	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060	0.011	9	0.017	0.011	
12:0	g	0.130	0.046	12	0.037	0.023	
14:0	g	0.390	0.017	15	0.111	0.070	
15.0	g						
16:0	g	6.750	0.085	15	1.914	1.215	
17:0	g						
18:0	g	3.570	0.043	15	1.012	0.643	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.910		0	4.227	2.684
14:1	g					
16:1	g	1.200	0.039	15	0.340	0.216
18:1	g	13.710	0.200	15	3.887	2.468
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.740		0	1.060	0.673
18:2	g	3.340	0.055	15	0.947	0.601
18:3	g	0.400	0.031	15	0.113	0.072
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	156	14.020	11	44	28
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.145		2	0.041	0.026
Threonine	g	0.534		2	0.151	0.096
Isoleucine	g	0.484		2	0.137	0.087
Leucine	g	1.032		2	0.293	0.186
Lysine	g	0.909		2	0.258	0.164
Methionine	g	0.311		2	0.088	0.056
Cystine	g	0.248		2	0.070	0.045
Phenylalanine	g	0.553		2	0.157	0.100
Tyrosine	g	0.430		2	0.122	0.077
Valine	g	0.616		2	0.175	0.111
Arginine	g	0.767		2	0.217	0.138
Histidine	g	0.320		2	0.091	0.058
Alanine	g	0.762		2	0.216	0.137
Aspartic acid	g	1.125		2	0.319	0.203
Glutamic acid	g	1.631		2	0.462	0.294
Glycine	g	0.886		2	0.251	0.159
Proline	g	0.767		2	0.217	0.138
Serine	g	0.588		2	0.167	0.106
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07015 Brotwurst, pork, beef, nonfat dry milk added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 70g	Measure 3*
Proximates:							
Water	g	51.30	0.751	3	14.54	35.91	
Energy	kcal	323		0	92	226	
Energy	kj	1351		0	383	946	
Protein (N x 5.95)	g	14.27	0.290	3	4.05	9.99	
Total lipid (fat)	g	27.80	1.041	3	7.88	19.46	
Carbohydrate, by difference	g	2.97		0	0.84	2.08	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.67	0.167	3	1.04	2.57	
Sugars, total	g						
Minerals:							
Calcium	mg	48	5.507	3	14	34	
Iron	mg	1.03	0.000	3	0.29	0.72	
Magnesium	mg	16	0.333	3	5	11	
Phosphorus	mg	134	9.939	3	38	94	
Potassium	mg	281	21.789	3	80	197	
Sodium	mg	1112	58.618	3	315	778	
Zinc	mg	2.10	0.058	3	0.60	1.47	
Copper	mg	0.080	0.017	3	0.023	0.056	
Manganese	mg	0.038	0.009	2	0.011	0.027	
Selenium	µg	13.5		0	3.8	9.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.250	0.060	3	0.071	0.175	
Riboflavin	mg	0.227	0.007	3	0.064	0.159	
Niacin	mg	3.300	0.196	3	0.936	2.310	
Pantothenic acid	mg	0.060		1	0.017	0.042	
Vitamin B-6	mg	0.130	0.018	3	0.037	0.091	
Folate	µg	5		0	1	4	
Vitamin B-12	µg	2.05	0.248	3	0.58	1.44	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.930		0	2.815	6.951	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040	0.011	3	0.011	0.028	
12:0	g	0.020	0.006	3	0.006	0.014	
14:0	g	0.350	0.012	3	0.099	0.245	
15.0	g						
16:0	g	6.110	0.274	3	1.732	4.277	
17:0	g						
18:0	g	3.400	0.070	3	0.964	2.380	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.290		0	3.768	9.303
14:1	g					
16:1	g	1.040	0.061	3	0.295	0.728
18:1	g	12.260	0.547	3	3.476	8.582
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.830		0	0.802	1.981
18:2	g	2.540	0.104	3	0.720	1.778
18:3	g	0.290	0.073	3	0.082	0.203
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	63	5.608	3	18	44
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.131		0	0.037	0.092
Threonine	g	0.598		0	0.170	0.419
Isoleucine	g	0.606		0	0.172	0.424
Leucine	g	1.080		0	0.306	0.756
Lysine	g	1.139		0	0.323	0.797
Methionine	g	0.369		0	0.105	0.258
Cystine	g	0.163		0	0.046	0.114
Phenylalanine	g	0.541		0	0.153	0.379
Tyrosine	g	0.443		0	0.126	0.310
Valine	g	0.675		0	0.191	0.473
Arginine	g	0.946		0	0.268	0.662
Histidine	g	0.436		0	0.124	0.305
Alanine	g	0.925		0	0.262	0.648
Aspartic acid	g	1.292		0	0.366	0.904
Glutamic acid	g	2.109		0	0.598	1.476
Glycine	g	1.025		0	0.291	0.718
Proline	g	0.742		0	0.210	0.519
Serine	g	0.588		0	0.167	0.412
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 link, 7 per lb

NDB No. 07016 Cheesefurter, cheese smokie, 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	Samples	Measure 1* 28g	Measure 2* 43g	Measure 3*
Proximates:							
Water	g	52.48	0.292	4	14.88	22.57	
Energy	kcal	327		0	93	141	
Energy	kj	1368		0	388	588	
Protein (N x 5.95)	g	14.05	0.155	4	3.98	6.04	
Total lipid (fat)	g	28.95	0.278	4	8.21	12.45	
Carbohydrate, by difference	g	1.50		0	0.43	0.65	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.03	0.075	4	0.86	1.30	
Sugars, total	g						
Minerals:							
Calcium	mg	58	6.892	4	16	25	
Iron	mg	1.08	0.209	4	0.31	0.46	
Magnesium	mg	13	0.750	4	4	6	
Phosphorus	mg	178	19.550	4	50	77	
Potassium	mg	206	7.035	4	58	89	
Sodium	mg	1082	34.913	4	307	465	
Zinc	mg	2.25	0.177	4	0.64	0.97	
Copper	mg	0.070	0.012	4	0.020	0.030	
Manganese	mg	0.033	0.006	3	0.009	0.014	
Selenium	µg	11.3		0	3.2	4.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.247	0.011	4	0.070	0.106	
Riboflavin	mg	0.160	0.004	4	0.045	0.069	
Niacin	mg	2.900	0.174	4	0.822	1.247	
Pantothenic acid	mg	0.760		1	0.215	0.327	
Vitamin B-6	mg	0.130	0.012	4	0.037	0.056	
Folate	µg	3		0	1	1	
Vitamin B-12	µg	1.73	0.180	4	0.49	0.74	
Vitamin A	IU	157		0	45	68	
Vitamin A, RE	µg	38		0	11	16	
Vitamin E, α-TE	mg	0.318		0	0.090	0.137	
Lipids:							
Saturated, total	g	10.470		0	2.968	4.502	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.090	0.009	4	0.026	0.039	
12:0	g	0.100	0.015	4	0.028	0.043	
14:0	g	0.560	0.022	4	0.159	0.241	
15.0	g						
16:0	g	6.390	0.073	4	1.812	2.748	
17:0	g						
18:0	g	3.330	0.113	4	0.944	1.432	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.660		0	3.873	5.874
14:1	g					
16:1	g	1.140	0.064	4	0.323	0.490
18:1	g	12.510	0.314	4	3.547	5.379
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.020		0	0.856	1.299
18:2	g	2.620	0.118	4	0.743	1.127
18:3	g	0.400	0.061	4	0.113	0.172
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	68	1.472	4	19	29
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.148		0	0.042	0.064
Threonine	g	0.543		0	0.154	0.233
Isoleucine	g	0.619		0	0.175	0.266
Leucine	g	1.097		0	0.311	0.472
Lysine	g	1.159		0	0.329	0.498
Methionine	g	0.357		0	0.101	0.154
Cystine	g	0.152		0	0.043	0.065
Phenylalanine	g	0.564		0	0.160	0.243
Tyrosine	g	0.517		0	0.147	0.222
Valine	g	0.692		0	0.196	0.298
Arginine	g	0.837		0	0.237	0.360
Histidine	g	0.473		0	0.134	0.203
Alanine	g	0.832		0	0.236	0.358
Aspartic acid	g	1.238		0	0.351	0.532
Glutamic acid	g	2.349		0	0.666	1.010
Glycine	g	0.905		0	0.257	0.389
Proline	g	0.971		0	0.275	0.418
Serine	g	0.599		0	0.170	0.258
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 cheesefurter (8 per 12 oz package)

NDB No. 07017 Chicken roll, light meat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 170g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	68.60	3.400	2	116.62	38.90	
Energy	kcal	159		0	270	90	
Energy	kj	665		0	1131	377	
Protein (N x 5.95)	g	19.53	0.880	4	33.20	11.07	
Total lipid (fat)	g	7.38	1.740	4	12.55	4.18	
Carbohydrate, by difference	g	2.45		0	4.17	1.39	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.05	0.050	2	3.48	1.16	
Sugars, total	g						
Minerals:							
Calcium	mg	43	7.310	3	73	24	
Iron	mg	0.97	0.336	3	1.65	0.55	
Magnesium	mg	19		1	32	11	
Phosphorus	mg	157		1	267	89	
Potassium	mg	228		1	388	129	
Sodium	mg	584	37.586	4	993	331	
Zinc	mg	0.72		1	1.22	0.41	
Copper	mg	0.040		1	0.068	0.023	
Manganese	mg	0.013		0	0.022	0.007	
Selenium	µg	12.5	2.450	4	21.3	7.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.065	0.005	2	0.111	0.037	
Riboflavin	mg	0.130	0.010	2	0.221	0.074	
Niacin	mg	5.291		0	8.995	3.000	
Pantothenic acid	mg	0.390		0	0.663	0.221	
Vitamin B-6	mg	0.210		0	0.357	0.119	
Folate	µg	2		0	3	1	
Vitamin B-12	µg	0.15		0	0.26	0.09	
Vitamin A	IU	82		0	139	46	
Vitamin A, RE	µg	24		0	41	14	
Vitamin E, α-TE	mg	0.265		0	0.451	0.150	
Lipids:							
Saturated, total	g	2.020		0	3.434	1.145	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.017	0.006	
14:0	g	0.060		0	0.102	0.034	
15.0	g						
16:0	g	1.510		0	2.567	0.856	
17:0	g						
18:0	g	0.390		0	0.663	0.221	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.960	0	5.032	1.678
14:1	g				
16:1	g	0.410	0	0.697	0.232
18:1	g	2.430	0	4.131	1.378
20:1	g	0.080	0	0.136	0.045
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.600	0	2.720	0.907
18:2	g	1.360	0	2.312	0.771
18:3	g	0.060	0	0.102	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.136	0.045
20:5	g	0.000	0	0.000	0.000
22:5	g	0.010	0	0.017	0.006
22:6	g	0.020	0	0.034	0.011
Cholesterol	mg	50	1	85	28
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.222	0	0.377	0.126
Threonine	g	0.815	0	1.385	0.462
Isoleucine	g	0.999	0	1.698	0.566
Leucine	g	1.440	0	2.448	0.816
Lysine	g	1.620	0	2.754	0.919
Methionine	g	0.528	0	0.898	0.299
Cystine	g	0.256	0	0.435	0.145
Phenylalanine	g	0.766	0	1.302	0.434
Tyrosine	g	0.642	0	1.091	0.364
Valine	g	0.957	0	1.627	0.543
Arginine	g	1.204	0	2.047	0.683
Histidine	g	0.588	0	1.000	0.333
Alanine	g	1.107	0	1.882	0.628
Aspartic acid	g	1.740	0	2.958	0.987
Glutamic acid	g	2.885	0	4.904	1.636
Glycine	g	1.131	0	1.923	0.641
Proline	g	0.884	0	1.503	0.501
Serine	g	0.682	0	1.159	0.387
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package, (net weight, 6 oz)
Measure 2: 2 slices

NDB No. 07018 Chicken spread, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 13g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	66.22		0	8.61	18.77	
Energy	kcal	192		0	25	54	
Energy	kj	803		0	104	228	
Protein (N x 5.95)	g	15.41	0.507	13	2.00	4.37	
Total lipid (fat)	g	11.72	0.829	13	1.52	3.32	
Carbohydrate, by difference	g	5.39		13	0.70	1.53	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.26		0	0.16	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	125	10.124	13	16	35	
Iron	mg	2.33	0.110	13	0.30	0.66	
Magnesium	mg	12		0	2	3	
Phosphorus	mg	89		0	12	25	
Potassium	mg	106		0	14	30	
Sodium	mg	386		0	50	109	
Zinc	mg	1.15		0	0.15	0.33	
Copper	mg	0.040		0	0.005	0.011	
Manganese	mg	0.012		0	0.002	0.003	
Selenium	µg	10.8		0	1.4	3.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.009	0.003	13	0.001	0.003	
Riboflavin	mg	0.114	0.007	13	0.015	0.032	
Niacin	mg	2.748	0.133	13	0.357	0.779	
Pantothenic acid	mg	0.430		0	0.056	0.122	
Vitamin B-6	mg	0.150		0	0.020	0.043	
Folate	µg	3		0	0	1	
Vitamin B-12	µg	0.13		0	0.02	0.04	
Vitamin A	IU	87		0	11	25	
Vitamin A, RE	µg	25		0	3	7	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.380		0	0.439	0.958	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.100		0	0.013	0.028	
15.0	g						
16:0	g	2.410		0	0.313	0.683	
17:0	g						
18:0	g	0.720		0	0.094	0.204	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.860	0	0.632	1.378
14:1	g				
16:1	g	0.630	0	0.082	0.179
18:1	g	4.060	0	0.528	1.151
20:1	g	0.110	0	0.014	0.031
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.510	0	0.326	0.712
18:2	g	2.230	0	0.290	0.632
18:3	g	0.120	0	0.016	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	52	0	7	15
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.179	0	0.023	0.051
Threonine	g	0.650	0	0.085	0.184
Isoleucine	g	0.807	0	0.105	0.229
Leucine	g	1.152	0	0.150	0.327
Lysine	g	1.301	0	0.169	0.369
Methionine	g	0.424	0	0.055	0.120
Cystine	g	0.199	0	0.026	0.056
Phenylalanine	g	0.610	0	0.079	0.173
Tyrosine	g	0.516	0	0.067	0.146
Valine	g	0.762	0	0.099	0.216
Arginine	g	0.939	0	0.122	0.266
Histidine	g	0.474	0	0.062	0.134
Alanine	g	0.854	0	0.111	0.242
Aspartic acid	g	1.377	0	0.179	0.390
Glutamic acid	g	2.302	0	0.299	0.653
Glycine	g	0.807	0	0.105	0.229
Proline	g	0.658	0	0.086	0.187
Serine	g	0.534	0	0.069	0.151
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 oz

NDB No. 07019 Chorizo, pork and beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 60g	Measure 3*
Proximates:							
Water	g	31.85	2.427	6	9.03	19.11	
Energy	kcal	455		0	129	273	
Energy	kj	1904		0	540	1142	
Protein (N x 5.95)	g	24.10	0.808	6	6.83	14.46	
Total lipid (fat)	g	38.27	1.561	6	10.85	22.96	
Carbohydrate, by difference	g	1.86		0	0.53	1.12	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.92		0	1.11	2.35	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2	5	
Iron	mg	1.59		0	0.45	0.95	
Magnesium	mg	18		0	5	11	
Phosphorus	mg	150		0	43	90	
Potassium	mg	398		0	113	239	
Sodium	mg	1235		0	350	741	
Zinc	mg	3.41		0	0.97	2.05	
Copper	mg	0.080		0	0.023	0.048	
Manganese	mg	0.040		0	0.011	0.024	
Selenium	µg	21.1		0	6.0	12.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.630		0	0.179	0.378	
Riboflavin	mg	0.300		0	0.085	0.180	
Niacin	mg	5.131		0	1.455	3.079	
Pantothenic acid	mg	1.120		0	0.318	0.672	
Vitamin B-6	mg	0.530		0	0.150	0.318	
Folate	µg	2		0	1	1	
Vitamin B-12	µg	2.00		0	0.57	1.20	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.062	0.132	
Lipids:							
Saturated, total	g	14.380		0	4.077	8.628	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.870		0	0.247	0.522	
15.0	g						
16:0	g	9.150		0	2.594	5.490	
17:0	g						
18:0	g	4.120		0	1.168	2.472	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	18.400	0	5.216	11.040
14:1	g				
16:1	g	1.650	0	0.468	0.990
18:1	g	16.310	0	4.624	9.786
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.460	0	0.981	2.076
18:2	g	2.930	0	0.831	1.758
18:3	g	0.380	0	0.108	0.228
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.026	0.054
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	88	0	25	53
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.278	1	0.079	0.167
Threonine	g	1.473	1	0.418	0.884
Isoleucine	g	2.206	1	0.625	1.324
Leucine	g	1.708	1	0.484	1.025
Lysine	g	2.414	1	0.684	1.448
Methionine	g	0.470	1	0.133	0.282
Cystine	g	0.276	0	0.078	0.166
Phenylalanine	g	1.149	1	0.326	0.689
Tyrosine	g	0.748	0	0.212	0.449
Valine	g	0.914	1	0.259	0.548
Arginine	g	1.693	1	0.480	1.016
Histidine	g	0.721	1	0.204	0.433
Alanine	g	1.560	0	0.442	0.936
Aspartic acid	g	2.185	0	0.619	1.311
Glutamic acid	g	3.566	0	1.011	2.140
Glycine	g	1.730	0	0.490	1.038
Proline	g	1.252	0	0.355	0.751
Serine	g	0.993	0	0.282	0.596
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 link (4" long)

NDB No. 07020 Corned beef loaf, jellied

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	69.10	0.401	14	19.59	39.18	
Energy	kcal	153		0	43	87	
Energy	kj	640		0	181	363	
Protein (N x 5.95)	g	22.90	0.315	15	6.49	12.98	
Total lipid (fat)	g	6.10	0.577	15	1.73	3.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.00	0.107	14	0.85	1.70	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.946	5	3	6	
Iron	mg	2.04	0.160	14	0.58	1.16	
Magnesium	mg	11	0.267	14	3	6	
Phosphorus	mg	73	4.543	14	21	41	
Potassium	mg	101	6.147	14	29	57	
Sodium	mg	953	37.857	15	270	540	
Zinc	mg	4.09	0.176	14	1.16	2.32	
Copper	mg	0.060	0.005	14	0.017	0.034	
Manganese	mg	0.031	0.004	4	0.009	0.018	
Selenium	µg	17.2		0	4.9	9.8	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.000	0.005	14	0.000	0.000	
Riboflavin	mg	0.110	0.011	14	0.031	0.062	
Niacin	mg	1.760	0.158	14	0.499	0.998	
Pantothenic acid	mg	0.190		1	0.054	0.108	
Vitamin B-6	mg	0.120	0.021	14	0.034	0.068	
Folate	µg	8		1	2	5	
Vitamin B-12	µg	1.27	0.096	14	0.36	0.72	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.054	0.108	
Lipids:							
Saturated, total	g	2.600		0	0.737	1.474	
4:0	g	0.000		14	0.000	0.000	
6.0	g	0.000		14	0.000	0.000	
8:0	g	0.000		14	0.000	0.000	
10:0	g	0.020		14	0.006	0.011	
12:0	g	0.030		14	0.009	0.017	
14:0	g	0.170		14	0.048	0.096	
15.0	g						
16:0	g	1.260		14	0.357	0.714	
17:0	g						
18:0	g	0.990		14	0.281	0.561	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.680		0	0.760	1.520
14:1	g					
16:1	g	0.400		14	0.113	0.227
18:1	g	2.280		14	0.646	1.293
20:1	g	0.000		14	0.000	0.000
22.1	g	0.000		14	0.000	0.000
Polyunsaturated, total	g	0.320		0	0.091	0.181
18:2	g	0.240		14	0.068	0.136
18:3	g	0.080		14	0.023	0.045
18:4	g	0.000		14	0.000	0.000
20:4	g	0.000		14	0.000	0.000
20:5	g	0.000		14	0.000	0.000
22:5	g	0.000	0.000	14	0.000	0.000
22:6	g	0.000		14	0.000	0.000
Cholesterol	mg	47	3.474	14	13	27
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.165		0	0.047	0.094
Threonine	g	0.894		0	0.253	0.507
Isoleucine	g	0.861		0	0.244	0.488
Leucine	g	1.584		0	0.449	0.898
Lysine	g	1.759		0	0.499	0.997
Methionine	g	0.506		0	0.143	0.287
Cystine	g	0.238		0	0.067	0.135
Phenylalanine	g	0.810		0	0.230	0.459
Tyrosine	g	0.616		0	0.175	0.349
Valine	g	0.993		0	0.282	0.563
Arginine	g	1.587		0	0.450	0.900
Histidine	g	0.601		0	0.170	0.341
Alanine	g	1.576		0	0.447	0.894
Aspartic acid	g	1.950		0	0.553	1.106
Glutamic acid	g	3.167		0	0.898	1.796
Glycine	g	2.170		0	0.615	1.230
Proline	g	1.503		0	0.426	0.852
Serine	g	0.916		0	0.260	0.519
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz) (4" x 4" x 3/32" thick)
Measure 2: 2 slices

NDB No. 07021 Dutch brand loaf, pork, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	59.41	0.380	15	16.84	33.69	
Energy	kcal	240		0	68	136	
Energy	kj	1004		0	285	569	
Protein (N x 5.95)	g	13.42	0.337	15	3.80	7.61	
Total lipid (fat)	g	17.82	0.674	15	5.05	10.10	
Carbohydrate, by difference	g	5.57		0	1.58	3.16	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.78	0.102	5	1.07	2.14	
Sugars, total	g						
Minerals:							
Calcium	mg	84	5.758	15	24	48	
Iron	mg	1.24	0.088	15	0.35	0.70	
Magnesium	mg	21	0.872	5	6	12	
Phosphorus	mg	162	11.567	5	46	92	
Potassium	mg	376	12.551	5	107	213	
Sodium	mg	1250	40.695	5	354	709	
Zinc	mg	1.72	0.086	5	0.49	0.98	
Copper	mg	0.070	0.014	5	0.020	0.040	
Manganese	mg	0.032	0.003	5	0.009	0.018	
Selenium	µg	14.8		0	4.2	8.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.303	0.021	15	0.086	0.172	
Riboflavin	mg	0.269	0.015	15	0.076	0.153	
Niacin	mg	2.387	0.072	15	0.677	1.353	
Pantothenic acid	mg	0.600	0.140	2	0.170	0.340	
Vitamin B-6	mg	0.230	0.022	15	0.065	0.130	
Folate	µg	2		0	1	1	
Vitamin B-12	µg	1.32	0.089	15	0.37	0.75	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.062	0.125	
Lipids:							
Saturated, total	g	6.350		0	1.800	3.600	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060	0.034	5	0.017	0.034	
12:0	g	0.050	0.025	5	0.014	0.028	
14:0	g	0.310	0.033	5	0.088	0.176	
15.0	g						
16:0	g	3.820	0.166	5	1.083	2.166	
17:0	g						
18:0	g	2.110	0.081	5	0.598	1.196	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.330		0	2.362	4.723
14:1	g					
16:1	g	0.790	0.046	5	0.224	0.448
18:1	g	7.540	0.299	5	2.138	4.275
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.910		0	0.541	1.083
18:2	g	1.660	0.077	5	0.471	0.941
18:3	g	0.250	0.052	5	0.071	0.142
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	47	12.691	4	13	27
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.148		1	0.042	0.084
Threonine	g	0.619		1	0.175	0.351
Isoleucine	g	0.558		1	0.158	0.316
Leucine	g	1.076		1	0.305	0.610
Lysine	g	1.076		1	0.305	0.610
Methionine	g	0.322		1	0.091	0.183
Cystine	g	0.107		1	0.030	0.061
Phenylalanine	g	0.511		1	0.145	0.290
Tyrosine	g	0.446		1	0.126	0.253
Valine	g	0.619		1	0.175	0.351
Arginine	g	0.801		1	0.227	0.454
Histidine	g	0.412		1	0.117	0.234
Alanine	g	0.784		1	0.222	0.445
Aspartic acid	g	1.209		1	0.343	0.686
Glutamic acid	g	2.248		1	0.637	1.275
Glycine	g	0.841		1	0.238	0.477
Proline	g	0.888		1	0.252	0.503
Serine	g	0.635		1	0.180	0.360
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz) (4" x 4" x 3/32" thick)
Measure 2: 2 slices

NDB No. 07022 Frankfurter, 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	Samples	Measure 1* 45g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	54.70	0.113	598	24.61	31.18	
Energy	kcal	315		0	142	180	
Energy	kj	1318		0	593	751	
Protein (N x 5.95)	g	12.00	0.048	611	5.40	6.84	
Total lipid (fat)	g	28.50	0.084	529	12.82	16.25	
Carbohydrate, by difference	g	1.80		0	0.81	1.03	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.90	0.012	298	1.30	1.65	
Sugars, total	g						
Minerals:							
Calcium	mg	20	5.233	39	9	11	
Iron	mg	1.43	0.022	317	0.64	0.82	
Magnesium	mg	3	0.184	297	1	2	
Phosphorus	mg	87	0.549	271	39	50	
Potassium	mg	166	2.537	297	75	95	
Sodium	mg	1026	5.905	325	462	585	
Zinc	mg	2.17	0.015	297	0.98	1.24	
Copper	mg	0.060	0.005	114	0.027	0.034	
Manganese	mg	0.033	0.001	59	0.015	0.019	
Selenium	µg	13.8	0.527	59	6.2	7.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.051		1	0.023	0.029	
Riboflavin	mg	0.102	0.001	296	0.046	0.058	
Niacin	mg	2.415	0.019	294	1.087	1.377	
Pantothenic acid	mg	0.290	0.170	4	0.130	0.165	
Vitamin B-6	mg	0.120	0.005	293	0.054	0.068	
Folate	µg	4		1	2	2	
Vitamin B-12	µg	1.54	0.022	294	0.69	0.88	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.086	0.108	
Lipids:							
Saturated, total	g	12.050		0	5.423	6.869	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.080		271	0.036	0.046	
12:0	g	0.060		271	0.027	0.034	
14:0	g	0.940		271	0.423	0.536	
15.0	g						
16:0	g	6.520		271	2.934	3.716	
17:0	g						
18:0	g	3.960		271	1.782	2.257	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.620		0	6.129	7.763
14:1	g					
16:1	g	1.630		271	0.734	0.929
18:1	g	11.990		271	5.395	6.834
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		271	0.000	0.000
Polyunsaturated, total	g	1.380		0	0.621	0.787
18:2	g	1.110		271	0.500	0.633
18:3	g	0.270		271	0.122	0.154
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		271	0.000	0.000
22:5	g	0.000	0.000	271	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	61	0.543	271	27	35
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.108		0	0.049	0.062
Threonine	g	0.448		0	0.202	0.255
Isoleucine	g	0.514		0	0.231	0.293
Leucine	g	0.874		0	0.393	0.498
Lysine	g	0.912		0	0.410	0.520
Methionine	g	0.275		0	0.124	0.157
Cystine	g	0.152		0	0.068	0.087
Phenylalanine	g	0.427		0	0.192	0.243
Tyrosine	g	0.389		0	0.175	0.222
Valine	g	0.524		0	0.236	0.299
Arginine	g	0.735		0	0.331	0.419
Histidine	g	0.379		0	0.171	0.216
Alanine	g	0.857		0	0.386	0.488
Aspartic acid	g	1.165		0	0.524	0.664
Glutamic acid	g	1.938		0	0.872	1.105
Glycine	g	0.993		0	0.447	0.566
Proline	g	0.857		0	0.386	0.488
Serine	g	0.479		0	0.216	0.273
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 frankfurter (5 in long x 3/4 in dia, 10 per pound)
Measure 2: 1 frankfurter, (5 in long x 7/8 in dia, 8 per pound)

NDB No. 07023 Frankfurter, beef and pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 45g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.87	0.085	190	24.24		
Energy	kcal	320		0	144		
Energy	kj	1339		0	603		
Protein (N x 5.95)	g	11.28	0.043	185	5.08		
Total lipid (fat)	g	29.15	0.107	185	13.12		
Carbohydrate, by difference	g	2.55		0	1.15		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.15	0.017	154	1.42		
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.185	145	5		
Iron	mg	1.15	0.025	181	0.52		
Magnesium	mg	10	0.081	146	5		
Phosphorus	mg	86	0.890	145	39		
Potassium	mg	167	1.420	139	75		
Sodium	mg	1120	7.787	145	504		
Zinc	mg	1.84	0.021	150	0.83		
Copper	mg	0.080	0.008	144	0.036		
Manganese	mg	0.032	0.001	65	0.014		
Selenium	µg	13.8	0.527	59	6.2		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.199	0.005	175	0.090		
Riboflavin	mg	0.120	0.002	176	0.054		
Niacin	mg	2.634	0.027	176	1.185		
Pantothenic acid	mg	0.350	0.060	8	0.157		
Vitamin B-6	mg	0.130	0.003	176	0.059		
Folate	µg	4	0.650	4	2		
Vitamin B-12	µg	1.30	0.021	176	0.59		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.250		0	0.113		
Lipids:							
Saturated, total	g	10.760		0	4.842		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.080	0.019	21	0.036		
12:0	g	0.060	0.016	21	0.027		
14:0	g	0.530	0.028	32	0.239		
15.0	g						
16:0	g	6.450	0.106	32	2.902		
17:0	g						
18:0	g	3.650	0.080	32	1.643		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.670		0	6.151
14:1	g				
16:1	g	1.310	0.056	32	0.590
18:1	g	12.360	0.180	32	5.562
20:1	g	0.000		0	0.000
22.1	g	0.000		0	0.000
Polyunsaturated, total	g	2.730		0	1.228
18:2	g	2.340	0.128	32	1.053
18:3	g	0.390	0.024	32	0.176
18:4	g	0.000		0	0.000
20:4	g	0.000		0	0.000
20:5	g	0.000		0	0.000
22:5	g	0.000		0	0.000
22:6	g	0.000		0	0.000
Cholesterol	mg	50	2.195	26	23
Phytosterols	mg	0		0	0
Amino acids:					
Tryptophan	g	0.082		5	0.037
Threonine	g	0.406		5	0.183
Isoleucine	g	0.485		5	0.218
Leucine	g	0.819		5	0.369
Lysine	g	0.904		5	0.407
Methionine	g	0.228		5	0.103
Cystine	g	0.130		6	0.059
Phenylalanine	g	0.359		5	0.162
Tyrosine	g	0.314		5	0.141
Valine	g	0.471		5	0.212
Arginine	g	0.849		3	0.382
Histidine	g	0.350		5	0.157
Alanine	g	0.769		2	0.346
Aspartic acid	g	1.115		2	0.502
Glutamic acid	g	1.852		2	0.833
Glycine	g	0.824		2	0.371
Proline	g	0.542		2	0.244
Serine	g	0.462		2	0.208
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 frankfurter (5 in long x 3/4 in dia, 10 per pound)

NDB No. 07024 Frankfurter, 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	Samples	Measure 1* 28g	Measure 2* 45g	Measure 3*
Proximates:							
Water	g	57.53	3.425	4	16.31	25.89	
Energy	kcal	257		0	73	116	
Energy	kj	1075		0	305	484	
Protein (N x 5.95)	g	12.93	0.250	12	3.67	5.82	
Total lipid (fat)	g	19.48	0.960	12	5.52	8.77	
Carbohydrate, by difference	g	6.79		0	1.92	3.06	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.28	0.359	4	0.93	1.48	
Sugars, total	g						
Minerals:							
Calcium	mg	95	6.290	9	27	43	
Iron	mg	2.00	0.033	9	0.57	0.90	
Magnesium	mg	10		0	3	5	
Phosphorus	mg	107		0	30	48	
Potassium	mg	84		0	24	38	
Sodium	mg	1370		1	388	617	
Zinc	mg	1.04		0	0.29	0.47	
Copper	mg	0.050		0	0.014	0.023	
Manganese	mg	0.015		0	0.004	0.007	
Selenium	µg	18.4	2.437	5	5.2	8.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.066	0.009	9	0.019	0.030	
Riboflavin	mg	0.115	0.012	9	0.033	0.052	
Niacin	mg	3.089	0.141	9	0.876	1.390	
Pantothenic acid	mg	0.830		0	0.235	0.374	
Vitamin B-6	mg	0.320		0	0.091	0.144	
Folate	µg	4		0	1	2	
Vitamin B-12	µg	0.24		0	0.07	0.11	
Vitamin A	IU	130		0	37	59	
Vitamin A, RE	µg	38		0	11	17	
Vitamin E, α-TE	mg	0.215		0	0.061	0.097	
Lipids:							
Saturated, total	g	5.540		0	1.571	2.493	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.050	0.055	3	0.014	0.023	
14:0	g	0.180	0.025	3	0.051	0.081	
15.0	g						
16:0	g	4.120	0.408	3	1.168	1.854	
17:0	g						
18:0	g	1.100	0.109	3	0.312	0.495	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.480		0	2.404	3.816
14:1	g					
16:1	g	1.200	0.125	3	0.340	0.540
18:1	g	7.140	0.725	3	2.024	3.213
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	4.040		0	1.145	1.818
18:2	g	3.740	0.460	3	1.060	1.683
18:3	g	0.150	0.086	3	0.043	0.068
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	101	7.135	4	29	45
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.103		0	0.029	0.046
Threonine	g	0.577		0	0.164	0.260
Isoleucine	g	0.457		0	0.130	0.206
Leucine	g	1.024		0	0.290	0.461
Lysine	g	1.095		0	0.310	0.493
Methionine	g	0.343		0	0.097	0.154
Cystine	g	0.130		0	0.037	0.059
Phenylalanine	g	0.513		0	0.145	0.231
Tyrosine	g	0.391		0	0.111	0.176
Valine	g	0.536		0	0.152	0.241
Arginine	g	0.892		0	0.253	0.401
Histidine	g	0.362		0	0.103	0.163
Alanine	g	0.902		0	0.256	0.406
Aspartic acid	g	1.322		0	0.375	0.595
Glutamic acid	g	2.063		0	0.585	0.928
Glycine	g	1.024		0	0.290	0.461
Proline	g	0.691		0	0.196	0.311
Serine	g	0.608		0	0.172	0.274
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 frankfurter

NDB No. 07025 Frankfurter, 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	Samples	Measure 1* 28g	Measure 2* 45g	Measure 3*
Proximates:							
Water	g	62.99	0.500	12	17.86	28.35	
Energy	kcal	226		0	64	102	
Energy	kj	946		0	268	426	
Protein (N x 5.95)	g	14.28	0.503	14	4.05	6.43	
Total lipid (fat)	g	17.70	0.725	14	5.02	7.96	
Carbohydrate, by difference	g	1.49		0	0.42	0.67	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.53	0.147	7	1.00	1.59	
Sugars, total	g						
Minerals:							
Calcium	mg	106	2.405	9	30	48	
Iron	mg	1.84	0.102	10	0.52	0.83	
Magnesium	mg	14		0	4	6	
Phosphorus	mg	134	6.500	2	38	60	
Potassium	mg	179	4.500	2	51	81	
Sodium	mg	1426	262.577	4	404	642	
Zinc	mg	3.11		0	0.88	1.40	
Copper	mg	0.100		0	0.028	0.045	
Manganese	mg	0.016		0	0.005	0.007	
Selenium	µg	15.4		0	4.4	6.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.041	0.003	4	0.012	0.018	
Riboflavin	mg	0.179	0.007	9	0.051	0.081	
Niacin	mg	4.132	0.319	8	1.171	1.859	
Pantothenic acid	mg	0.720		0	0.204	0.324	
Vitamin B-6	mg	0.230		0	0.065	0.104	
Folate	µg	8		0	2	4	
Vitamin B-12	µg	0.28		0	0.08	0.13	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.617		0	0.175	0.278	
Lipids:							
Saturated, total	g	5.890		0	1.670	2.651	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.150		0	0.043	0.068	
14:0	g	0.300		0	0.085	0.135	
15.0	g						
16:0	g	3.620		0	1.026	1.629	
17:0	g						
18:0	g	1.830		0	0.519	0.824	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.580		0	1.582	2.511
14:1	g					
16:1	g	0.280		0	0.079	0.126
18:1	g	5.300		0	1.503	2.385
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	5.000		0	1.418	2.250
18:2	g	4.640		0	1.315	2.088
18:3	g	0.360		0	0.102	0.162
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	107	2.594	4	30	48
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.114		0	0.032	0.051
Threonine	g	0.683		0	0.194	0.307
Isoleucine	g	0.539		0	0.153	0.243
Leucine	g	1.163		0	0.330	0.523
Lysine	g	1.238		0	0.351	0.557
Methionine	g	0.402		0	0.114	0.181
Cystine	g	0.105		0	0.030	0.047
Phenylalanine	g	0.592		0	0.168	0.266
Tyrosine	g	0.507		0	0.144	0.228
Valine	g	0.585		0	0.166	0.263
Arginine	g	0.932		0	0.264	0.419
Histidine	g	0.542		0	0.154	0.244
Alanine	g	0.935		0	0.265	0.421
Aspartic acid	g	1.453		0	0.412	0.654
Glutamic acid	g	2.397		0	0.680	1.079
Glycine	g	0.836		0	0.237	0.376
Proline	g	0.697		0	0.198	0.314
Serine	g	0.667		0	0.189	0.300
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 frankfurter

NDB No. 07026 Ham, chopped, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	60.77	1.963	6	17.23	12.76	
Energy	kcal	239		0	68	50	
Energy	kj	1000		0	284	210	
Protein (N x 5.95)	g	16.06	0.591	6	4.55	3.37	
Total lipid (fat)	g	18.83	1.013	4	5.34	3.95	
Carbohydrate, by difference	g	0.28		0	0.08	0.06	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.08	0.085	4	1.16	0.86	
Sugars, total	g						
Minerals:							
Calcium	mg	7		0	2	1	
Iron	mg	0.95	0.131	4	0.27	0.20	
Magnesium	mg	13	0.707	4	4	3	
Phosphorus	mg	139	17.694	4	39	29	
Potassium	mg	284	4.210	4	81	60	
Sodium	mg	1365	35.743	4	387	287	
Zinc	mg	1.83	0.125	4	0.52	0.38	
Copper	mg	0.050	0.011	4	0.014	0.011	
Manganese	mg	0.025	0.003	3	0.007	0.005	
Selenium	µg	18.6		0	5.3	3.9	
Vitamins:							
Ascorbic acid	mg	2.0	0.250	4	0.6	0.4	
Thiamin	mg	0.535	0.018	4	0.152	0.112	
Riboflavin	mg	0.165	0.006	4	0.047	0.035	
Niacin	mg	3.200	0.210	4	0.907	0.672	
Pantothenic acid	mg	0.280		0	0.079	0.059	
Vitamin B-6	mg	0.320	0.060	4	0.091	0.067	
Folate	µg	1		0	0	0	
Vitamin B-12	µg	0.70	0.072	10	0.20	0.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.250		0	0.071	0.053	
Lipids:							
Saturated, total	g	6.280		0	1.780	1.319	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030	0.004	4	0.009	0.006	
12:0	g	0.010	0.006	4	0.003	0.002	
14:0	g	0.240	0.024	4	0.068	0.050	
15.0	g						
16:0	g	4.020	0.221	4	1.140	0.844	
17:0	g						
18:0	g	1.990	0.128	4	0.564	0.418	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.170		0	2.600	1.926
14:1	g					
16:1	g	0.670	0.047	4	0.190	0.141
18:1	g	8.490	0.459	4	2.407	1.783
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.050		0	0.581	0.431
18:2	g	1.860	0.113	4	0.527	0.391
18:3	g	0.200	0.032	4	0.057	0.042
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	49	4.767	4	14	10
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.182		2	0.052	0.038
Threonine	g	0.717		2	0.203	0.151
Isoleucine	g	0.691		2	0.196	0.145
Leucine	g	1.249		2	0.354	0.262
Lysine	g	1.380		2	0.391	0.290
Methionine	g	0.419		2	0.119	0.088
Cystine	g	0.190		2	0.054	0.040
Phenylalanine	g	0.622		2	0.176	0.131
Tyrosine	g	0.527		2	0.149	0.111
Valine	g	0.719		2	0.204	0.151
Arginine	g	0.997		2	0.283	0.209
Histidine	g	0.637		2	0.181	0.134
Alanine	g	0.917		2	0.260	0.193
Aspartic acid	g	1.485		2	0.421	0.312
Glutamic acid	g	2.371		2	0.672	0.498
Glycine	g	0.786		2	0.223	0.165
Proline	g	0.683		2	0.194	0.143
Serine	g	0.627		2	0.178	0.132
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07027 Ham, chopped, not canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	63.64	1.494	18	18.04	13.36	
Energy	kcal	229		0	65	48	
Energy	kj	958		0	272	201	
Protein (N x 5.95)	g	17.12	0.513	15	4.85	3.60	
Total lipid (fat)	g	17.25	1.291	11	4.89	3.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.04	0.040	5	1.15	0.85	
Sugars, total	g						
Minerals:							
Calcium	mg	7	1.414	4	2	1	
Iron	mg	0.83	0.152	5	0.24	0.17	
Magnesium	mg	16	0.860	5	5	3	
Phosphorus	mg	155	14.122	5	44	33	
Potassium	mg	319	8.536	5	90	67	
Sodium	mg	1371	14.353	5	389	288	
Zinc	mg	1.94	0.150	5	0.55	0.41	
Copper	mg	0.060	0.015	5	0.017	0.013	
Manganese	mg	0.041	0.011	4	0.012	0.009	
Selenium	µg	17.4	1.225	6	4.9	3.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.632	0.111	5	0.179	0.133	
Riboflavin	mg	0.204	0.009	5	0.058	0.043	
Niacin	mg	3.880	0.230	5	1.100	0.815	
Pantothenic acid	mg	0.280	0.078	3	0.079	0.059	
Vitamin B-6	mg	0.350	0.014	5	0.099	0.074	
Folate	µg	1	0.139	3	0	0	
Vitamin B-12	µg	0.92	0.084	5	0.26	0.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.730		0	1.624	1.203	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030	0.028	5	0.009	0.006	
12:0	g	0.020	0.018	5	0.006	0.004	
14:0	g	0.230	0.024	5	0.065	0.048	
15.0	g						
16:0	g	3.640	0.099	5	1.032	0.764	
17:0	g						
18:0	g	1.810	0.068	5	0.513	0.380	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.200		0	2.325	1.722
14:1	g					
16:1	g	0.670	0.053	5	0.190	0.141
18:1	g	7.530	0.315	5	2.135	1.581
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.110		0	0.598	0.443
18:2	g	1.810	0.082	5	0.513	0.380
18:3	g	0.300	0.061	5	0.085	0.063
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	51	10.089	3	14	11
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.208		2	0.059	0.044
Threonine	g	0.761		2	0.216	0.160
Isoleucine	g	0.772		2	0.219	0.162
Leucine	g	1.374		2	0.390	0.289
Lysine	g	1.531		2	0.434	0.322
Methionine	g	0.452		2	0.128	0.095
Cystine	g	0.257		2	0.073	0.054
Phenylalanine	g	0.690		2	0.196	0.145
Tyrosine	g	0.531		2	0.151	0.112
Valine	g	0.799		2	0.227	0.168
Arginine	g	1.202		2	0.341	0.252
Histidine	g	0.695		2	0.197	0.146
Alanine	g	0.997		2	0.283	0.209
Aspartic acid	g	1.659		2	0.470	0.348
Glutamic acid	g	2.593		2	0.735	0.545
Glycine	g	0.827		2	0.234	0.174
Proline	g	0.695		2	0.197	0.146
Serine	g	0.674		2	0.191	0.142
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz) (4" x 4" x 3/32" thick)
Measure 2: 1 slice (4-1/4" x 4-1/4" x 1/16")

NDB No. 07028 Ham, sliced, extra lean, (approximately 5% fat)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	70.52	0.281	57	95.20	19.99	
Energy	kcal	131		0	177	37	
Energy	kj	548		0	740	155	
Protein (N x 5.95)	g	19.35	0.192	57	26.12	5.49	
Total lipid (fat)	g	4.96	0.343	32	6.70	1.41	
Carbohydrate, by difference	g	0.97		0	1.31	0.27	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.21	0.131	21	5.68	1.19	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.577	4	9	2	
Iron	mg	0.76	0.055	19	1.03	0.22	
Magnesium	mg	17	0.514	19	23	5	
Phosphorus	mg	218	10.273	19	294	62	
Potassium	mg	350	7.987	15	473	99	
Sodium	mg	1429	41.219	19	1929	405	
Zinc	mg	1.93	0.061	19	2.61	0.55	
Copper	mg	0.070	0.008	19	0.095	0.020	
Manganese	mg	0.033	0.003	5	0.045	0.009	
Selenium	µg	16.2		0	21.9	4.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.932	0.040	19	1.258	0.264	
Riboflavin	mg	0.223	0.008	19	0.301	0.063	
Niacin	mg	4.838	0.141	19	6.531	1.372	
Pantothenic acid	mg	0.470	0.063	7	0.634	0.133	
Vitamin B-6	mg	0.460	0.053	19	0.621	0.130	
Folate	µg	4	1.050	4	5	1	
Vitamin B-12	µg	0.75	0.036	19	1.01	0.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.290		0	0.391	0.082	
Lipids:							
Saturated, total	g	1.620		0	2.187	0.459	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020	0.005	13	0.027	0.006	
12:0	g	0.010	0.003	11	0.014	0.003	
14:0	g	0.080	0.007	15	0.108	0.023	
15.0	g						
16:0	g	1.010	0.094	15	1.363	0.286	
17:0	g						
18:0	g	0.510	0.052	15	0.688	0.145	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.350		0	3.172	0.666
14:1	g					
16:1	g	0.220	0.020	15	0.297	0.062
18:1	g	2.130	0.173	15	2.876	0.604
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.480		0	0.648	0.136
18:2	g	0.430	0.033	15	0.581	0.122
18:3	g	0.050	0.009	15	0.068	0.014
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	47	2.495	12	63	13
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.232		2	0.313	0.066
Threonine	g	0.860		10	1.161	0.244
Isoleucine	g	0.848		10	1.145	0.240
Leucine	g	1.535		10	2.072	0.435
Lysine	g	1.640		10	2.214	0.465
Methionine	g	0.511		10	0.690	0.145
Cystine	g	0.291		2	0.393	0.082
Phenylalanine	g	0.836		10	1.129	0.237
Tyrosine	g	0.634		10	0.856	0.180
Valine	g	0.839		10	1.133	0.238
Arginine	g	1.257		10	1.697	0.356
Histidine	g	0.693		10	0.936	0.196
Alanine	g	1.142		10	1.542	0.324
Aspartic acid	g	1.832		10	2.473	0.519
Glutamic acid	g	3.154		10	4.258	0.894
Glycine	g	1.006		10	1.358	0.285
Proline	g	0.826		10	1.115	0.234
Serine	g	0.792		10	1.069	0.225
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, diced
Measure 2: 1 slice (6-1/4" x 4" x 1/16")

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	64.64	0.451	90	87.26	18.33	
Energy	kcal	182		0	246	52	
Energy	kj	761		0	1027	216	
Protein (N x 5.95)	g	17.56	0.226	90	23.71	4.98	
Total lipid (fat)	g	10.57	0.510	10	14.27	3.00	
Carbohydrate, by difference	g	3.11		0	4.20	0.88	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.11	0.144	9	5.55	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	7	3.000	2	9	2	
Iron	mg	0.99	0.103	9	1.34	0.28	
Magnesium	mg	19	1.190	9	26	5	
Phosphorus	mg	247	10.045	12	333	70	
Potassium	mg	332	22.680	10	448	94	
Sodium	mg	1317	99.870	10	1778	373	
Zinc	mg	2.14	0.109	8	2.89	0.61	
Copper	mg	0.100	0.008	7	0.135	0.028	
Manganese	mg	0.031	0.002	4	0.042	0.009	
Selenium	µg	16.4	2.211	3	22.1	4.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.863	0.048	9	1.165	0.245	
Riboflavin	mg	0.252	0.013	8	0.340	0.071	
Niacin	mg	5.251	0.276	8	7.089	1.489	
Pantothenic acid	mg	0.450	0.110	3	0.608	0.128	
Vitamin B-6	mg	0.340	0.014	8	0.459	0.096	
Folate	µg	3		0	4	1	
Vitamin B-12	µg	0.83	0.085	7	1.12	0.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.290		0	0.391	0.082	
Lipids:							
Saturated, total	g	3.390		0	4.577	0.961	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020	0.006	7	0.027	0.006	
12:0	g	0.020	0.005	7	0.027	0.006	
14:0	g	0.150	0.012	7	0.203	0.043	
15.0	g						
16:0	g	2.130	0.164	7	2.876	0.604	
17:0	g						
18:0	g	1.080	0.077	7	1.458	0.306	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.950		0	6.683	1.403
14:1	g					
16:1	g	0.430	0.022	7	0.581	0.122
18:1	g	4.520	0.373	7	6.102	1.281
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.210		0	1.633	0.343
18:2	g	1.040	0.076	7	1.404	0.295
18:3	g	0.170	0.025	7	0.230	0.048
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	57	3.761	7	77	16
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.211		2	0.285	0.060
Threonine	g	0.781		10	1.054	0.221
Isoleucine	g	0.770		10	1.040	0.218
Leucine	g	1.394		10	1.882	0.395
Lysine	g	1.489		10	2.010	0.422
Methionine	g	0.464		10	0.626	0.132
Cystine	g	0.264		2	0.356	0.075
Phenylalanine	g	0.759		10	1.025	0.215
Tyrosine	g	0.576		10	0.778	0.163
Valine	g	0.762		10	1.029	0.216
Arginine	g	1.141		10	1.540	0.323
Histidine	g	0.629		10	0.849	0.178
Alanine	g	1.037		10	1.400	0.294
Aspartic acid	g	1.664		10	2.246	0.472
Glutamic acid	g	2.863		10	3.865	0.812
Glycine	g	0.913		10	1.233	0.259
Proline	g	0.750		10	1.012	0.213
Serine	g	0.719		10	0.971	0.204
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, diced

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

NDB No. 07030 Ham, minced

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	57.35	1.007	4	16.26	12.04	
Energy	kcal	263		0	75	55	
Energy	kj	1100		0	312	231	
Protein (N x 5.95)	g	16.28	0.507	4	4.62	3.42	
Total lipid (fat)	g	20.68	1.667	4	5.86	4.34	
Carbohydrate, by difference	g	1.85		0	0.52	0.39	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.85	0.064	4	1.09	0.81	
Sugars, total	g						
Minerals:							
Calcium	mg	10	1.190	4	3	2	
Iron	mg	0.79	0.154	4	0.22	0.17	
Magnesium	mg	16	1.224	4	5	3	
Phosphorus	mg	157	5.780	4	45	33	
Potassium	mg	311	12.756	4	88	65	
Sodium	mg	1245	23.386	4	353	261	
Zinc	mg	1.90	0.081	4	0.54	0.40	
Copper	mg	0.080	0.003	4	0.023	0.017	
Manganese	mg	0.031	0.004	3	0.009	0.007	
Selenium	µg	20.0		0	5.7	4.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.712	0.014	4	0.202	0.150	
Riboflavin	mg	0.190	0.021	4	0.054	0.040	
Niacin	mg	4.162	0.216	4	1.180	0.874	
Pantothenic acid	mg	0.180		1	0.051	0.038	
Vitamin B-6	mg	0.260	0.032	4	0.074	0.055	
Folate	µg	1		0	0	0	
Vitamin B-12	µg	0.95	0.145	4	0.27	0.20	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.180		0	2.036	1.508	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040	0.023	4	0.011	0.008	
12:0	g	0.030	0.012	4	0.009	0.006	
14:0	g	0.280	0.044	4	0.079	0.059	
15.0	g						
16:0	g	4.420	0.385	4	1.253	0.928	
17:0	g						
18:0	g	2.410	0.198	4	0.683	0.506	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.570		0	2.713	2.010
14:1	g					
16:1	g	0.730	0.055	4	0.207	0.153
18:1	g	8.850	0.772	4	2.509	1.859
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.470		0	0.700	0.519
18:2	g	2.160	0.156	4	0.612	0.454
18:3	g	0.310	0.023	4	0.088	0.065
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	70	9.078	4	20	15
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.156		1	0.044	0.033
Threonine	g	0.734		1	0.208	0.154
Isoleucine	g	0.700		1	0.198	0.147
Leucine	g	1.258		1	0.357	0.264
Lysine	g	1.364		1	0.387	0.286
Methionine	g	0.456		1	0.129	0.096
Cystine	g	0.190		1	0.054	0.040
Phenylalanine	g	0.641		1	0.182	0.135
Tyrosine	g	0.536		1	0.152	0.113
Valine	g	0.747		1	0.212	0.157
Arginine	g	1.023		1	0.290	0.215
Histidine	g	0.604		1	0.171	0.127
Alanine	g	0.948		1	0.269	0.199
Aspartic acid	g	1.500		1	0.425	0.315
Glutamic acid	g	2.338		1	0.663	0.491
Glycine	g	0.883		1	0.250	0.185
Proline	g	0.713		1	0.202	0.150
Serine	g	0.677		1	0.192	0.142
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07031 Ham salad spread

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	62.60	0.389	4	9.39	17.75	
Energy	kcal	216		0	32	61	
Energy	kj	904		0	136	256	
Protein (N x 5.95)	g	8.68	0.201	4	1.30	2.46	
Total lipid (fat)	g	15.53	0.622	4	2.33	4.40	
Carbohydrate, by difference	g	10.65		0	1.60	3.02	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.55	0.193	4	0.38	0.72	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.408	4	1	2	
Iron	mg	0.59	0.089	4	0.09	0.17	
Magnesium	mg	10	0.478	4	2	3	
Phosphorus	mg	120	2.327	4	18	34	
Potassium	mg	150	4.497	4	23	43	
Sodium	mg	912	48.798	4	137	259	
Zinc	mg	1.10	0.081	4	0.17	0.31	
Copper	mg	0.070	0.016	4	0.011	0.020	
Manganese	mg	0.013		0	0.002	0.004	
Selenium	µg	17.8		0	2.7	5.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.435	0.075	4	0.065	0.123	
Riboflavin	mg	0.120	0.007	4	0.018	0.034	
Niacin	mg	2.095	0.096	4	0.314	0.594	
Pantothenic acid	mg	0.310		1	0.047	0.088	
Vitamin B-6	mg	0.150	0.011	4	0.023	0.043	
Folate	µg	1		0	0	0	
Vitamin B-12	µg	0.76	0.061	4	0.11	0.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	1.736		0	0.260	0.492	
Lipids:							
Saturated, total	g	5.060		0	0.759	1.435	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020	0.000	3	0.003	0.006	
12:0	g	0.010	0.000	3	0.002	0.003	
14:0	g	0.160	0.008	3	0.024	0.045	
15.0	g						
16:0	g	3.200	0.079	3	0.480	0.907	
17:0	g						
18:0	g	1.680	0.038	3	0.252	0.476	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.200		0	1.080	2.041
14:1	g					
16:1	g	0.470	0.036	3	0.070	0.133
18:1	g	6.730	0.194	3	1.010	1.908
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.700		0	0.405	0.765
18:2	g	2.370	0.057	3	0.356	0.672
18:3	g	0.330	0.013	3	0.050	0.094
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	37	2.496	4	6	10
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.089		1	0.013	0.025
Threonine	g	0.409		1	0.061	0.116
Isoleucine	g	0.403		1	0.060	0.114
Leucine	g	0.725		1	0.109	0.206
Lysine	g	0.772		1	0.116	0.219
Methionine	g	0.228		1	0.034	0.065
Cystine	g	0.051		1	0.008	0.014
Phenylalanine	g	0.354		1	0.053	0.100
Tyrosine	g	0.278		1	0.042	0.079
Valine	g	0.448		1	0.067	0.127
Arginine	g	0.593		1	0.089	0.168
Histidine	g	0.350		1	0.053	0.099
Alanine	g	0.536		1	0.080	0.152
Aspartic acid	g	0.856		1	0.128	0.243
Glutamic acid	g	1.349		1	0.202	0.382
Glycine	g	0.486		1	0.073	0.138
Proline	g	0.401		1	0.060	0.114
Serine	g	0.376		1	0.056	0.107
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 oz

NDB No. 07032 Ham and cheese loaf or roll

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	57.91	0.818	8	16.42	32.83	
Energy	kcal	259		0	73	147	
Energy	kj	1084		0	307	615	
Protein (N x 5.95)	g	16.62	0.296	8	4.71	9.42	
Total lipid (fat)	g	20.21	0.935	8	5.73	11.46	
Carbohydrate, by difference	g	1.43		0	0.41	0.81	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.83	0.070	8	1.09	2.17	
Sugars, total	g						
Minerals:							
Calcium	mg	58	4.022	8	16	33	
Iron	mg	0.91	0.109	8	0.26	0.52	
Magnesium	mg	16	0.350	8	5	9	
Phosphorus	mg	253	17.467	8	72	143	
Potassium	mg	294	10.457	8	83	167	
Sodium	mg	1343	16.475	8	381	761	
Zinc	mg	2.00	0.109	8	0.57	1.13	
Copper	mg	0.080	0.009	8	0.023	0.045	
Manganese	mg	0.027	0.002	5	0.008	0.015	
Selenium	µg	34.6		0	9.8	19.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.601	0.031	8	0.170	0.341	
Riboflavin	mg	0.187	0.012	8	0.053	0.106	
Niacin	mg	3.452	0.230	8	0.979	1.957	
Pantothenic acid	mg	0.520	0.111	5	0.147	0.295	
Vitamin B-6	mg	0.260	0.019	8	0.074	0.147	
Folate	µg	3		0	1	2	
Vitamin B-12	µg	0.81	0.027	8	0.23	0.46	
Vitamin A	IU	75		0	21	43	
Vitamin A, RE	µg	23		0	7	13	
Vitamin E, α-TE	mg	0.270		0	0.077	0.153	
Lipids:							
Saturated, total	g	7.510		0	2.129	4.258	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.080	0.020	5	0.023	0.045	
12:0	g	0.080	0.021	5	0.023	0.045	
14:0	g	0.420	0.016	8	0.119	0.238	
15.0	g						
16:0	g	4.570	0.179	8	1.296	2.591	
17:0	g						
18:0	g	2.360	0.092	8	0.669	1.338	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.260		0	2.625	5.250
14:1	g					
16:1	g	0.720	0.054	8	0.204	0.408
18:1	g	8.540	0.379	8	2.421	4.842
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.190		0	0.621	1.242
18:2	g	1.910	0.136	8	0.541	1.083
18:3	g	0.270	0.048	8	0.077	0.153
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	57	3.666	6	16	32
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.207		0	0.059	0.117
Threonine	g	0.719		0	0.204	0.408
Isoleucine	g	0.754		0	0.214	0.428
Leucine	g	1.353		0	0.384	0.767
Lysine	g	1.508		0	0.428	0.855
Methionine	g	0.439		0	0.124	0.249
Cystine	g	0.235		0	0.067	0.133
Phenylalanine	g	0.691		0	0.196	0.392
Tyrosine	g	0.560		0	0.159	0.318
Valine	g	0.802		0	0.227	0.455
Arginine	g	1.119		0	0.317	0.634
Histidine	g	0.677		0	0.192	0.384
Alanine	g	0.911		0	0.258	0.517
Aspartic acid	g	1.552		0	0.440	0.880
Glutamic acid	g	2.626		0	0.744	1.489
Glycine	g	0.748		0	0.212	0.424
Proline	g	0.787		0	0.223	0.446
Serine	g	0.672		0	0.191	0.381
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz) (4" x 4" x 3/32" thick)
Measure 2: 2 slices

NDB No. 07033 Ham and cheese spread

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	59.13	0.375	4	8.87	16.76	
Energy	kcal	245		0	37	69	
Energy	kj	1025		0	154	291	
Protein (N x 5.95)	g	16.18	0.165	4	2.43	4.59	
Total lipid (fat)	g	18.53	0.382	4	2.78	5.25	
Carbohydrate, by difference	g	2.28		0	0.34	0.65	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.90	0.041	4	0.59	1.11	
Sugars, total	g						
Minerals:							
Calcium	mg	217	7.952	4	33	62	
Iron	mg	0.76	0.207	4	0.11	0.22	
Magnesium	mg	18	0.479	4	3	5	
Phosphorus	mg	495	11.287	4	74	140	
Potassium	mg	162	14.509	4	24	46	
Sodium	mg	1197	45.958	4	180	339	
Zinc	mg	2.25	0.179	4	0.34	0.64	
Copper	mg	0.090	0.049	4	0.013	0.026	
Manganese	mg	0.036		0	0.005	0.010	
Selenium	µg	33.6		0	5.0	9.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.318	0.013	4	0.048	0.090	
Riboflavin	mg	0.220	0.011	4	0.033	0.062	
Niacin	mg	2.153	0.226	4	0.323	0.610	
Pantothenic acid	mg	0.590		0	0.089	0.167	
Vitamin B-6	mg	0.130	0.013	4	0.020	0.037	
Folate	µg	3		0	0	1	
Vitamin B-12	µg	0.73	0.171	4	0.11	0.21	
Vitamin A	IU	304		0	46	86	
Vitamin A, RE	µg	91		0	14	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.620		0	1.293	2.444	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.280	0.037	4	0.042	0.079	
12:0	g	0.360	0.047	4	0.054	0.102	
14:0	g	1.110	0.068	4	0.167	0.315	
15.0	g						
16:0	g	4.490	0.017	4	0.674	1.273	
17:0	g						
18:0	g	2.110	0.182	4	0.317	0.598	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.080		0	1.062	2.007
14:1	g					
16:1	g	0.770	0.049	4	0.116	0.218
18:1	g	6.310	0.286	4	0.946	1.789
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.380		0	0.207	0.391
18:2	g	1.230	0.116	4	0.185	0.349
18:3	g	0.150	0.041	4	0.023	0.043
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	61	3.189	4	9	17
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.372		0	0.056	0.105
Threonine	g	0.683		0	0.102	0.194
Isoleucine	g	0.775		0	0.116	0.220
Leucine	g	1.504		0	0.226	0.426
Lysine	g	1.476		0	0.221	0.418
Methionine	g	0.475		0	0.071	0.135
Cystine	g	0.255		0	0.038	0.072
Phenylalanine	g	0.771		0	0.116	0.219
Tyrosine	g	0.666		0	0.100	0.189
Valine	g	1.014		0	0.152	0.287
Arginine	g	0.892		0	0.134	0.253
Histidine	g	0.597		0	0.090	0.169
Alanine	g	0.802		0	0.120	0.227
Aspartic acid	g	1.378		0	0.207	0.391
Glutamic acid	g	2.887		0	0.433	0.818
Glycine	g	0.587		0	0.088	0.166
Proline	g	1.356		0	0.203	0.384
Serine	g	0.806		0	0.121	0.229
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 oz

NDB No. 07034 Headcheese, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	64.70	1.485	8	18.34	36.68	
Energy	kcal	212		0	60	120	
Energy	kj	887		0	251	503	
Protein (N x 5.95)	g	16.00	0.485	4	4.54	9.07	
Total lipid (fat)	g	15.80	1.190	8	4.48	8.96	
Carbohydrate, by difference	g	0.30		0	0.09	0.17	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.10	0.125	4	0.88	1.76	
Sugars, total	g						
Minerals:							
Calcium	mg	16	0.478	4	5	9	
Iron	mg	1.17	0.156	4	0.33	0.66	
Magnesium	mg	9	0.408	4	3	5	
Phosphorus	mg	59	3.027	4	17	33	
Potassium	mg	31	7.059	4	9	18	
Sodium	mg	1257	42.769	4	356	713	
Zinc	mg	1.30	0.041	4	0.37	0.74	
Copper	mg	0.122	0.027	4	0.035	0.069	
Manganese	mg	0.019	0.006	2	0.005	0.011	
Selenium	µg	0.1		0	0.0	0.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.037	0.002	4	0.010	0.021	
Riboflavin	mg	0.182	0.007	4	0.052	0.103	
Niacin	mg	1.127	0.105	4	0.320	0.639	
Pantothenic acid	mg	0.220	0.020	2	0.062	0.125	
Vitamin B-6	mg	0.190	0.104	4	0.054	0.108	
Folate	µg	2	0.550	4	1	1	
Vitamin B-12	µg	1.05	0.099	4	0.30	0.60	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.250		0	0.071	0.142	
Lipids:							
Saturated, total	g	4.940		0	1.400	2.801	
4:0	g	0.000		4	0.000	0.000	
6.0	g	0.000		4	0.000	0.000	
8:0	g	0.000		4	0.000	0.000	
10:0	g	0.030		4	0.009	0.017	
12:0	g	0.020		4	0.006	0.011	
14:0	g	0.270		4	0.077	0.153	
15.0	g						
16:0	g	3.080		4	0.873	1.746	
17:0	g						
18:0	g	1.520		4	0.431	0.862	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.100		0	2.296	4.593
14:1	g					
16:1	g	0.830		4	0.235	0.471
18:1	g	7.270		4	2.061	4.122
20:1	g	0.000		4	0.000	0.000
22.1	g	0.000		4	0.000	0.000
Polyunsaturated, total	g	1.650		0	0.468	0.936
18:2	g	1.450		4	0.411	0.822
18:3	g	0.190		4	0.054	0.108
18:4	g	0.000		4	0.000	0.000
20:4	g	0.000		4	0.000	0.000
20:5	g	0.000		4	0.000	0.000
22:5	g	0.000	0.000	4	0.000	0.000
22:6	g	0.000		4	0.000	0.000
Cholesterol	mg	81	16.500	2	23	46
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.084		0	0.024	0.048
Threonine	g	0.445		0	0.126	0.252
Isoleucine	g	0.543		0	0.154	0.308
Leucine	g	1.009		0	0.286	0.572
Lysine	g	0.968		0	0.274	0.549
Methionine	g	0.266		0	0.075	0.151
Cystine	g	0.223		0	0.063	0.126
Phenylalanine	g	0.607		0	0.172	0.344
Tyrosine	g	0.466		0	0.132	0.264
Valine	g	0.658		0	0.187	0.373
Arginine	g	1.147		0	0.325	0.650
Histidine	g	0.297		0	0.084	0.168
Alanine	g	1.024		0	0.290	0.581
Aspartic acid	g	1.423		0	0.403	0.807
Glutamic acid	g	1.690		0	0.479	0.958
Glycine	g	1.923		0	0.545	1.090
Proline	g	1.295		0	0.367	0.734
Serine	g	0.627		0	0.178	0.356
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz) (4" x 4" x 3/32" thick)
Measure 2: 2 slices

NDB No. 07035 Honey loaf, pork, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	70.47	0.209	15	19.98	39.96	
Energy	kcal	128		0	36	73	
Energy	kj	536		0	152	304	
Protein (N x 5.95)	g	15.77	0.374	15	4.47	8.94	
Total lipid (fat)	g	4.47	0.166	15	1.27	2.53	
Carbohydrate, by difference	g	5.33		0	1.51	3.02	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.96	0.051	15	1.12	2.25	
Sugars, total	g						
Minerals:							
Calcium	mg	17	3.456	5	5	10	
Iron	mg	1.35	0.099	15	0.38	0.77	
Magnesium	mg	17	1.067	5	5	10	
Phosphorus	mg	143	8.891	5	41	81	
Potassium	mg	343	23.359	5	97	194	
Sodium	mg	1320	51.469	5	374	748	
Zinc	mg	2.42	0.116	5	0.69	1.37	
Copper	mg	0.060	0.013	5	0.017	0.034	
Manganese	mg	0.030	0.005	5	0.009	0.017	
Selenium	µg	28.3		0	8.0	16.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.482	0.038	15	0.137	0.273	
Riboflavin	mg	0.240	0.009	15	0.068	0.136	
Niacin	mg	3.142	0.109	15	0.891	1.782	
Pantothenic acid	mg	0.660	0.085	2	0.187	0.374	
Vitamin B-6	mg	0.330	0.037	15	0.094	0.187	
Folate	µg	8		0	2	5	
Vitamin B-12	µg	1.08	0.049	15	0.31	0.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.062	0.125	
Lipids:							
Saturated, total	g	1.440		0	0.408	0.816	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020	0.006	3	0.006	0.011	
12:0	g	0.020	0.006	3	0.006	0.011	
14:0	g	0.080	0.017	5	0.023	0.045	
15.0	g						
16:0	g	0.840	0.033	5	0.238	0.476	
17:0	g						
18:0	g	0.470	0.038	5	0.133	0.266	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.010		0	0.570	1.140
14:1	g					
16:1	g	0.230	0.027	5	0.065	0.130
18:1	g	1.790	0.042	5	0.507	1.015
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.470		0	0.133	0.266
18:2	g	0.380	0.017	5	0.108	0.215
18:3	g	0.080	0.026	5	0.023	0.045
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	34	8.686	3	10	19
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.182		1	0.052	0.103
Threonine	g	0.788		1	0.223	0.447
Isoleucine	g	0.727		1	0.206	0.412
Leucine	g	1.371		1	0.389	0.777
Lysine	g	1.481		1	0.420	0.840
Methionine	g	0.477		1	0.135	0.270
Cystine	g	0.154		1	0.044	0.087
Phenylalanine	g	0.669		1	0.190	0.379
Tyrosine	g	0.578		1	0.164	0.328
Valine	g	0.775		1	0.220	0.439
Arginine	g	1.075		1	0.305	0.610
Histidine	g	0.611		1	0.173	0.346
Alanine	g	0.812		1	0.230	0.460
Aspartic acid	g	1.585		1	0.449	0.899
Glutamic acid	g	2.652		1	0.752	1.504
Glycine	g	0.846		1	0.240	0.480
Proline	g	0.808		1	0.229	0.458
Serine	g	0.753		1	0.213	0.427
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz) (4" x 4" x 3/32" thick)
Measure 2: 2 slices

NDB No. 07036 Italian sausage, raw, 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	Samples	Measure 1* 113g	Measure 2* 91g	Measure 3*
Proximates:							
Water	g	51.08	0.202	4	57.72	46.48	
Energy	kcal	346		0	391	315	
Energy	kj	1448		0	1636	1318	
Protein (N x 5.95)	g	14.25	0.190	4	16.10	12.97	
Total lipid (fat)	g	31.33	0.450	4	35.40	28.51	
Carbohydrate, by difference	g	0.65		0	0.73	0.59	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.70	0.438	4	3.05	2.46	
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.500	4	20	16	
Iron	mg	1.18	0.094	4	1.33	1.07	
Magnesium	mg	14	0.946	4	16	13	
Phosphorus	mg	142	3.764	4	160	129	
Potassium	mg	253	7.352	4	286	230	
Sodium	mg	731	25.617	4	826	665	
Zinc	mg	1.79	0.082	4	2.02	1.63	
Copper	mg	0.080	0.008	3	0.090	0.073	
Manganese	mg	0.058	0.012	4	0.066	0.053	
Selenium	µg	24.8		0	28.0	22.6	
Vitamins:							
Ascorbic acid	mg	2.0	0.946	4	2.3	1.8	
Thiamin	mg	0.568	0.025	4	0.642	0.517	
Riboflavin	mg	0.168	0.008	4	0.190	0.153	
Niacin	mg	3.250	0.262	4	3.672	2.958	
Pantothenic acid	mg	0.510		0	0.576	0.464	
Vitamin B-6	mg	0.300	0.016	4	0.339	0.273	
Folate	µg	8		0	9	7	
Vitamin B-12	µg	0.91	0.046	4	1.03	0.83	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.270		0	12.735	10.256	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.080	0.010	4	0.090	0.073	
12:0	g	0.060	0.010	4	0.068	0.055	
14:0	g	0.560	0.057	4	0.633	0.510	
15.0	g						
16:0	g	6.640	0.218	4	7.503	6.042	
17:0	g						
18:0	g	3.930	0.218	4	4.441	3.576	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.340		0	16.204	13.049
14:1	g					
16:1	g	1.490	0.118	4	1.684	1.356
18:1	g	12.860	0.384	4	14.532	11.703
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	4.030		0	4.554	3.667
18:2	g	3.620	0.251	4	4.091	3.294
18:3	g	0.410	0.095	4	0.463	0.373
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	76	1.750	4	86	69
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.114		0	0.129	0.104
Threonine	g	0.563		0	0.636	0.512
Isoleucine	g	0.520		0	0.588	0.473
Leucine	g	0.956		0	1.080	0.870
Lysine	g	1.083		0	1.224	0.986
Methionine	g	0.346		0	0.391	0.315
Cystine	g	0.144		0	0.163	0.131
Phenylalanine	g	0.477		0	0.539	0.434
Tyrosine	g	0.411		0	0.464	0.374
Valine	g	0.572		0	0.646	0.521
Arginine	g	0.842		0	0.951	0.766
Histidine	g	0.411		0	0.464	0.374
Alanine	g	0.798		0	0.902	0.726
Aspartic acid	g	1.186		0	1.340	1.079
Glutamic acid	g	1.970		0	2.226	1.793
Glycine	g	0.865		0	0.977	0.787
Proline	g	0.663		0	0.749	0.603
Serine	g	0.552		0	0.624	0.502
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 link, 4/lb
Measure 2: 1 link, 5/lb

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 26g	Measure 3*
Proximates:							
Water	g	53.95	0.445	24	15.29	14.03	
Energy	kcal	310		0	88	81	
Energy	kj	1297		0	368	337	
Protein (N x 5.95)	g	13.26	0.192	24	3.76	3.45	
Total lipid (fat)	g	27.15	0.254	24	7.70	7.06	
Carbohydrate, by difference	g	2.14		0	0.61	0.56	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.50	0.103	6	0.99	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	44	2.632	24	12	11	
Iron	mg	1.45	0.043	24	0.41	0.38	
Magnesium	mg	16	0.358	7	5	4	
Phosphorus	mg	148	3.088	6	42	38	
Potassium	mg	271	16.222	6	77	70	
Sodium	mg	1076	53.695	6	305	280	
Zinc	mg	2.02	0.040	6	0.57	0.53	
Copper	mg	0.100	0.003	6	0.028	0.026	
Manganese	mg	0.040	0.002	6	0.011	0.010	
Selenium	µg	17.7	2.258	5	5.0	4.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.228	0.008	24	0.065	0.059	
Riboflavin	mg	0.214	0.007	24	0.061	0.056	
Niacin	mg	2.879	0.083	24	0.816	0.749	
Pantothenic acid	mg	0.820	0.030	2	0.232	0.213	
Vitamin B-6	mg	0.180	0.004	24	0.051	0.047	
Folate	µg	5		0	1	1	
Vitamin B-12	µg	1.61	0.078	24	0.46	0.42	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.062	0.057	
Lipids:							
Saturated, total	g	9.910		0	2.809	2.577	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030	0.001	6	0.009	0.008	
12:0	g	0.020	0.006	6	0.006	0.005	
14:0	g	0.360	0.016	6	0.102	0.094	
15.0	g						
16:0	g	6.130	0.169	6	1.738	1.594	
17:0	g						
18:0	g	3.360	0.058	6	0.953	0.874	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.940		0	3.668	3.364
14:1	g					
16:1	g	0.970	0.038	6	0.275	0.252
18:1	g	11.970	0.323	6	3.393	3.112
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.080		0	0.873	0.801
18:2	g	2.680	0.100	6	0.760	0.697
18:3	g	0.400	0.015	6	0.113	0.104
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	67	4.619	6	19	17
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.138		1	0.039	0.036
Threonine	g	0.432		1	0.122	0.112
Isoleucine	g	0.639		1	0.181	0.166
Leucine	g	0.874		1	0.248	0.227
Lysine	g	1.010		1	0.286	0.263
Methionine	g	0.276		1	0.078	0.072
Cystine	g	0.225		1	0.064	0.059
Phenylalanine	g	0.501		1	0.142	0.130
Tyrosine	g	0.490		1	0.139	0.127
Valine	g	0.639		1	0.181	0.166
Arginine	g	0.942		1	0.267	0.245
Histidine	g	0.314		1	0.089	0.082
Alanine	g	0.848		0	0.240	0.220
Aspartic acid	g	1.218		1	0.345	0.317
Glutamic acid	g	1.618		1	0.459	0.421
Glycine	g	1.039		1	0.295	0.270
Proline	g	0.687		1	0.195	0.179
Serine	g	0.530		1	0.150	0.138
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 slice, (6" x 3-3/4" x 1/16")

NDB No. 07038 Knackwurst, knockwurst, pork, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 68g	Measure 3*
Proximates:							
Water	g	55.50	0.690	5	15.73	37.74	
Energy	kcal	308		0	87	209	
Energy	kj	1289		0	365	877	
Protein (N x 5.95)	g	11.88	0.159	5	3.37	8.08	
Total lipid (fat)	g	27.76	0.715	5	7.87	18.88	
Carbohydrate, by difference	g	1.76		0	0.50	1.20	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.10	0.055	5	0.88	2.11	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.928	5	3	7	
Iron	mg	0.91	0.118	5	0.26	0.62	
Magnesium	mg	11	0.583	5	3	7	
Phosphorus	mg	98	6.135	5	28	67	
Potassium	mg	199	8.858	5	56	135	
Sodium	mg	1010	59.320	5	286	687	
Zinc	mg	1.66	0.103	5	0.47	1.13	
Copper	mg	0.060	0.011	5	0.017	0.041	
Manganese	mg	0.021		0	0.006	0.014	
Selenium	µg	13.5		0	3.8	9.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.342	0.015	5	0.097	0.233	
Riboflavin	mg	0.140	0.006	5	0.040	0.095	
Niacin	mg	2.734	0.117	5	0.775	1.859	
Pantothenic acid	mg	0.320		1	0.091	0.218	
Vitamin B-6	mg	0.170	0.012	5	0.048	0.116	
Folate	µg	2		0	1	1	
Vitamin B-12	µg	1.18	0.127	5	0.33	0.80	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.570		0	0.162	0.388	
Lipids:							
Saturated, total	g	10.200		0	2.892	6.936	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.110	0.055	5	0.031	0.075	
12:0	g	0.090	0.052	5	0.026	0.061	
14:0	g	0.580	0.069	5	0.164	0.394	
15.0	g						
16:0	g	5.970	0.270	5	1.692	4.060	
17:0	g						
18:0	g	3.460	0.086	5	0.981	2.353	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.810		0	3.632	8.711
14:1	g					
16:1	g	1.280	0.042	5	0.363	0.870
18:1	g	11.530	0.700	5	3.269	7.840
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.920		0	0.828	1.986
18:2	g	2.480	0.223	5	0.703	1.686
18:3	g	0.440	0.085	5	0.125	0.299
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	58	2.983	5	16	39
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.108		1	0.031	0.073
Threonine	g	0.479		1	0.136	0.326
Isoleucine	g	0.466		1	0.132	0.317
Leucine	g	0.821		1	0.233	0.558
Lysine	g	0.933		1	0.265	0.634
Methionine	g	0.287		1	0.081	0.195
Cystine	g	0.147		1	0.042	0.100
Phenylalanine	g	0.407		1	0.115	0.277
Tyrosine	g	0.361		1	0.102	0.245
Valine	g	0.515		1	0.146	0.350
Arginine	g	0.709		1	0.201	0.482
Histidine	g	0.361		1	0.102	0.245
Alanine	g	0.675		1	0.191	0.459
Aspartic acid	g	1.011		1	0.287	0.687
Glutamic acid	g	1.619		1	0.459	1.101
Glycine	g	0.703		1	0.199	0.478
Proline	g	0.539		1	0.153	0.367
Serine	g	0.477		1	0.135	0.324
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 link (4" long x 1-1/8" dia)

NDB No. 07039 Lebanon bologna, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	60.80	0.812	12	17.24	13.98	
Energy	kcal	212		0	60	49	
Energy	kj	887		0	251	204	
Protein (N x 5.95)	g	19.30	0.448	12	5.47	4.44	
Total lipid (fat)	g	13.20	0.814	12	3.74	3.04	
Carbohydrate, by difference	g	2.70		0	0.77	0.62	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.00	0.038	7	1.13	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.288	4	4	3	
Iron	mg	2.47	0.185	9	0.70	0.57	
Magnesium	mg	16	0.643	7	5	4	
Phosphorus	mg	150	5.669	7	43	35	
Potassium	mg	300	7.181	7	85	69	
Sodium	mg	1338	56.014	12	379	308	
Zinc	mg	3.98	0.197	7	1.13	0.92	
Copper	mg	0.090	0.006	4	0.026	0.021	
Manganese	mg	0.057	0.005	4	0.016	0.013	
Selenium	µg	15.9		0	4.5	3.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.062	0.010	8	0.018	0.014	
Riboflavin	mg	0.188	0.008	9	0.053	0.043	
Niacin	mg	4.362	0.140	9	1.237	1.003	
Pantothenic acid	mg	0.530	0.004	7	0.150	0.122	
Vitamin B-6	mg	0.240	0.020	9	0.068	0.055	
Folate	µg	3	0.564	3	1	1	
Vitamin B-12	µg	2.55	0.196	9	0.72	0.59	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.054	0.044	
Lipids:							
Saturated, total	g	5.840		0	1.656	1.343	
4:0	g	0.000		7	0.000	0.000	
6.0	g	0.000		7	0.000	0.000	
8:0	g	0.000		7	0.000	0.000	
10:0	g	0.030		7	0.009	0.007	
12:0	g	0.040		7	0.011	0.009	
14:0	g	0.380		7	0.108	0.087	
15.0	g						
16:0	g	3.090		7	0.876	0.711	
17:0	g						
18:0	g	2.090		7	0.593	0.481	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.940		0	1.684	1.366
14:1	g					
16:1	g	0.890		7	0.252	0.205
18:1	g	5.050		7	1.432	1.161
20:1	g	0.000		7	0.000	0.000
22.1	g	0.000		7	0.000	0.000
Polyunsaturated, total	g	0.610		0	0.173	0.140
18:2	g	0.460		7	0.130	0.106
18:3	g	0.150		7	0.043	0.034
18:4	g	0.000		7	0.000	0.000
20:4	g	0.000		7	0.000	0.000
20:5	g	0.000		7	0.000	0.000
22:5	g	0.000	0.000	7	0.000	0.000
22:6	g	0.000		7	0.000	0.000
Cholesterol	mg	70	2.268	7	20	16
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.158		0	0.045	0.036
Threonine	g	0.810		0	0.230	0.186
Isoleucine	g	0.792		0	0.225	0.182
Leucine	g	1.444		0	0.409	0.332
Lysine	g	1.577		0	0.447	0.363
Methionine	g	0.467		0	0.132	0.107
Cystine	g	0.229		0	0.065	0.053
Phenylalanine	g	0.724		0	0.205	0.167
Tyrosine	g	0.585		0	0.166	0.135
Valine	g	0.888		0	0.252	0.204
Arginine	g	1.305		0	0.370	0.300
Histidine	g	0.560		0	0.159	0.129
Alanine	g	1.277		0	0.362	0.294
Aspartic acid	g	1.717		0	0.487	0.395
Glutamic acid	g	2.787		0	0.790	0.641
Glycine	g	1.435		0	0.407	0.330
Proline	g	1.052		0	0.298	0.242
Serine	g	0.789		0	0.224	0.181
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07040 Liver cheese, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	53.60	0.262	7	15.20	20.37	
Energy	kcal	304		0	86	116	
Energy	kj	1272		0	361	483	
Protein (N x 5.95)	g	15.20	0.118	7	4.31	5.78	
Total lipid (fat)	g	25.60	0.641	7	7.26	9.73	
Carbohydrate, by difference	g	2.10		0	0.60	0.80	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.50	0.020	7	0.99	1.33	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.601	6	2	3	
Iron	mg	10.83	0.689	6	3.07	4.12	
Magnesium	mg	12	0.392	6	3	5	
Phosphorus	mg	207	16.237	6	59	79	
Potassium	mg	226	11.424	6	64	86	
Sodium	mg	1225	40.617	6	347	466	
Zinc	mg	3.70	0.238	6	1.05	1.41	
Copper	mg	0.383	0.060	6	0.109	0.146	
Manganese	mg	0.200	0.014	6	0.057	0.076	
Selenium	µg	36.5		0	10.3	13.9	
Vitamins:							
Ascorbic acid	mg	3.0	1.209	7	0.9	1.1	
Thiamin	mg	0.212	0.005	6	0.060	0.081	
Riboflavin	mg	2.227	0.078	6	0.631	0.846	
Niacin	mg	11.768	1.510	6	3.336	4.472	
Pantothenic acid	mg	3.536	0.068	5	1.002	1.344	
Vitamin B-6	mg	0.470	0.084	6	0.133	0.179	
Folate	µg	104		1	29	40	
Vitamin B-12	µg	24.55	1.117	6	6.96	9.33	
Vitamin A	IU	17490	408.231	6	4958	6646	
Vitamin A, RE	µg	5252		0	1489	1996	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.960		0	2.540	3.405	
4:0	g	0.000		7	0.000	0.000	
6.0	g	0.000		7	0.000	0.000	
8:0	g	0.000		7	0.000	0.000	
10:0	g	0.050		7	0.014	0.019	
12:0	g	0.040		7	0.011	0.015	
14:0	g	0.320		7	0.091	0.122	
15.0	g						
16:0	g	5.510		7	1.562	2.094	
17:0	g						
18:0	g	3.040		7	0.862	1.155	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.260		0	3.476	4.659
14:1	g					
16:1	g	0.940		7	0.266	0.357
18:1	g	11.320		7	3.209	4.302
20:1	g	0.000		7	0.000	0.000
22.1	g	0.000		7	0.000	0.000
Polyunsaturated, total	g	3.420		0	0.970	1.300
18:2	g	3.090		7	0.876	1.174
18:3	g	0.330		7	0.094	0.125
18:4	g	0.000		7	0.000	0.000
20:4	g	0.000		7	0.000	0.000
20:5	g	0.000		7	0.000	0.000
22:5	g	0.000	0.000	7	0.000	0.000
22:6	g	0.000		7	0.000	0.000
Cholesterol	mg	174	21.944	5	49	66
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.206		0	0.058	0.078
Threonine	g	0.651		0	0.185	0.247
Isoleucine	g	0.631		0	0.179	0.240
Leucine	g	1.331		0	0.377	0.506
Lysine	g	1.178		0	0.334	0.448
Methionine	g	0.342		0	0.097	0.130
Cystine	g	0.328		0	0.093	0.125
Phenylalanine	g	0.716		0	0.203	0.272
Tyrosine	g	0.466		0	0.132	0.177
Valine	g	0.806		0	0.229	0.306
Arginine	g	0.828		0	0.235	0.315
Histidine	g	0.393		0	0.111	0.149
Alanine	g	0.930		0	0.264	0.353
Aspartic acid	g	1.350		0	0.383	0.513
Glutamic acid	g	1.834		0	0.520	0.697
Glycine	g	0.935		0	0.265	0.355
Proline	g	0.716		0	0.203	0.272
Serine	g	0.690		0	0.196	0.262
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 slice

NDB No. 07041 Liver sausage, liverwurst, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	52.10	0.646	7	14.77	9.38	
Energy	kcal	326		0	92	59	
Energy	kj	1364		0	387	246	
Protein (N x 5.95)	g	14.10	0.275	8	4.00	2.54	
Total lipid (fat)	g	28.50	0.448	7	8.08	5.13	
Carbohydrate, by difference	g	2.20		0	0.62	0.40	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.10	0.387	5	0.88	0.56	
Sugars, total	g						
Minerals:							
Calcium	mg	26		1	7	5	
Iron	mg	6.40		1	1.81	1.15	
Magnesium	mg	12		0	3	2	
Phosphorus	mg	230		1	65	41	
Potassium	mg	170		0	48	31	
Sodium	mg	860		0	244	155	
Zinc	mg	2.30		0	0.65	0.41	
Copper	mg	0.240		0	0.068	0.043	
Manganese	mg	0.155		0	0.044	0.028	
Selenium	µg	58.0	6.667	9	16.4	10.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.272	0.023	5	0.077	0.049	
Riboflavin	mg	1.030	0.139	5	0.292	0.185	
Niacin	mg	4.300		0	1.219	0.774	
Pantothenic acid	mg	2.950	0.174	2	0.836	0.531	
Vitamin B-6	mg	0.190		0	0.054	0.034	
Folate	µg	30	3.853	3	9	5	
Vitamin B-12	µg	13.46		1	3.82	2.42	
Vitamin A	IU	27667		0	7844	4980	
Vitamin A, RE	µg	8300		0	2353	1494	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.600		0	3.005	1.908	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.430		1	0.122	0.077	
15.0	g						
16:0	g	6.850		1	1.942	1.233	
17:0	g						
18:0	g	3.310		1	0.938	0.596	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.340		0	3.782	2.401
14:1	g					
16:1	g	1.060		1	0.301	0.191
18:1	g	12.050		1	3.416	2.169
20:1	g	0.000		1	0.000	0.000
22.1	g	0.000		1	0.000	0.000
Polyunsaturated, total	g	2.600		0	0.737	0.468
18:2	g	2.450		1	0.695	0.441
18:3	g	0.140		1	0.040	0.025
18:4	g	0.000		1	0.000	0.000
20:4	g	0.000		1	0.000	0.000
20:5	g	0.000		1	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		1	0.000	0.000
Cholesterol	mg	158	38.000	2	45	28
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.151		0	0.043	0.027
Threonine	g	0.671		0	0.190	0.121
Isoleucine	g	0.653		0	0.185	0.118
Leucine	g	1.139		0	0.323	0.205
Lysine	g	1.155		0	0.327	0.208
Methionine	g	0.285		0	0.081	0.051
Cystine	g	0.149		0	0.042	0.027
Phenylalanine	g	0.617		0	0.175	0.111
Tyrosine	g	0.362		0	0.103	0.065
Valine	g	0.857		0	0.243	0.154
Arginine	g	0.812		0	0.230	0.146
Histidine	g	0.448		0	0.127	0.081
Alanine	g	0.830		0	0.235	0.149
Aspartic acid	g	1.164		0	0.330	0.210
Glutamic acid	g	2.195		0	0.622	0.395
Glycine	g	1.096		0	0.311	0.197
Proline	g	0.850		0	0.241	0.153
Serine	g	0.694		0	0.197	0.125
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07042 Luncheon meat, beef, loaved

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	52.50	1.937	3	14.88	29.77	
Energy	kcal	308		0	87	175	
Energy	kj	1289		0	365	731	
Protein (N x 5.95)	g	14.40	0.636	3	4.08	8.16	
Total lipid (fat)	g	26.20	2.455	3	7.43	14.86	
Carbohydrate, by difference	g	2.90		0	0.82	1.64	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.00	0.153	3	1.13	2.27	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.667	3	3	6	
Iron	mg	2.32	0.303	3	0.66	1.32	
Magnesium	mg	14	0.577	3	4	8	
Phosphorus	mg	119	4.484	3	34	67	
Potassium	mg	208	15.452	3	59	118	
Sodium	mg	1329	36.129	3	377	754	
Zinc	mg	2.53	0.066	3	0.72	1.43	
Copper	mg	0.120	0.009	3	0.034	0.068	
Manganese	mg	0.045	0.006	3	0.013	0.026	
Selenium	µg	22.3		0	6.3	12.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.110	0.006	3	0.031	0.062	
Riboflavin	mg	0.220	0.021	3	0.062	0.125	
Niacin	mg	3.660	0.318	3	1.038	2.075	
Pantothenic acid	mg	0.520		1	0.147	0.295	
Vitamin B-6	mg	0.190	0.012	3	0.054	0.108	
Folate	µg	5		1	1	3	
Vitamin B-12	µg	3.89	0.240	3	1.10	2.21	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.062	0.125	
Lipids:							
Saturated, total	g	11.180		0	3.170	6.339	
4:0	g	0.000		3	0.000	0.000	
6.0	g	0.000		3	0.000	0.000	
8:0	g	0.000		3	0.000	0.000	
10:0	g	0.030		3	0.009	0.017	
12:0	g	0.010		3	0.003	0.006	
14:0	g	0.750		3	0.213	0.425	
15.0	g						
16:0	g	6.310		3	1.789	3.578	
17:0	g						
18:0	g	4.070		3	1.154	2.308	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.230		0	3.467	6.934
14:1	g					
16:1	g	1.540		3	0.437	0.873
18:1	g	10.700		3	3.033	6.067
20:1	g	0.000		3	0.000	0.000
22.1	g	0.000		3	0.000	0.000
Polyunsaturated, total	g	0.870		0	0.247	0.493
18:2	g	0.650		3	0.184	0.369
18:3	g	0.210		3	0.060	0.119
18:4	g	0.000		3	0.000	0.000
20:4	g	0.000		3	0.000	0.000
20:5	g	0.000		3	0.000	0.000
22:5	g	0.000	0.000	3	0.000	0.000
22:6	g	0.000		3	0.000	0.000
Cholesterol	mg	64	9.387	3	18	36
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.103		0	0.029	0.058
Threonine	g	0.561		0	0.159	0.318
Isoleucine	g	0.540		0	0.153	0.306
Leucine	g	0.993		0	0.282	0.563
Lysine	g	1.104		0	0.313	0.626
Methionine	g	0.317		0	0.090	0.180
Cystine	g	0.149		0	0.042	0.084
Phenylalanine	g	0.508		0	0.144	0.288
Tyrosine	g	0.386		0	0.109	0.219
Valine	g	0.623		0	0.177	0.353
Arginine	g	0.996		0	0.282	0.565
Histidine	g	0.377		0	0.107	0.214
Alanine	g	0.989		0	0.280	0.561
Aspartic acid	g	1.223		0	0.347	0.693
Glutamic acid	g	1.987		0	0.563	1.127
Glycine	g	1.361		0	0.386	0.772
Proline	g	0.943		0	0.267	0.535
Serine	g	0.575		0	0.163	0.326
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz) (4" x 4" x 3/32" thick)
Measure 2: 2 slices

NDB No. 07043 Luncheon meat, beef, thin sliced

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	58.10	1.082	24	16.47	12.20	
Energy	kcal	177		0	50	37	
Energy	kj	741		0	210	156	
Protein (N x 5.95)	g	28.11	0.597	24	7.97	5.90	
Total lipid (fat)	g	3.84	0.270	9	1.09	0.81	
Carbohydrate, by difference	g	5.71		0	1.62	1.20	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.24	0.105	10	1.20	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.194	7	3	2	
Iron	mg	2.70	0.144	10	0.77	0.57	
Magnesium	mg	19	0.198	10	5	4	
Phosphorus	mg	168	15.496	3	48	35	
Potassium	mg	429	18.054	10	122	90	
Sodium	mg	1439	53.346	10	408	302	
Zinc	mg	3.98	0.218	10	1.13	0.84	
Copper	mg	0.034	0.013	10	0.010	0.007	
Manganese	mg	0.038	0.008	3	0.011	0.008	
Selenium	µg	28.2		1	8.0	5.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.006	3	0.023	0.017	
Riboflavin	mg	0.190	0.023	3	0.054	0.040	
Niacin	mg	5.270	0.341	3	1.494	1.107	
Pantothenic acid	mg	0.590		1	0.167	0.124	
Vitamin B-6	mg	0.340	0.115	3	0.096	0.071	
Folate	µg	11		0	3	2	
Vitamin B-12	µg	2.57	0.439	3	0.73	0.54	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.054	0.040	
Lipids:							
Saturated, total	g	1.650		0	0.468	0.347	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010	0.009	3	0.003	0.002	
12:0	g	0.010	0.007	3	0.003	0.002	
14:0	g	0.090	0.031	3	0.026	0.019	
15.0	g						
16:0	g	0.870	0.104	3	0.247	0.183	
17:0	g						
18:0	g	0.610	0.087	3	0.173	0.128	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.680		0	0.476	0.353
14:1	g					
16:1	g	0.220	0.055	3	0.062	0.046
18:1	g	1.460	0.159	3	0.414	0.307
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.200		0	0.057	0.042
18:2	g	0.170	0.055	3	0.048	0.036
18:3	g	0.020	0.007	3	0.006	0.004
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	41	5.541	4	12	9
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.229		0	0.065	0.048
Threonine	g	1.178		0	0.334	0.247
Isoleucine	g	1.151		0	0.326	0.242
Leucine	g	2.100		0	0.595	0.441
Lysine	g	2.293		0	0.650	0.482
Methionine	g	0.679		0	0.192	0.143
Cystine	g	0.333		0	0.094	0.070
Phenylalanine	g	1.052		0	0.298	0.221
Tyrosine	g	0.850		0	0.241	0.179
Valine	g	1.291		0	0.366	0.271
Arginine	g	1.898		0	0.538	0.399
Histidine	g	0.814		0	0.231	0.171
Alanine	g	1.857		0	0.526	0.390
Aspartic acid	g	2.496		0	0.708	0.524
Glutamic acid	g	4.052		0	1.149	0.851
Glycine	g	2.087		0	0.592	0.438
Proline	g	1.529		0	0.433	0.321
Serine	g	1.147		0	0.325	0.241
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 5 slices

NDB No. 07045 Luncheon meat, pork, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	51.50	0.442	8	14.60	10.81	
Energy	kcal	334		0	95	70	
Energy	kj	1397		0	396	293	
Protein (N x 5.95)	g	12.50	0.179	8	3.54	2.63	
Total lipid (fat)	g	30.30	0.451	8	8.59	6.36	
Carbohydrate, by difference	g	2.10		0	0.60	0.44	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.60	0.033	8	1.02	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	6		1	2	1	
Iron	mg	0.72	0.077	8	0.20	0.15	
Magnesium	mg	10	0.463	8	3	2	
Phosphorus	mg	82	5.835	8	23	17	
Potassium	mg	215	8.026	8	61	45	
Sodium	mg	1289	8.677	8	365	271	
Zinc	mg	1.48	0.053	8	0.42	0.31	
Copper	mg	0.037	0.008	8	0.010	0.008	
Manganese	mg	0.024		1	0.007	0.005	
Selenium	µg	28.0		2	7.9	5.9	
Vitamins:							
Ascorbic acid	mg	1.0	0.567	8	0.3	0.2	
Thiamin	mg	0.367	0.031	8	0.104	0.077	
Riboflavin	mg	0.194	0.023	8	0.055	0.041	
Niacin	mg	3.126	0.236	8	0.886	0.656	
Pantothenic acid	mg	0.473	0.089	3	0.134	0.099	
Vitamin B-6	mg	0.210	0.016	8	0.060	0.044	
Folate	µg	6		1	2	1	
Vitamin B-12	µg	0.90	0.039	8	0.26	0.19	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.260		0	0.074	0.055	
Lipids:							
Saturated, total	g	10.790		0	3.059	2.266	
4:0	g	0.000		8	0.000	0.000	
6.0	g	0.000		8	0.000	0.000	
8:0	g	0.000		8	0.000	0.000	
10:0	g	0.080		8	0.023	0.017	
12:0	g	0.060		8	0.017	0.013	
14:0	g	0.370		8	0.105	0.078	
15.0	g						
16:0	g	6.680		8	1.894	1.403	
17:0	g						
18:0	g	3.590		8	1.018	0.754	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.290		0	4.051	3.001
14:1	g					
16:1	g	1.140		8	0.323	0.239
18:1	g	13.140		8	3.725	2.759
20:1	g	0.000		8	0.000	0.000
22.1	g	0.000		8	0.000	0.000
Polyunsaturated, total	g	3.560		0	1.009	0.748
18:2	g	3.080		8	0.873	0.647
18:3	g	0.470		8	0.133	0.099
18:4	g	0.000		8	0.000	0.000
20:4	g	0.000		8	0.000	0.000
20:5	g	0.000		8	0.000	0.000
22:5	g	0.000	0.000	8	0.000	0.000
22:6	g	0.000		8	0.000	0.000
Cholesterol	mg	62	7.847	7	18	13
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.122		0	0.035	0.026
Threonine	g	0.487		0	0.138	0.102
Isoleucine	g	0.571		0	0.162	0.120
Leucine	g	0.952		0	0.270	0.200
Lysine	g	0.931		0	0.264	0.196
Methionine	g	0.333		0	0.094	0.070
Cystine	g	0.214		0	0.061	0.045
Phenylalanine	g	0.491		0	0.139	0.103
Tyrosine	g	0.383		0	0.109	0.080
Valine	g	0.653		0	0.185	0.137
Arginine	g	0.867		0	0.246	0.182
Histidine	g	0.357		0	0.101	0.075
Alanine	g	0.877		0	0.249	0.184
Aspartic acid	g	1.148		0	0.325	0.241
Glutamic acid	g	1.837		0	0.521	0.386
Glycine	g	1.080		0	0.306	0.227
Proline	g	0.679		0	0.192	0.143
Serine	g	0.497		0	0.141	0.104
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07047 Luncheon meat, pork, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	49.28	0.535	5	13.97	27.94	
Energy	kcal	353		0	100	200	
Energy	kj	1477		0	419	837	
Protein (N x 5.95)	g	12.59	0.304	5	3.57	7.14	
Total lipid (fat)	g	32.16	0.521	5	9.12	18.23	
Carbohydrate, by difference	g	2.33		0	0.66	1.32	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.64	0.075	5	1.03	2.06	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.860	5	3	5	
Iron	mg	0.86	0.195	5	0.24	0.49	
Magnesium	mg	14	1.613	6	4	8	
Phosphorus	mg	86	8.820	5	24	49	
Potassium	mg	202	6.116	5	57	115	
Sodium	mg	1293	42.492	5	367	733	
Zinc	mg	1.66	0.140	5	0.47	0.94	
Copper	mg	0.040	0.011	5	0.011	0.023	
Manganese	mg	0.029	0.005	4	0.008	0.016	
Selenium	µg	28.6		0	8.1	16.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.314	0.022	5	0.089	0.178	
Riboflavin	mg	0.152	0.006	5	0.043	0.086	
Niacin	mg	2.830	0.159	5	0.802	1.605	
Pantothenic acid	mg	0.630	0.050	3	0.179	0.357	
Vitamin B-6	mg	0.200	0.012	5	0.057	0.113	
Folate	µg	6	1.400	4	2	3	
Vitamin B-12	µg	1.28	0.163	4	0.36	0.73	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.062	0.125	
Lipids:							
Saturated, total	g	11.590		0	3.286	6.572	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.080	0.052	2	0.023	0.045	
12:0	g	0.050	0.023	2	0.014	0.028	
14:0	g	0.480	0.027	5	0.136	0.272	
15.0	g						
16:0	g	7.090	0.215	5	2.010	4.020	
17:0	g						
18:0	g	3.890	0.165	5	1.103	2.206	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.090		0	4.278	8.556
14:1	g					
16:1	g	1.350	0.075	5	0.383	0.765
18:1	g	13.740	0.273	5	3.895	7.791
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.740		0	1.060	2.121
18:2	g	3.160	0.106	5	0.896	1.792
18:3	g	0.580	0.100	5	0.164	0.329
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	55	10.975	3	16	31
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.133		1	0.038	0.075
Threonine	g	0.544		1	0.154	0.308
Isoleucine	g	0.643		1	0.182	0.365
Leucine	g	1.048		1	0.297	0.594
Lysine	g	1.185		2	0.336	0.672
Methionine	g	0.288		2	0.082	0.163
Cystine	g	0.230		1	0.065	0.130
Phenylalanine	g	0.510		1	0.145	0.289
Tyrosine	g	0.502		1	0.142	0.285
Valine	g	0.713		1	0.202	0.404
Arginine	g	0.925		1	0.262	0.524
Histidine	g	0.405		1	0.115	0.230
Alanine	g	0.806		0	0.229	0.457
Aspartic acid	g	1.312		1	0.372	0.744
Glutamic acid	g	1.769		1	0.502	1.003
Glycine	g	0.985		1	0.279	0.558
Proline	g	0.729		1	0.207	0.413
Serine	g	0.528		1	0.150	0.299
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz)
Measure 2: 1 slice (4" x 4" x 3/32" thick)

NDB No. 07050 Mortadella, beef, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	52.30	0.710	14	14.83	7.84	
Energy	kcal	311		0	88	47	
Energy	kj	1301		0	369	195	
Protein (N x 5.95)	g	16.37	0.937	14	4.64	2.46	
Total lipid (fat)	g	25.39	1.139	14	7.20	3.81	
Carbohydrate, by difference	g	3.05		0	0.86	0.46	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.89	0.156	12	0.82	0.43	
Sugars, total	g						
Minerals:							
Calcium	mg	18	1.828	5	5	3	
Iron	mg	1.40	0.079	5	0.40	0.21	
Magnesium	mg	11	0.246	5	3	2	
Phosphorus	mg	97	2.237	5	27	15	
Potassium	mg	163	17.175	4	46	24	
Sodium	mg	1246	65.485	4	353	187	
Zinc	mg	2.10	0.090	4	0.60	0.32	
Copper	mg	0.060	0.010	4	0.017	0.009	
Manganese	mg	0.030		1	0.009	0.004	
Selenium	µg	22.6		0	6.4	3.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.119	0.004	27	0.034	0.018	
Riboflavin	mg	0.153	0.006	27	0.043	0.023	
Niacin	mg	2.673	0.185	6	0.758	0.401	
Pantothenic acid	mg	0.440		0	0.125	0.066	
Vitamin B-6	mg	0.130	0.030	4	0.037	0.020	
Folate	µg	3		0	1	0	
Vitamin B-12	µg	1.48	0.065	4	0.42	0.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.062	0.033	
Lipids:							
Saturated, total	g	9.510		0	2.696	1.427	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.120	0.032	4	0.034	0.018	
12:0	g	0.070	0.024	4	0.020	0.011	
14:0	g	0.510	0.045	4	0.145	0.077	
15.0	g						
16:0	g	5.430	0.437	4	1.539	0.814	
17:0	g						
18:0	g	3.230	0.204	4	0.916	0.485	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.380		0	3.226	1.707
14:1	g					
16:1	g	1.140	0.064	4	0.323	0.171
18:1	g	10.240	0.768	4	2.903	1.536
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.120		0	0.885	0.468
18:2	g	2.910	0.165	4	0.825	0.437
18:3	g	0.220	0.031	4	0.062	0.033
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	56	2.055	4	16	8
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.152		0	0.043	0.023
Threonine	g	0.633		0	0.179	0.095
Isoleucine	g	0.708		0	0.201	0.106
Leucine	g	1.213		0	0.344	0.182
Lysine	g	1.262		0	0.358	0.189
Methionine	g	0.394		0	0.112	0.059
Cystine	g	0.204		0	0.058	0.031
Phenylalanine	g	0.598		0	0.170	0.090
Tyrosine	g	0.530		0	0.150	0.080
Valine	g	0.735		0	0.208	0.110
Arginine	g	1.025		0	0.291	0.154
Histidine	g	0.520		0	0.147	0.078
Alanine	g	1.149		0	0.326	0.172
Aspartic acid	g	1.580		0	0.448	0.237
Glutamic acid	g	2.619		0	0.742	0.393
Glycine	g	1.318		0	0.374	0.198
Proline	g	1.099		0	0.312	0.165
Serine	g	0.664		0	0.188	0.100
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07051 Olive loaf, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	58.20	0.694	4	16.50	33.00	
Energy	kcal	235		0	67	133	
Energy	kj	983		0	279	557	
Protein (N x 5.95)	g	11.80	0.084	4	3.35	6.69	
Total lipid (fat)	g	16.50	0.503	4	4.68	9.36	
Carbohydrate, by difference	g	9.20		0	2.61	5.22	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.30	0.075	4	1.22	2.44	
Sugars, total	g						
Minerals:							
Calcium	mg	109	9.232	4	31	62	
Iron	mg	0.54	0.177	4	0.15	0.31	
Magnesium	mg	19	1.000	4	5	11	
Phosphorus	mg	127	7.487	4	36	72	
Potassium	mg	297	10.086	4	84	168	
Sodium	mg	1484	68.005	4	421	841	
Zinc	mg	1.38	0.025	4	0.39	0.78	
Copper	mg	0.050	0.014	4	0.014	0.028	
Manganese	mg	0.035	0.007	3	0.010	0.020	
Selenium	µg	16.4		0	4.6	9.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.295	0.012	4	0.084	0.167	
Riboflavin	mg	0.260	0.014	4	0.074	0.147	
Niacin	mg	1.835	0.096	4	0.520	1.040	
Pantothenic acid	mg	0.770	0.090	2	0.218	0.437	
Vitamin B-6	mg	0.230	0.058	4	0.065	0.130	
Folate	µg	2		1	1	1	
Vitamin B-12	µg	1.26	0.155	4	0.36	0.71	
Vitamin A	IU	200		1	57	113	
Vitamin A, RE	µg	20		0	6	11	
Vitamin E, α-TE	mg	0.250		0	0.071	0.142	
Lipids:							
Saturated, total	g	5.850		0	1.658	3.317	
4:0	g	0.000		4	0.000	0.000	
6.0	g	0.000		4	0.000	0.000	
8:0	g	0.000		4	0.000	0.000	
10:0	g	0.010		4	0.003	0.006	
12:0	g	0.010		4	0.003	0.006	
14:0	g	0.270		4	0.077	0.153	
15.0	g						
16:0	g	3.540		4	1.004	2.007	
17:0	g						
18:0	g	2.020		4	0.573	1.145	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.870		0	2.231	4.462
14:1	g					
16:1	g	0.660		4	0.187	0.374
18:1	g	7.210		4	2.044	4.088
20:1	g	0.000		4	0.000	0.000
22.1	g	0.000		4	0.000	0.000
Polyunsaturated, total	g	1.930		0	0.547	1.094
18:2	g	1.820		4	0.516	1.032
18:3	g	0.110		4	0.031	0.062
18:4	g	0.000		4	0.000	0.000
20:4	g	0.000		4	0.000	0.000
20:5	g	0.000		4	0.000	0.000
22:5	g	0.000	0.000	4	0.000	0.000
22:6	g	0.000		4	0.000	0.000
Cholesterol	mg	38	4.177	3	11	22
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.104		0	0.029	0.059
Threonine	g	0.472		0	0.134	0.268
Isoleucine	g	0.421		0	0.119	0.239
Leucine	g	0.870		0	0.247	0.493
Lysine	g	0.809		0	0.229	0.459
Methionine	g	0.301		0	0.085	0.171
Cystine	g	0.144		0	0.041	0.082
Phenylalanine	g	0.419		0	0.119	0.238
Tyrosine	g	0.383		0	0.109	0.217
Valine	g	0.508		0	0.144	0.288
Arginine	g	0.583		0	0.165	0.331
Histidine	g	0.292		0	0.083	0.166
Alanine	g	0.618		0	0.175	0.350
Aspartic acid	g	0.951		0	0.270	0.539
Glutamic acid	g	1.919		0	0.544	1.088
Glycine	g	0.680		0	0.193	0.386
Proline	g	0.830		0	0.235	0.471
Serine	g	0.517		0	0.147	0.293
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz) (4" x 4" x 3/32" thick)
Measure 2: 2 slices

NDB No. 07052 Pastrami, turkey

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 227g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	70.64	1.807	4	160.35	40.05	
Energy	kcal	141		0	320	80	
Energy	kj	590		0	1339	335	
Protein (N x 5.95)	g	18.36	0.491	6	41.68	10.41	
Total lipid (fat)	g	6.21	0.608	6	14.10	3.52	
Carbohydrate, by difference	g	1.66		0	3.77	0.94	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.13	0.347	4	7.11	1.77	
Sugars, total	g						
Minerals:							
Calcium	mg	9	1.153	4	20	5	
Iron	mg	1.66	0.385	4	3.77	0.94	
Magnesium	mg	14		1	32	8	
Phosphorus	mg	200		1	454	113	
Potassium	mg	260	60.500	2	590	147	
Sodium	mg	1045	296.500	4	2372	593	
Zinc	mg	2.16		1	4.90	1.22	
Copper	mg	0.050		1	0.114	0.028	
Manganese	mg	0.013		0	0.030	0.007	
Selenium	µg	16.1		0	36.5	9.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.055	0.005	2	0.125	0.031	
Riboflavin	mg	0.250	0.020	2	0.568	0.142	
Niacin	mg	3.527		0	8.006	2.000	
Pantothenic acid	mg	0.580		0	1.317	0.329	
Vitamin B-6	mg	0.270		0	0.613	0.153	
Folate	µg	5		0	11	3	
Vitamin B-12	µg	0.24		0	0.54	0.14	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.216		0	0.490	0.122	
Lipids:							
Saturated, total	g	1.810		0	4.109	1.026	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.023	0.006	
14:0	g	0.040		0	0.091	0.023	
15.0	g						
16:0	g	1.110		0	2.520	0.629	
17:0	g						
18:0	g	0.450		0	1.022	0.255	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.050	0	4.653	1.162
14:1	g				
16:1	g	0.340	0	0.772	0.193
18:1	g	1.660	0	3.768	0.941
20:1	g	0.010	0	0.023	0.006
22.1	g	0.010	0	0.023	0.006
Polyunsaturated, total	g	1.590	0	3.609	0.902
18:2	g	1.320	0	2.996	0.748
18:3	g	0.070	0	0.159	0.040
18:4	g	0.000	0	0.000	0.000
20:4	g	0.120	0	0.272	0.068
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.045	0.011
22:6	g	0.020	0	0.045	0.011
Cholesterol	mg	54	0	123	31
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.203	0	0.461	0.115
Threonine	g	0.798	0	1.811	0.452
Isoleucine	g	0.918	0	2.084	0.521
Leucine	g	1.421	0	3.226	0.806
Lysine	g	1.662	0	3.773	0.942
Methionine	g	0.512	0	1.162	0.290
Cystine	g	0.206	0	0.468	0.117
Phenylalanine	g	0.715	0	1.623	0.405
Tyrosine	g	0.694	0	1.575	0.393
Valine	g	0.952	0	2.161	0.540
Arginine	g	1.290	0	2.928	0.731
Histidine	g	0.549	0	1.246	0.311
Alanine	g	1.166	0	2.647	0.661
Aspartic acid	g	1.761	0	3.997	0.998
Glutamic acid	g	2.920	0	6.628	1.656
Glycine	g	1.103	0	2.504	0.625
Proline	g	0.850	0	1.930	0.482
Serine	g	0.806	0	1.830	0.457
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package, (net weight, 8 oz)
Measure 2: 2 slices

NDB No. 07053 Pate, chicken liver, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 13g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	65.64		0	8.53	18.61	
Energy	kcal	201		0	26	57	
Energy	kj	841		0	109	238	
Protein (N x 5.95)	g	13.45	0.093	5	1.75	3.81	
Total lipid (fat)	g	13.10	0.154	5	1.70	3.71	
Carbohydrate, by difference	g	6.55		5	0.85	1.86	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.26		0	0.16	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.462	5	1	3	
Iron	mg	9.19	0.158	5	1.19	2.61	
Magnesium	mg	13		0	2	4	
Phosphorus	mg	175		0	23	50	
Potassium	mg	95		0	12	27	
Sodium	mg	386		0	50	109	
Zinc	mg	2.14		0	0.28	0.61	
Copper	mg	0.180		0	0.023	0.051	
Manganese	mg	0.162		0	0.021	0.046	
Selenium	µg	46.1		0	6.0	13.1	
Vitamins:							
Ascorbic acid	mg	10.0	0.481	5	1.3	2.8	
Thiamin	mg	0.052	0.003	5	0.007	0.015	
Riboflavin	mg	1.401	0.032	5	0.182	0.397	
Niacin	mg	7.517	0.065	5	0.977	2.131	
Pantothenic acid	mg	2.620		0	0.341	0.743	
Vitamin B-6	mg	0.260		0	0.034	0.074	
Folate	µg	321		0	42	91	
Vitamin B-12	µg	8.07		0	1.05	2.29	
Vitamin A	IU	724	34.698	5	94	205	
Vitamin A, RE	µg	217		0	28	62	
Vitamin E, α-TE	mg	0.981		0	0.128	0.278	
Lipids:							
Saturated, total	g	4.000		0	0.520	1.134	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.090		0	0.012	0.026	
15.0	g						
16:0	g	2.790		0	0.363	0.791	
17:0	g						
18:0	g	1.020		0	0.133	0.289	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.280	0	0.686	1.497
14:1	g				
16:1	g	0.620	0	0.081	0.176
18:1	g	4.510	0	0.586	1.279
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.460	0	0.320	0.697
18:2	g	2.160	0	0.281	0.612
18:3	g	0.100	0	0.013	0.028
18:4	g	0.000	0	0.000	0.000
20:4	g	0.100	0	0.013	0.028
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	391	0	51	111
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.195	0	0.025	0.055
Threonine	g	0.601	0	0.078	0.170
Isoleucine	g	0.735	0	0.096	0.208
Leucine	g	1.196	0	0.155	0.339
Lysine	g	0.953	0	0.124	0.270
Methionine	g	0.340	0	0.044	0.096
Cystine	g	0.218	0	0.028	0.062
Phenylalanine	g	0.694	0	0.090	0.197
Tyrosine	g	0.490	0	0.064	0.139
Valine	g	0.863	0	0.112	0.245
Arginine	g	0.816	0	0.106	0.231
Histidine	g	0.347	0	0.045	0.098
Alanine	g	0.763	0	0.099	0.216
Aspartic acid	g	1.251	0	0.163	0.355
Glutamic acid	g	1.942	0	0.252	0.551
Glycine	g	0.693	0	0.090	0.196
Proline	g	0.700	0	0.091	0.198
Serine	g	0.687	0	0.089	0.195
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 oz

NDB No. 07054 Pate, goose liver, smoked, canned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 13g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	37.04	2.599	15	4.82	10.50	
Energy	kcal	462		0	60	131	
Energy	kj	1933		0	251	548	
Protein (N x 5.95)	g	11.40	0.778	15	1.48	3.23	
Total lipid (fat)	g	43.84	2.666	14	5.70	12.43	
Carbohydrate, by difference	g	4.67		0	0.61	1.32	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.05	0.258	15	0.40	0.86	
Sugars, total	g						
Minerals:							
Calcium	mg	70		0	9	20	
Iron	mg	5.50		0	0.72	1.56	
Magnesium	mg	13		0	2	4	
Phosphorus	mg	200		0	26	57	
Potassium	mg	138		0	18	39	
Sodium	mg	697		0	91	198	
Zinc	mg	0.92		0	0.12	0.26	
Copper	mg	0.400		0	0.052	0.113	
Manganese	mg	0.120		0	0.016	0.034	
Selenium	µg	44.0		0	5.7	12.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.088	0.007	5	0.011	0.025	
Riboflavin	mg	0.299	0.005	5	0.039	0.085	
Niacin	mg	2.510	0.056	5	0.326	0.712	
Pantothenic acid	mg	1.200		0	0.156	0.340	
Vitamin B-6	mg	0.060		0	0.008	0.017	
Folate	µg	60		0	8	17	
Vitamin B-12	µg	9.40	0.110	2	1.22	2.66	
Vitamin A	IU	3333		0	433	945	
Vitamin A, RE	µg	1000		0	130	284	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	14.450		0	1.878	4.097	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.004	0.009	
14:0	g	0.290		0	0.038	0.082	
15.0	g						
16:0	g	9.450		0	1.228	2.679	
17:0	g						
18:0	g	4.580		0	0.595	1.298	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	25.610	0	3.329	7.260
14:1	g				
16:1	g	1.400	0	0.182	0.397
18:1	g	24.040	0	3.125	6.815
20:1	g	0.130	0	0.017	0.037
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.840	0	0.109	0.238
18:2	g	0.570	0	0.074	0.162
18:3	g	0.010	0	0.001	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.250	0	0.033	0.071
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	150	1	20	43
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.161	0	0.021	0.046
Threonine	g	0.507	0	0.066	0.144
Isoleucine	g	0.606	0	0.079	0.172
Leucine	g	1.029	0	0.134	0.292
Lysine	g	0.863	0	0.112	0.245
Methionine	g	0.270	0	0.035	0.077
Cystine	g	0.153	0	0.020	0.043
Phenylalanine	g	0.567	0	0.074	0.161
Tyrosine	g	0.401	0	0.052	0.114
Valine	g	0.719	0	0.093	0.204
Arginine	g	0.699	0	0.091	0.198
Histidine	g	0.303	0	0.039	0.086
Alanine	g	0.662	0	0.086	0.188
Aspartic acid	g	1.083	0	0.141	0.307
Glutamic acid	g	1.477	0	0.192	0.419
Glycine	g	0.662	0	0.086	0.188
Proline	g	0.565	0	0.073	0.160
Serine	g	0.491	0	0.064	0.139
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 oz

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 13g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	53.90	0.885	10	7.01	15.28	
Energy	kcal	319		0	41	90	
Energy	kj	1335		0	174	378	
Protein (N x 5.95)	g	14.20	0.348	10	1.85	4.03	
Total lipid (fat)	g	28.00	1.202	10	3.64	7.94	
Carbohydrate, by difference	g	1.50		10	0.20	0.43	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.20	0.126	10	0.29	0.62	
Sugars, total	g						
Minerals:							
Calcium	mg	70	9.487	10	9	20	
Iron	mg	5.50	0.443	10	0.72	1.56	
Magnesium	mg	13		1	2	4	
Phosphorus	mg	200	23.085	10	26	57	
Potassium	mg	138	11.068	10	18	39	
Sodium	mg	697	35.101	10	91	198	
Zinc	mg	2.85		0	0.37	0.81	
Copper	mg	0.400		1	0.052	0.113	
Manganese	mg	0.120		1	0.016	0.034	
Selenium	µg	41.6		0	5.4	11.8	
Vitamins:							
Ascorbic acid	mg	2.0	0.247	10	0.3	0.6	
Thiamin	mg	0.030	0.003	10	0.004	0.009	
Riboflavin	mg	0.600	0.063	10	0.078	0.170	
Niacin	mg	3.300	0.190	10	0.429	0.936	
Pantothenic acid	mg	1.200		1	0.156	0.340	
Vitamin B-6	mg	0.060		1	0.008	0.017	
Folate	µg	60		1	8	17	
Vitamin B-12	µg	3.20		1	0.42	0.91	
Vitamin A	IU	3300	939.196	10	429	936	
Vitamin A, RE	µg	999		0	130	283	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.570		0	1.244	2.713	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.390		0	0.051	0.111	
15.0	g						
16:0	g	6.090		0	0.792	1.727	
17:0	g						
18:0	g	2.960		0	0.385	0.839	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.360	0	1.607	3.504
14:1	g				
16:1	g	0.950	0	0.124	0.269
18:1	g	11.410	0	1.483	3.235
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.160	0	0.411	0.896
18:2	g	2.750	0	0.358	0.780
18:3	g	0.210	0	0.027	0.060
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	255	0	33	72
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.157	1	0.020	0.045
Threonine	g	0.568	1	0.074	0.161
Isoleucine	g	0.554	1	0.072	0.157
Leucine	g	1.050	1	0.137	0.298
Lysine	g	0.838	1	0.109	0.238
Methionine	g	0.284	1	0.037	0.081
Cystine	g	0.170	1	0.022	0.048
Phenylalanine	g	0.582	1	0.076	0.165
Tyrosine	g	0.454	1	0.059	0.129
Valine	g	0.768	1	0.100	0.218
Arginine	g	0.895	1	0.116	0.254
Histidine	g	0.298	1	0.039	0.084
Alanine	g	0.952	1	0.124	0.270
Aspartic acid	g	1.163	1	0.151	0.330
Glutamic acid	g	1.904	1	0.248	0.540
Glycine	g	1.363	1	0.177	0.386
Proline	g	0.995	1	0.129	0.282
Serine	g	0.595	1	0.077	0.169
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 oz

NDB No. 07056 Peppered loaf, pork, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	67.37	0.536	3	19.10	38.20	
Energy	kcal	148		0	42	84	
Energy	kj	619		0	175	351	
Protein (N x 5.95)	g	17.27	0.120	3	4.90	9.79	
Total lipid (fat)	g	6.37	0.233	3	1.81	3.61	
Carbohydrate, by difference	g	4.60		0	1.30	2.61	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.40	0.208	3	1.25	2.49	
Sugars, total	g						
Minerals:							
Calcium	mg	54	5.608	3	15	31	
Iron	mg	1.07	0.050	3	0.30	0.61	
Magnesium	mg	20	0.882	3	6	11	
Phosphorus	mg	170	16.643	3	48	96	
Potassium	mg	394	23.096	3	112	223	
Sodium	mg	1523	20.276	3	432	864	
Zinc	mg	3.23	0.233	3	0.92	1.83	
Copper	mg	0.120	0.023	3	0.034	0.068	
Manganese	mg	0.064	0.014	3	0.018	0.036	
Selenium	µg	21.0		0	6.0	11.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.377	0.084	3	0.107	0.214	
Riboflavin	mg	0.303	0.009	3	0.086	0.172	
Niacin	mg	3.080	0.139	3	0.873	1.746	
Pantothenic acid	mg	0.530	0.115	2	0.150	0.301	
Vitamin B-6	mg	0.270	0.015	3	0.077	0.153	
Folate	µg	2		0	1	1	
Vitamin B-12	µg	1.96	0.279	3	0.56	1.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.062	0.125	
Lipids:							
Saturated, total	g	2.290		0	0.649	1.298	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030	0.014	3	0.009	0.017	
12:0	g	0.010	0.005	3	0.003	0.006	
14:0	g	0.090	0.008	3	0.026	0.051	
15.0	g						
16:0	g	1.360	0.049	3	0.386	0.771	
17:0	g						
18:0	g	0.790	0.038	3	0.224	0.448	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.000		0	0.851	1.701
14:1	g					
16:1	g	0.280	0.013	3	0.079	0.159
18:1	g	2.720	0.099	3	0.771	1.542
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.500		0	0.142	0.284
18:2	g	0.430	0.029	3	0.122	0.244
18:3	g	0.070	0.006	3	0.020	0.040
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	46	2.906	3	13	26
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.199		0	0.056	0.113
Threonine	g	0.761		0	0.216	0.431
Isoleucine	g	0.782		0	0.222	0.443
Leucine	g	1.388		0	0.393	0.787
Lysine	g	1.509		0	0.428	0.856
Methionine	g	0.448		0	0.127	0.254
Cystine	g	0.243		0	0.069	0.138
Phenylalanine	g	0.696		0	0.197	0.395
Tyrosine	g	0.552		0	0.156	0.313
Valine	g	0.826		0	0.234	0.468
Arginine	g	1.170		0	0.332	0.663
Histidine	g	0.649		0	0.184	0.368
Alanine	g	1.009		0	0.286	0.572
Aspartic acid	g	1.627		0	0.461	0.923
Glutamic acid	g	2.654		0	0.752	1.505
Glycine	g	0.895		0	0.254	0.507
Proline	g	0.807		0	0.229	0.458
Serine	g	0.701		0	0.199	0.397
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz) (4" x 4" x 3/32" thick)
Measure 2: 2 slices

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	Samples	Measure 1* 251g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	27.06	1.030	18	67.92	1.49	
Energy	kcal	497		0	1247	27	
Energy	kj	2079		0	5218	114	
Protein (N x 5.95)	g	20.97	0.075	18	52.63	1.15	
Total lipid (fat)	g	43.97	0.899	18	110.36	2.42	
Carbohydrate, by difference	g	2.84		0	7.13	0.16	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	5.17	0.126	15	12.98	0.28	
Sugars, total	g						
Minerals:							
Calcium	mg	10		1	25	1	
Iron	mg	1.40		1	3.51	0.08	
Magnesium	mg	16		1	40	1	
Phosphorus	mg	119		1	299	7	
Potassium	mg	347		1	871	19	
Sodium	mg	2040		1	5120	112	
Zinc	mg	2.50		1	6.28	0.14	
Copper	mg	0.070		1	0.176	0.004	
Manganese	mg	0.038		0	0.095	0.002	
Selenium	µg	24.1		0	60.5	1.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.320		1	0.803	0.018	
Riboflavin	mg	0.250		1	0.627	0.014	
Niacin	mg	4.960		1	12.450	0.273	
Pantothenic acid	mg	1.870		1	4.694	0.103	
Vitamin B-6	mg	0.250		1	0.627	0.014	
Folate	µg	4		0	10	0	
Vitamin B-12	µg	2.51		1	6.30	0.14	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.552	0.012	
Lipids:							
Saturated, total	g	16.130		0	40.486	0.887	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.860		0	2.159	0.047	
15.0	g						
16:0	g	10.290		0	25.828	0.566	
17:0	g						
18:0	g	4.690		0	11.772	0.258	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	21.110	0	52.986	1.161
14:1	g				
16:1	g	1.770	0	4.443	0.097
18:1	g	18.920	0	47.489	1.041
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.370	0	10.969	0.240
18:2	g	3.740	0	9.387	0.206
18:3	g	0.410	0	1.029	0.023
18:4	g	0.000	0	0.000	0.000
20:4	g	0.140	0	0.351	0.008
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	79	0	198	4
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.200	0	0.502	0.011
Threonine	g	0.848	0	2.128	0.047
Isoleucine	g	0.908	0	2.279	0.050
Leucine	g	1.578	0	3.961	0.087
Lysine	g	1.635	0	4.104	0.090
Methionine	g	0.536	0	1.345	0.029
Cystine	g	0.247	0	0.620	0.014
Phenylalanine	g	0.785	0	1.970	0.043
Tyrosine	g	0.669	0	1.679	0.037
Valine	g	0.978	0	2.455	0.054
Arginine	g	1.346	0	3.378	0.074
Histidine	g	0.664	0	1.667	0.037
Alanine	g	1.403	0	3.522	0.077
Aspartic acid	g	1.970	0	4.945	0.108
Glutamic acid	g	3.245	0	8.145	0.178
Glycine	g	1.577	0	3.958	0.087
Proline	g	1.225	0	3.075	0.067
Serine	g	0.860	0	2.159	0.047
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 sausage (10-1/4" long x 1-3/8" dia)
Measure 2: 1 slice (1-3/8" dia x 1/8" thick)

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	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	57.10	0.382	15	16.19	32.38	
Energy	kcal	262		0	74	149	
Energy	kj	1096		0	311	621	
Protein (N x 5.95)	g	11.50	0.242	15	3.26	6.52	
Total lipid (fat)	g	21.10	1.196	15	5.98	11.96	
Carbohydrate, by difference	g	5.90		0	1.67	3.35	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.40	0.128	6	1.25	2.49	
Sugars, total	g						
Minerals:							
Calcium	mg	95	6.423	15	27	54	
Iron	mg	1.02	0.108	15	0.29	0.58	
Magnesium	mg	18	0.654	6	5	10	
Phosphorus	mg	140	9.781	6	40	79	
Potassium	mg	340	13.553	6	96	193	
Sodium	mg	1389	47.968	6	394	788	
Zinc	mg	1.40	0.086	6	0.40	0.79	
Copper	mg	0.125	0.032	6	0.035	0.071	
Manganese	mg	0.029	0.005	5	0.008	0.016	
Selenium	µg	14.7		0	4.2	8.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.293	0.014	15	0.083	0.166	
Riboflavin	mg	0.254	0.009	15	0.072	0.144	
Niacin	mg	2.054	0.055	15	0.582	1.165	
Pantothenic acid	mg	0.793	0.017	3	0.225	0.450	
Vitamin B-6	mg	0.190	0.004	15	0.054	0.108	
Folate	µg	5		1	1	3	
Vitamin B-12	µg	1.18	0.060	15	0.33	0.67	
Vitamin A	IU	73		1	21	41	
Vitamin A, RE	µg	7		0	2	4	
Vitamin E, α-TE	mg	0.250		0	0.071	0.142	
Lipids:							
Saturated, total	g	7.840		0	2.223	4.445	
4:0	g	0.000		6	0.000	0.000	
6.0	g	0.000		6	0.000	0.000	
8:0	g	0.000		6	0.000	0.000	
10:0	g	0.070		6	0.020	0.040	
12:0	g	0.040		6	0.011	0.023	
14:0	g	0.330		6	0.094	0.187	
15.0	g						
16:0	g	4.680		6	1.327	2.654	
17:0	g						
18:0	g	2.710		6	0.768	1.537	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.590		0	2.719	5.438
14:1	g					
16:1	g	0.790		6	0.224	0.448
18:1	g	8.800		6	2.495	4.990
20:1	g	0.000		6	0.000	0.000
22.1	g	0.000		6	0.000	0.000
Polyunsaturated, total	g	2.590		0	0.734	1.469
18:2	g	2.310		6	0.655	1.310
18:3	g	0.270		6	0.077	0.153
18:4	g	0.000		6	0.000	0.000
20:4	g	0.000		6	0.000	0.000
20:5	g	0.000		6	0.000	0.000
22:5	g	0.000	0.000	6	0.000	0.000
22:6	g	0.000		6	0.000	0.000
Cholesterol	mg	37	5.618	4	10	21
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.116		0	0.033	0.066
Threonine	g	0.521		0	0.148	0.295
Isoleucine	g	0.490		0	0.139	0.278
Leucine	g	0.948		0	0.269	0.538
Lysine	g	0.895		0	0.254	0.507
Methionine	g	0.254		0	0.072	0.144
Cystine	g	0.118		0	0.033	0.067
Phenylalanine	g	0.438		0	0.124	0.248
Tyrosine	g	0.390		0	0.111	0.221
Valine	g	0.556		0	0.158	0.315
Arginine	g	0.665		0	0.189	0.377
Histidine	g	0.343		0	0.097	0.194
Alanine	g	0.668		0	0.189	0.379
Aspartic acid	g	1.020		0	0.289	0.578
Glutamic acid	g	1.915		0	0.543	1.086
Glycine	g	0.768		0	0.218	0.435
Proline	g	0.836		0	0.237	0.474
Serine	g	0.567		0	0.161	0.321
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz) (4" x 4" x 3/32" thick)
Measure 2: 2 slices

NDB No. 07059 Polish sausage, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	53.15	0.246	6	15.07	120.65	
Energy	kcal	326		0	92	740	
Energy	kj	1364		0	387	3096	
Protein (N x 5.95)	g	14.10	0.251	6	4.00	32.01	
Total lipid (fat)	g	28.72	0.362	6	8.14	65.19	
Carbohydrate, by difference	g	1.63		0	0.46	3.70	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.40	0.063	6	0.68	5.45	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.843	6	3	27	
Iron	mg	1.44	0.051	6	0.41	3.27	
Magnesium	mg	14	0.601	6	4	32	
Phosphorus	mg	136	3.544	6	39	309	
Potassium	mg	237	12.054	6	67	538	
Sodium	mg	876	63.285	6	248	1989	
Zinc	mg	1.93	0.021	6	0.55	4.38	
Copper	mg	0.090	0.006	6	0.026	0.204	
Manganese	mg	0.049	0.002	5	0.014	0.111	
Selenium	µg	17.7	2.258	5	5.0	40.2	
Vitamins:							
Ascorbic acid	mg	1.0	0.000	6	0.3	2.3	
Thiamin	mg	0.502	0.027	6	0.142	1.140	
Riboflavin	mg	0.148	0.012	6	0.042	0.336	
Niacin	mg	3.443	0.088	6	0.976	7.816	
Pantothenic acid	mg	0.450	0.021	3	0.128	1.022	
Vitamin B-6	mg	0.190	0.012	6	0.054	0.431	
Folate	µg	2		0	1	5	
Vitamin B-12	µg	0.98	0.030	6	0.28	2.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.330		0	2.929	23.449	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070	0.034	6	0.020	0.159	
12:0	g	0.070	0.050	6	0.020	0.159	
14:0	g	0.400	0.053	6	0.113	0.908	
15.0	g						
16:0	g	6.400	0.113	6	1.814	14.528	
17:0	g						
18:0	g	3.380	0.085	6	0.958	7.673	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.520		0	3.833	30.690
14:1	g					
16:1	g	0.950	0.021	6	0.269	2.156
18:1	g	12.580	0.269	6	3.566	28.557
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.080		0	0.873	6.992
18:2	g	2.790	0.063	6	0.791	6.333
18:3	g	0.290	0.015	6	0.082	0.658
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	70	2.187	6	20	159
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.138		0	0.039	0.313
Threonine	g	0.591		0	0.168	1.342
Isoleucine	g	0.611		0	0.173	1.387
Leucine	g	1.076		0	0.305	2.443
Lysine	g	1.110		0	0.315	2.520
Methionine	g	0.379		0	0.107	0.860
Cystine	g	0.157		0	0.045	0.356
Phenylalanine	g	0.539		0	0.153	1.224
Tyrosine	g	0.444		0	0.126	1.008
Valine	g	0.679		0	0.192	1.541
Arginine	g	0.925		0	0.262	2.100
Histidine	g	0.444		0	0.126	1.008
Alanine	g	0.902		0	0.256	2.048
Aspartic acid	g	1.293		0	0.367	2.935
Glutamic acid	g	2.117		0	0.600	4.806
Glycine	g	0.992		0	0.281	2.252
Proline	g	0.712		0	0.202	1.616
Serine	g	0.584		0	0.166	1.326
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 sausage (10" long x 1-1/4" dia)

NDB No. 07060 Luxury loaf, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	68.20	0.225	4	19.33	38.67	
Energy	kcal	141		0	40	80	
Energy	kj	590		0	167	335	
Protein (N x 5.95)	g	18.40	0.232	4	5.22	10.43	
Total lipid (fat)	g	4.80	0.309	4	1.36	2.72	
Carbohydrate, by difference	g	4.90		0	1.39	2.78	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.60	0.170	4	1.02	2.04	
Sugars, total	g						
Minerals:							
Calcium	mg	36	5.977	4	10	20	
Iron	mg	1.05	0.191	4	0.30	0.60	
Magnesium	mg	20	0.707	4	6	11	
Phosphorus	mg	185	12.662	4	52	105	
Potassium	mg	377	18.085	4	107	214	
Sodium	mg	1225	95.799	4	347	695	
Zinc	mg	3.05	0.064	4	0.86	1.73	
Copper	mg	0.100	0.007	4	0.028	0.057	
Manganese	mg	0.041	0.005	4	0.012	0.023	
Selenium	µg	21.5		0	6.1	12.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.707	0.039	4	0.200	0.401	
Riboflavin	mg	0.297	0.024	4	0.084	0.168	
Niacin	mg	3.482	0.315	4	0.987	1.974	
Pantothenic acid	mg	0.515	0.115	2	0.146	0.292	
Vitamin B-6	mg	0.310	0.027	4	0.088	0.176	
Folate	µg	2		1	1	1	
Vitamin B-12	µg	1.37	0.245	4	0.39	0.78	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.580		0	0.448	0.896	
4:0	g	0.000		4	0.000	0.000	
6.0	g	0.000		4	0.000	0.000	
8:0	g	0.000		4	0.000	0.000	
10:0	g	0.020		4	0.006	0.011	
12:0	g	0.010		4	0.003	0.006	
14:0	g	0.060		4	0.017	0.034	
15.0	g						
16:0	g	0.970		4	0.275	0.550	
17:0	g						
18:0	g	0.520		4	0.147	0.295	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.330		0	0.661	1.321
14:1	g					
16:1	g	0.180		4	0.051	0.102
18:1	g	2.150		4	0.610	1.219
20:1	g	0.000		4	0.000	0.000
22.1	g	0.000		4	0.000	0.000
Polyunsaturated, total	g	0.510		0	0.145	0.289
18:2	g	0.460		4	0.130	0.261
18:3	g	0.050		4	0.014	0.028
18:4	g	0.000		4	0.000	0.000
20:4	g	0.000		4	0.000	0.000
20:5	g	0.000		4	0.000	0.000
22:5	g	0.000	0.000	4	0.000	0.000
22:6	g	0.000		4	0.000	0.000
Cholesterol	mg	36	4.589	4	10	20
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.215		0	0.061	0.122
Threonine	g	0.879		0	0.249	0.498
Isoleucine	g	0.815		0	0.231	0.462
Leucine	g	1.517		0	0.430	0.860
Lysine	g	1.653		0	0.469	0.937
Methionine	g	0.468		0	0.133	0.265
Cystine	g	0.153		0	0.043	0.087
Phenylalanine	g	0.718		0	0.204	0.407
Tyrosine	g	0.644		0	0.183	0.365
Valine	g	0.894		0	0.253	0.507
Arginine	g	1.170		0	0.332	0.663
Histidine	g	0.656		0	0.186	0.372
Alanine	g	1.073		0	0.304	0.608
Aspartic acid	g	1.741		0	0.494	0.987
Glutamic acid	g	2.941		0	0.834	1.668
Glycine	g	0.929		0	0.263	0.527
Proline	g	0.912		0	0.259	0.517
Serine	g	0.826		0	0.234	0.468
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz) (4" x 4" x 3/32" thick)
Measure 2: 2 slices

NDB No. 07061 Mother's loaf, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	54.90	0.264	3	15.56	11.53	
Energy	kcal	282		0	80	59	
Energy	kj	1180		0	335	248	
Protein (N x 5.95)	g	12.07	0.033	3	3.42	2.53	
Total lipid (fat)	g	22.30	0.493	3	6.32	4.68	
Carbohydrate, by difference	g	7.53		0	2.13	1.58	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.20	0.000	3	0.91	0.67	
Sugars, total	g						
Minerals:							
Calcium	mg	43	1.453	3	12	9	
Iron	mg	1.32	0.171	3	0.37	0.28	
Magnesium	mg	16	0.333	3	5	3	
Phosphorus	mg	129	0.577	3	37	27	
Potassium	mg	225	7.506	3	64	47	
Sodium	mg	1127	68.286	3	320	237	
Zinc	mg	1.43	0.145	3	0.41	0.30	
Copper	mg	0.090	0.010	3	0.026	0.019	
Manganese	mg	0.066	0.009	3	0.019	0.014	
Selenium	µg	35.1		0	10.0	7.4	
Vitamins:							
Ascorbic acid	mg	1.0	0.000	3	0.3	0.2	
Thiamin	mg	0.550	0.096	3	0.156	0.116	
Riboflavin	mg	0.170	0.012	3	0.048	0.036	
Niacin	mg	3.123	0.039	3	0.885	0.656	
Pantothenic acid	mg	0.470	0.065	2	0.133	0.099	
Vitamin B-6	mg	0.180	0.023	3	0.051	0.038	
Folate	µg	8		0	2	2	
Vitamin B-12	µg	1.05	0.141	3	0.30	0.22	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.950		0	2.254	1.670	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030	0.011	3	0.009	0.006	
12:0	g	0.010	0.003	3	0.003	0.002	
14:0	g	0.260	0.008	3	0.074	0.055	
15.0	g						
16:0	g	4.970	0.133	3	1.409	1.044	
17:0	g						
18:0	g	2.690	0.156	3	0.763	0.565	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.340		0	2.931	2.171
14:1	g					
16:1	g	0.670	0.012	3	0.190	0.141
18:1	g	9.680	0.195	3	2.744	2.033
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.580		0	0.731	0.542
18:2	g	2.320	0.031	3	0.658	0.487
18:3	g	0.260	0.003	3	0.074	0.055
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	45	2.333	3	13	9
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.171		0	0.048	0.036
Threonine	g	0.604		0	0.171	0.127
Isoleucine	g	0.637		0	0.181	0.134
Leucine	g	1.122		0	0.318	0.236
Lysine	g	1.178		0	0.334	0.247
Methionine	g	0.357		0	0.101	0.075
Cystine	g	0.205		0	0.058	0.043
Phenylalanine	g	0.573		0	0.162	0.120
Tyrosine	g	0.447		0	0.127	0.094
Valine	g	0.666		0	0.189	0.140
Arginine	g	0.910		0	0.258	0.191
Histidine	g	0.533		0	0.151	0.112
Alanine	g	0.759		0	0.215	0.159
Aspartic acid	g	1.278		0	0.362	0.268
Glutamic acid	g	2.294		0	0.650	0.482
Glycine	g	0.628		0	0.178	0.132
Proline	g	0.675		0	0.191	0.142
Serine	g	0.569		0	0.161	0.119
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07062 Picnic loaf, pork, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	60.20	0.255	5	17.07	34.13	
Energy	kcal	232		0	66	132	
Energy	kj	971		0	275	551	
Protein (N x 5.95)	g	14.92	0.326	5	4.23	8.46	
Total lipid (fat)	g	16.64	0.388	5	4.72	9.43	
Carbohydrate, by difference	g	4.76		0	1.35	2.70	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.48	0.058	5	0.99	1.97	
Sugars, total	g						
Minerals:							
Calcium	mg	47	5.054	5	13	27	
Iron	mg	1.02	0.187	5	0.29	0.58	
Magnesium	mg	15	0.837	5	4	9	
Phosphorus	mg	125	10.787	5	35	71	
Potassium	mg	267	9.114	5	76	151	
Sodium	mg	1164	33.254	5	330	660	
Zinc	mg	2.18	0.116	5	0.62	1.24	
Copper	mg	0.070	0.012	5	0.020	0.040	
Manganese	mg	0.028	0.004	4	0.008	0.016	
Selenium	µg	35.7		0	10.1	20.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.374	0.008	5	0.106	0.212	
Riboflavin	mg	0.242	0.015	5	0.069	0.137	
Niacin	mg	2.306	0.187	5	0.654	1.308	
Pantothenic acid	mg	0.680		1	0.193	0.386	
Vitamin B-6	mg	0.300	0.075	5	0.085	0.170	
Folate	µg	2		0	1	1	
Vitamin B-12	µg	1.50	0.059	5	0.43	0.85	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.070		0	1.721	3.442	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.080	0.026	4	0.023	0.045	
12:0	g	0.050	0.012	4	0.014	0.028	
14:0	g	0.290	0.016	5	0.082	0.164	
15.0	g						
16:0	g	3.570	0.119	5	1.012	2.024	
17:0	g						
18:0	g	2.080	0.062	5	0.590	1.179	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.680		0	2.177	4.355
14:1	g					
16:1	g	0.680	0.038	5	0.193	0.386
18:1	g	7.000	0.303	5	1.985	3.969
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.890		0	0.536	1.072
18:2	g	1.680	0.025	5	0.476	0.953
18:3	g	0.210	0.035	5	0.060	0.119
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	38	4.989	4	11	22
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.143		1	0.041	0.081
Threonine	g	0.656		1	0.186	0.372
Isoleucine	g	0.582		1	0.165	0.330
Leucine	g	1.146		1	0.325	0.650
Lysine	g	1.193		1	0.338	0.676
Methionine	g	0.377		1	0.107	0.214
Cystine	g	0.162		1	0.046	0.092
Phenylalanine	g	0.537		1	0.152	0.304
Tyrosine	g	0.458		1	0.130	0.260
Valine	g	0.642		1	0.182	0.364
Arginine	g	0.888		1	0.252	0.503
Histidine	g	0.437		1	0.124	0.248
Alanine	g	0.890		1	0.252	0.505
Aspartic acid	g	1.318		1	0.374	0.747
Glutamic acid	g	2.253		1	0.639	1.277
Glycine	g	0.972		1	0.276	0.551
Proline	g	0.859		1	0.244	0.487
Serine	g	0.656		1	0.186	0.372
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz) (4" x 4" x 3/32" thick)
Measure 2: 2 slices

NDB No. 07063 Pork sausage, fresh, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	44.52	0.544	13	12.47	25.38	
Energy	kcal	417		0	117	238	
Energy	kj	1745		0	489	995	
Protein (N x 5.95)	g	11.69	0.163	13	3.27	6.66	
Total lipid (fat)	g	40.29	0.490	13	11.28	22.97	
Carbohydrate, by difference	g	1.02		0	0.29	0.58	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.49	0.039	13	0.70	1.42	
Sugars, total	g						
Minerals:							
Calcium	mg	18	1.575	13	5	10	
Iron	mg	0.91	0.110	13	0.25	0.52	
Magnesium	mg	11	0.219	14	3	6	
Phosphorus	mg	118	1.863	13	33	67	
Potassium	mg	204	4.643	77	57	116	
Sodium	mg	667	13.257	77	187	380	
Zinc	mg	1.59	0.035	13	0.45	0.91	
Copper	mg	0.070	0.005	13	0.020	0.040	
Manganese	mg	0.028		0	0.008	0.016	
Selenium	µg	11.5	1.731	5	3.2	6.6	
Vitamins:							
Ascorbic acid	mg	2.0	0.290	13	0.6	1.1	
Thiamin	mg	0.545	0.014	13	0.153	0.311	
Riboflavin	mg	0.164	0.011	13	0.046	0.093	
Niacin	mg	2.835	0.088	13	0.794	1.616	
Pantothenic acid	mg	0.400	0.100	2	0.112	0.228	
Vitamin B-6	mg	0.250	0.009	13	0.070	0.142	
Folate	µg	4	0.550	4	1	2	
Vitamin B-12	µg	1.13	0.062	13	0.32	0.64	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	14.470		0	4.052	8.248	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.110	0.019	12	0.031	0.063	
12:0	g	0.080	0.016	12	0.022	0.046	
14:0	g	0.570	0.025	12	0.160	0.325	
15.0	g						
16:0	g	8.870	0.137	12	2.484	5.056	
17:0	g						
18:0	g	4.850	0.089	12	1.358	2.765	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	18.530		0	5.188	10.562
14:1	g					
16:1	g	1.450	0.079	12	0.406	0.826
18:1	g	17.090	0.255	12	4.785	9.741
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	5.240		0	1.467	2.987
18:2	g	4.390	0.109	12	1.229	2.502
18:3	g	0.850	0.119	12	0.238	0.484
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	68	1.807	13	19	39
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.094		3	0.026	0.054
Threonine	g	0.462		3	0.129	0.263
Isoleucine	g	0.427		3	0.120	0.243
Leucine	g	0.784		3	0.220	0.447
Lysine	g	0.889		3	0.249	0.507
Methionine	g	0.284		3	0.080	0.162
Cystine	g	0.118		3	0.033	0.067
Phenylalanine	g	0.391		3	0.109	0.223
Tyrosine	g	0.337		3	0.094	0.192
Valine	g	0.469		3	0.131	0.267
Arginine	g	0.691		3	0.193	0.394
Histidine	g	0.337		3	0.094	0.192
Alanine	g	0.655		3	0.183	0.373
Aspartic acid	g	0.973		3	0.272	0.555
Glutamic acid	g	1.617		3	0.453	0.922
Glycine	g	0.709		3	0.199	0.404
Proline	g	0.544		3	0.152	0.310
Serine	g	0.452		3	0.127	0.258
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 link (7/8" dia x 4" long)
Measure 2: 1 patty (3-7/8" dia x 1/4" thick)

NDB No. 07064 Pork sausage, fresh, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 13g	Measure 2* 27g	Measure 3*
Proximates:							
Water	g	44.57	1.223	20	5.79	12.03	
Energy	kcal	369		0	48	100	
Energy	kj	1544		0	201	417	
Protein (N x 5.95)	g	19.65	0.735	20	2.55	5.31	
Total lipid (fat)	g	31.16	1.248	20	4.05	8.41	
Carbohydrate, by difference	g	1.03		0	0.13	0.28	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.60	0.228	20	0.47	0.97	
Sugars, total	g						
Minerals:							
Calcium	mg	32	3.395	15	4	9	
Iron	mg	1.25	0.072	20	0.16	0.34	
Magnesium	mg	17	0.473	15	2	5	
Phosphorus	mg	184	5.599	15	24	50	
Potassium	mg	361	10.939	15	47	97	
Sodium	mg	1294	41.486	15	168	349	
Zinc	mg	2.50	0.112	20	0.33	0.68	
Copper	mg	0.140	0.008	20	0.018	0.038	
Manganese	mg	0.071	0.007	5	0.009	0.019	
Selenium	µg	18.2	1.042	36	2.4	4.9	
Vitamins:							
Ascorbic acid	mg	2.0	0.270	15	0.3	0.5	
Thiamin	mg	0.741	0.013	15	0.096	0.200	
Riboflavin	mg	0.254	0.015	15	0.033	0.069	
Niacin	mg	4.518	0.214	15	0.587	1.220	
Pantothenic acid	mg	0.720	0.034	5	0.094	0.194	
Vitamin B-6	mg	0.330	0.013	15	0.043	0.089	
Folate	µg	2		0	0	1	
Vitamin B-12	µg	1.73	0.102	15	0.22	0.47	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.160		0	0.021	0.043	
Lipids:							
Saturated, total	g	10.810		0	1.405	2.919	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.120	0.023	14	0.016	0.032	
12:0	g	0.090	0.021	14	0.012	0.024	
14:0	g	0.450	0.026	14	0.059	0.122	
15.0	g						
16:0	g	6.530	0.243	14	0.849	1.763	
17:0	g						
18:0	g	3.620	0.122	14	0.471	0.977	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.900		0	1.807	3.753
14:1	g					
16:1	g	1.090	0.058	14	0.142	0.294
18:1	g	12.810	0.517	14	1.665	3.459
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.810		0	0.495	1.029
18:2	g	3.280	0.148	14	0.426	0.886
18:3	g	0.540	0.078	14	0.070	0.146
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	83	3.865	15	11	22
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.157		3	0.020	0.042
Threonine	g	0.777		3	0.101	0.210
Isoleucine	g	0.717		3	0.093	0.194
Leucine	g	1.317		3	0.171	0.356
Lysine	g	1.494		3	0.194	0.403
Methionine	g	0.478		3	0.062	0.129
Cystine	g	0.198		3	0.026	0.053
Phenylalanine	g	0.657		3	0.085	0.177
Tyrosine	g	0.566		3	0.074	0.153
Valine	g	0.789		3	0.103	0.213
Arginine	g	1.160		3	0.151	0.313
Histidine	g	0.566		3	0.074	0.153
Alanine	g	1.101		3	0.143	0.297
Aspartic acid	g	1.635		3	0.213	0.441
Glutamic acid	g	2.716		3	0.353	0.733
Glycine	g	1.192		3	0.155	0.322
Proline	g	0.914		3	0.119	0.247
Serine	g	0.761		3	0.099	0.205
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 link (raw dimensions: 4" long x 7/8" dia), cooked

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

NDB No. 07065 Pork and beef sausage, fresh, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 13g	Measure 2* 27g	Measure 3* 13g
Proximates:							
Water	g	44.55	1.167	6	5.79	12.03	5.79
Energy	kcal	396		0	51	107	51
Energy	kj	1657		0	215	447	215
Protein (N x 5.95)	g	13.80	0.756	6	1.79	3.73	1.79
Total lipid (fat)	g	36.25	1.774	6	4.71	9.79	4.71
Carbohydrate, by difference	g	2.70		0	0.35	0.73	0.35
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	2.70	0.068	6	0.35	0.73	0.35
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	1	3	1
Iron	mg	1.13	0.071	6	0.15	0.31	0.15
Magnesium	mg	12	0.922	6	2	3	2
Phosphorus	mg	107	5.679	6	14	29	14
Potassium	mg	189		0	25	51	25
Sodium	mg	805	24.732	6	105	217	105
Zinc	mg	1.87	0.109	6	0.24	0.50	0.24
Copper	mg	0.040	0.008	6	0.005	0.011	0.005
Manganese	mg	0.037		0	0.005	0.010	0.005
Selenium	µg	14.4		0	1.9	3.9	1.9
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.357	0.020	6	0.046	0.096	0.046
Riboflavin	mg	0.147	0.007	6	0.019	0.040	0.019
Niacin	mg	3.367	0.126	6	0.438	0.909	0.438
Pantothenic acid	mg	0.480	0.038	6	0.062	0.130	0.062
Vitamin B-6	mg	0.050	0.006	6	0.007	0.014	0.007
Folate	µg	2		0	0	1	0
Vitamin B-12	µg	0.43	0.062	6	0.06	0.12	0.06
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.220		0	0.029	0.059	0.029
Lipids:							
Saturated, total	g	12.960		0	1.685	3.499	1.685
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.600		0	0.078	0.162	0.078
15.0	g						
16:0	g	8.310		0	1.080	2.244	1.080
17:0	g						
18:0	g	3.870		0	0.503	1.045	0.503
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	17.180	0	2.233	4.639	2.233
14:1	g					
16:1	g	1.350	0	0.176	0.365	0.176
18:1	g	15.800	0	2.054	4.266	2.054
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.900	0	0.507	1.053	0.507
18:2	g	3.460	0	0.450	0.934	0.450
18:3	g	0.320	0	0.042	0.086	0.042
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.120	0	0.016	0.032	0.016
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	71	0	9	19	9
Phytosterols	mg	0	0	0	0	0
Amino acids:						
Tryptophan	g	0.132	0	0.017	0.036	0.017
Threonine	g	0.554	0	0.072	0.150	0.072
Isoleucine	g	0.530	0	0.069	0.143	0.069
Leucine	g	0.974	0	0.127	0.263	0.127
Lysine	g	1.088	0	0.141	0.294	0.141
Methionine	g	0.328	0	0.043	0.089	0.043
Cystine	g	0.139	0	0.018	0.038	0.018
Phenylalanine	g	0.478	0	0.062	0.129	0.062
Tyrosine	g	0.405	0	0.053	0.109	0.053
Valine	g	0.592	0	0.077	0.160	0.077
Arginine	g	0.850	0	0.110	0.230	0.110
Histidine	g	0.412	0	0.054	0.111	0.054
Alanine	g	0.812	0	0.106	0.219	0.106
Aspartic acid	g	1.182	0	0.154	0.319	0.154
Glutamic acid	g	1.995	0	0.259	0.539	0.259
Glycine	g	0.898	0	0.117	0.242	0.117
Proline	g	0.654	0	0.085	0.177	0.085
Serine	g	0.532	0	0.069	0.144	0.069
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 link (raw dimensions: 4" long x 7/8" dia), cooked
Measure 2: 1 patty (raw dimensions: 3-7/8" dia x 1/4" thick), cooked
Measure 3: 1 patty shell

NDB No. 07067 Poultry salad sandwich spread

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 13g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	66.17		0	8.60	18.76	
Energy	kcal	200		0	26	57	
Energy	kj	837		0	109	237	
Protein (N x 5.95)	g	11.64	0.350	2	1.51	3.30	
Total lipid (fat)	g	13.52	0.350	2	1.76	3.83	
Carbohydrate, by difference	g	7.41		2	0.96	2.10	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.26		0	0.16	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	10	2.250	2	1	3	
Iron	mg	0.61	0.050	2	0.08	0.17	
Magnesium	mg	10		0	1	3	
Phosphorus	mg	33	27.000	2	4	9	
Potassium	mg	183	29.500	2	24	52	
Sodium	mg	377	9.500	2	49	107	
Zinc	mg	1.04		0	0.14	0.29	
Copper	mg	0.030		0	0.004	0.009	
Manganese	mg	0.009		0	0.001	0.003	
Selenium	µg	10.9		0	1.4	3.1	
Vitamins:							
Ascorbic acid	mg	1.0		2	0.1	0.3	
Thiamin	mg	0.024		2	0.003	0.007	
Riboflavin	mg	0.071		2	0.009	0.020	
Niacin	mg	1.669	0.165	2	0.217	0.473	
Pantothenic acid	mg	0.270	0.011	2	0.035	0.077	
Vitamin B-6	mg	0.110	0.012	2	0.014	0.031	
Folate	µg	5		2	1	1	
Vitamin B-12	µg	0.38	0.094	2	0.05	0.11	
Vitamin A	IU	139	33.000	2	18	39	
Vitamin A, RE	µg	42		0	5	12	
Vitamin E, α-TE	mg	2.195		0	0.285	0.622	
Lipids:							
Saturated, total	g	3.450		2	0.449	0.978	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	2.960		0	0.385	0.839	
17:0	g						
18:0	g	0.440		0	0.057	0.125	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.250		2	0.423	0.921
14:1	g					
16:1	g	0.250		0	0.033	0.071
18:1	g	2.710		0	0.352	0.768
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	6.220		2	0.809	1.763
18:2	g	5.970		0	0.776	1.692
18:3	g	0.050		0	0.007	0.014
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	30	1.000	2	4	9
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.130		0	0.017	0.037
Threonine	g	0.497		0	0.065	0.141
Isoleucine	g	0.584		0	0.076	0.166
Leucine	g	0.880		0	0.114	0.249
Lysine	g	1.010		0	0.131	0.286
Methionine	g	0.320		0	0.042	0.091
Cystine	g	0.141		0	0.018	0.040
Phenylalanine	g	0.455		0	0.059	0.129
Tyrosine	g	0.412		0	0.054	0.117
Valine	g	0.589		0	0.077	0.167
Arginine	g	0.779		0	0.101	0.221
Histidine	g	0.347		0	0.045	0.098
Alanine	g	0.713		0	0.093	0.202
Aspartic acid	g	1.085		0	0.141	0.308
Glutamic acid	g	1.789		0	0.233	0.507
Glycine	g	0.722		0	0.094	0.205
Proline	g	0.551		0	0.072	0.156
Serine	g	0.466		0	0.061	0.132
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 oz

NDB No. 07068 Salami, cooked, 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	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	58.11	0.424	51	16.47	13.37	
Energy	kcal	262		0	74	60	
Energy	kj	1096		0	311	252	
Protein (N x 5.95)	g	15.04	0.181	54	4.26	3.46	
Total lipid (fat)	g	20.68	0.488	40	5.86	4.76	
Carbohydrate, by difference	g	2.81		0	0.80	0.65	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.37	0.077	13	0.96	0.78	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.885	8	3	2	
Iron	mg	2.19	0.089	28	0.62	0.50	
Magnesium	mg	14	0.679	13	4	3	
Phosphorus	mg	113	5.891	13	32	26	
Potassium	mg	224	6.707	13	64	52	
Sodium	mg	1176	36.322	26	333	270	
Zinc	mg	2.16	0.087	13	0.61	0.50	
Copper	mg	0.122	0.023	13	0.035	0.028	
Manganese	mg	0.046	0.005	6	0.013	0.011	
Selenium	µg	14.6	0.567	33	4.1	3.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.103	0.007	24	0.029	0.024	
Riboflavin	mg	0.189	0.014	28	0.054	0.043	
Niacin	mg	3.238	0.071	28	0.918	0.745	
Pantothenic acid	mg	0.950	0.098	7	0.269	0.218	
Vitamin B-6	mg	0.180	0.010	28	0.051	0.041	
Folate	µg	2	0.124	2	1	0	
Vitamin B-12	µg	3.06	0.293	30	0.87	0.70	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.190		0	0.054	0.044	
Lipids:							
Saturated, total	g	9.000		0	2.551	2.070	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070	0.021	13	0.020	0.016	
12:0	g	0.050	0.014	13	0.014	0.012	
14:0	g	0.610	0.025	13	0.173	0.140	
15.0	g						
16:0	g	4.730	0.195	13	1.341	1.088	
17:0	g						
18:0	g	3.190	0.108	13	0.904	0.734	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.440		0	2.676	2.171
14:1	g					
16:1	g	1.230	0.072	13	0.349	0.283
18:1	g	8.220	0.278	13	2.330	1.891
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.030		0	0.292	0.237
18:2	g	0.800	0.101	13	0.227	0.184
18:3	g	0.230	0.038	13	0.065	0.053
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	65	3.444	13	18	15
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.137		0	0.039	0.032
Threonine	g	0.568		0	0.161	0.131
Isoleucine	g	0.650		0	0.184	0.150
Leucine	g	1.104		0	0.313	0.254
Lysine	g	1.152		0	0.327	0.265
Methionine	g	0.349		0	0.099	0.080
Cystine	g	0.192		0	0.054	0.044
Phenylalanine	g	0.541		0	0.153	0.124
Tyrosine	g	0.491		0	0.139	0.113
Valine	g	0.662		0	0.188	0.152
Arginine	g	0.929		0	0.263	0.214
Histidine	g	0.479		0	0.136	0.110
Alanine	g	1.083		0	0.307	0.249
Aspartic acid	g	1.472		0	0.417	0.339
Glutamic acid	g	2.449		0	0.694	0.563
Glycine	g	1.256		0	0.356	0.289
Proline	g	1.083		0	0.307	0.249
Serine	g	0.606		0	0.172	0.139
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07069 Salami, cooked, beef and pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	60.40	1.329	9	17.12	13.89	
Energy	kcal	250		0	71	58	
Energy	kj	1046		0	297	241	
Protein (N x 5.95)	g	13.92	0.189	9	3.95	3.20	
Total lipid (fat)	g	20.11	1.265	9	5.70	4.63	
Carbohydrate, by difference	g	2.25		0	0.64	0.52	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.32	0.040	9	0.94	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	13	2.104	6	4	3	
Iron	mg	2.67	0.268	9	0.76	0.61	
Magnesium	mg	15	0.772	9	4	3	
Phosphorus	mg	115	7.601	9	33	26	
Potassium	mg	198	9.974	9	56	46	
Sodium	mg	1065	41.954	9	302	245	
Zinc	mg	2.14	0.190	9	0.61	0.49	
Copper	mg	0.230	0.095	9	0.065	0.053	
Manganese	mg	0.057	0.010	6	0.016	0.013	
Selenium	µg	14.6	0.567	33	4.1	3.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.239	0.021	9	0.068	0.055	
Riboflavin	mg	0.376	0.023	9	0.107	0.086	
Niacin	mg	3.553	0.210	9	1.007	0.817	
Pantothenic acid	mg	0.850	0.126	3	0.241	0.196	
Vitamin B-6	mg	0.210	0.024	9	0.060	0.048	
Folate	µg	2		0	1	0	
Vitamin B-12	µg	3.65	0.654	9	1.03	0.84	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.062	0.051	
Lipids:							
Saturated, total	g	8.090		0	2.294	1.861	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.100	0.038	6	0.028	0.023	
12:0	g	0.070	0.024	6	0.020	0.016	
14:0	g	0.470	0.094	7	0.133	0.108	
15.0	g						
16:0	g	4.530	0.261	7	1.284	1.042	
17:0	g						
18:0	g	2.930	0.296	7	0.831	0.674	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.190		0	2.605	2.114
14:1	g					
16:1	g	0.890	0.117	7	0.252	0.205
18:1	g	8.300	0.392	7	2.353	1.909
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.020		0	0.573	0.465
18:2	g	1.610	0.059	7	0.456	0.370
18:3	g	0.410	0.098	7	0.116	0.094
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	65	4.874	7	18	15
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.114		1	0.032	0.026
Threonine	g	0.521		1	0.148	0.120
Isoleucine	g	0.675		1	0.191	0.155
Leucine	g	0.929		1	0.263	0.214
Lysine	g	1.107		1	0.314	0.255
Methionine	g	0.301		1	0.085	0.069
Cystine	g	0.196		1	0.056	0.045
Phenylalanine	g	0.481		1	0.136	0.111
Tyrosine	g	0.552		1	0.156	0.127
Valine	g	0.668		1	0.189	0.154
Arginine	g	0.855		1	0.242	0.197
Histidine	g	0.359		1	0.102	0.083
Alanine	g	0.880		1	0.249	0.202
Aspartic acid	g	1.285		1	0.364	0.296
Glutamic acid	g	1.929		1	0.547	0.444
Glycine	g	1.189		1	0.337	0.273
Proline	g	0.831		1	0.236	0.191
Serine	g	0.537		1	0.152	0.124
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07070 Salami, cooked, turkey

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 227g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	65.86	0.642	5	149.50	37.34	
Energy	kcal	196		0	445	111	
Energy	kj	820		0	1861	465	
Protein (N x 5.95)	g	16.37	0.486	7	37.16	9.28	
Total lipid (fat)	g	13.80	0.537	7	31.33	7.82	
Carbohydrate, by difference	g	0.55		0	1.25	0.31	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.42	0.259	5	7.76	1.94	
Sugars, total	g						
Minerals:							
Calcium	mg	20	2.252	4	45	11	
Iron	mg	1.61	0.202	4	3.65	0.91	
Magnesium	mg	15		1	34	9	
Phosphorus	mg	106	6.600	2	241	60	
Potassium	mg	244	20.500	2	554	138	
Sodium	mg	1004	180.232	6	2279	569	
Zinc	mg	1.81		1	4.11	1.03	
Copper	mg	0.050		1	0.114	0.028	
Manganese	mg	0.012		0	0.027	0.007	
Selenium	µg	13.2		0	30.0	7.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.065	0.005	2	0.148	0.037	
Riboflavin	mg	0.175	0.015	2	0.397	0.099	
Niacin	mg	3.527		0	8.006	2.000	
Pantothenic acid	mg	0.510		0	1.158	0.289	
Vitamin B-6	mg	0.240		0	0.545	0.136	
Folate	µg	4		0	9	2	
Vitamin B-12	µg	0.21		0	0.48	0.12	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.570		0	1.294	0.323	
Lipids:							
Saturated, total	g	4.020		0	9.125	2.279	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.045	0.011	
14:0	g	0.100		0	0.227	0.057	
15.0	g						
16:0	g	2.460		0	5.584	1.395	
17:0	g						
18:0	g	0.990		0	2.247	0.561	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.550	0	10.328	2.580
14:1	g				
16:1	g	0.750	0	1.702	0.425
18:1	g	3.690	0	8.376	2.092
20:1	g	0.030	0	0.068	0.017
22.1	g	0.020	0	0.045	0.011
Polyunsaturated, total	g	3.520	0	7.990	1.996
18:2	g	2.930	0	6.651	1.661
18:3	g	0.160	0	0.363	0.091
18:4	g	0.000	0	0.000	0.000
20:4	g	0.280	0	0.636	0.159
20:5	g	0.000	0	0.000	0.000
22:5	g	0.040	0	0.091	0.023
22:6	g	0.050	0	0.114	0.028
Cholesterol	mg	82	1	186	46
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.181	0	0.411	0.103
Threonine	g	0.711	0	1.614	0.403
Isoleucine	g	0.818	0	1.857	0.464
Leucine	g	1.267	0	2.876	0.718
Lysine	g	1.482	0	3.364	0.840
Methionine	g	0.457	0	1.037	0.259
Cystine	g	0.184	0	0.418	0.104
Phenylalanine	g	0.638	0	1.448	0.362
Tyrosine	g	0.619	0	1.405	0.351
Valine	g	0.849	0	1.927	0.481
Arginine	g	1.150	0	2.610	0.652
Histidine	g	0.489	0	1.110	0.277
Alanine	g	1.039	0	2.359	0.589
Aspartic acid	g	1.570	0	3.564	0.890
Glutamic acid	g	2.603	0	5.909	1.476
Glycine	g	0.983	0	2.231	0.557
Proline	g	0.758	0	1.721	0.430
Serine	g	0.719	0	1.632	0.408
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package, (net weight, 8 oz)
Measure 2: 2 slices

NDB No. 07071 Salami, dry or hard, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 113g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	36.18	0.802	9	40.88	3.62	
Energy	kcal	407		0	460	41	
Energy	kj	1703		0	1924	170	
Protein (N x 5.95)	g	22.58	0.092	9	25.52	2.26	
Total lipid (fat)	g	33.72	0.554	9	38.10	3.37	
Carbohydrate, by difference	g	1.60		0	1.81	0.16	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	5.92	0.211	9	6.69	0.59	
Sugars, total	g						
Minerals:							
Calcium	mg	13		1	15	1	
Iron	mg	1.30		1	1.47	0.13	
Magnesium	mg	22		1	25	2	
Phosphorus	mg	229		1	259	23	
Potassium	mg	378		0	427	38	
Sodium	mg	2260		1	2554	226	
Zinc	mg	4.20		1	4.75	0.42	
Copper	mg	0.160		1	0.181	0.016	
Manganese	mg	0.070		1	0.079	0.007	
Selenium	µg	25.4		0	28.7	2.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.930		1	1.051	0.093	
Riboflavin	mg	0.330		1	0.373	0.033	
Niacin	mg	5.600		1	6.328	0.560	
Pantothenic acid	mg	1.060		0	1.198	0.106	
Vitamin B-6	mg	0.550		1	0.622	0.055	
Folate	µg	2		0	2	0	
Vitamin B-12	µg	2.80		1	3.16	0.28	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.280		0	0.316	0.028	
Lipids:							
Saturated, total	g	11.890		0	13.436	1.189	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.520		0	0.588	0.052	
15.0	g						
16:0	g	7.640		0	8.633	0.764	
17:0	g						
18:0	g	3.560		0	4.023	0.356	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	16.000	0	18.080	1.600
14:1	g				
16:1	g	1.220	0	1.379	0.122
18:1	g	14.670	0	16.577	1.467
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.740	0	4.226	0.374
18:2	g	3.270	0	3.695	0.327
18:3	g	0.280	0	0.316	0.028
18:4	g	0.000	0	0.000	0.000
20:4	g	0.160	0	0.181	0.016
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	79	0	89	8
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.253	1	0.286	0.025
Threonine	g	1.012	1	1.144	0.101
Isoleucine	g	1.084	1	1.225	0.108
Leucine	g	1.625	1	1.836	0.163
Lysine	g	1.878	1	2.122	0.188
Methionine	g	0.470	1	0.531	0.047
Cystine	g	0.289	1	0.327	0.029
Phenylalanine	g	0.940	1	1.062	0.094
Tyrosine	g	0.686	1	0.775	0.069
Valine	g	1.120	1	1.266	0.112
Arginine	g	1.373	1	1.551	0.137
Histidine	g	0.614	1	0.694	0.061
Alanine	g	1.336	1	1.510	0.134
Aspartic acid	g	2.095	1	2.367	0.210
Glutamic acid	g	3.829	1	4.327	0.383
Glycine	g	1.553	1	1.755	0.155
Proline	g	1.336	1	1.510	0.134
Serine	g	0.903	1	1.020	0.090
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (4 oz)
Measure 2: 1 slice (3-1/8" dia x 1/16" thick)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 113g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	34.70	1.289	19	39.21	3.47	
Energy	kcal	418		0	472	42	
Energy	kj	1749		0	1976	175	
Protein (N x 5.95)	g	22.86	0.478	19	25.83	2.29	
Total lipid (fat)	g	34.39	0.818	19	38.86	3.44	
Carbohydrate, by difference	g	2.59		0	2.93	0.26	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	5.47	0.135	19	6.18	0.55	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.957	4	9	1	
Iron	mg	1.51	0.348	4	1.71	0.15	
Magnesium	mg	17	1.130	5	19	2	
Phosphorus	mg	142	16.245	4	160	14	
Potassium	mg	378	19.150	4	427	38	
Sodium	mg	1860	90.112	4	2102	186	
Zinc	mg	3.23	0.373	4	3.65	0.32	
Copper	mg	0.080	0.025	4	0.090	0.008	
Manganese	mg	0.038	0.007	4	0.043	0.004	
Selenium	µg	26.1		0	29.5	2.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.600	0.023	4	0.678	0.060	
Riboflavin	mg	0.285	0.015	4	0.322	0.028	
Niacin	mg	4.867	0.182	4	5.500	0.487	
Pantothenic acid	mg	1.060	0.017	3	1.198	0.106	
Vitamin B-6	mg	0.500	0.121	4	0.565	0.050	
Folate	µg	2		0	2	0	
Vitamin B-12	µg	1.90	0.205	4	2.15	0.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.280		0	0.316	0.028	
Lipids:							
Saturated, total	g	12.200		0	13.786	1.220	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.060	0.038	2	0.068	0.006	
12:0	g	0.040	0.022	2	0.045	0.004	
14:0	g	0.510	0.051	4	0.576	0.051	
15.0	g						
16:0	g	7.600	0.326	4	8.588	0.760	
17:0	g						
18:0	g	4.000	0.261	4	4.520	0.400	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	17.100		0	19.323	1.710
14:1	g					
16:1	g	1.690	0.153	4	1.910	0.169
18:1	g	15.400	0.582	4	17.402	1.540
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.210		0	3.627	0.321
18:2	g	2.870	0.401	4	3.243	0.287
18:3	g	0.330	0.144	4	0.373	0.033
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	79	9.815	3	89	8
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.210		0	0.237	0.021
Threonine	g	0.959		0	1.084	0.096
Isoleucine	g	0.971		0	1.097	0.097
Leucine	g	1.732		0	1.957	0.173
Lysine	g	1.824		0	2.061	0.182
Methionine	g	0.593		0	0.670	0.059
Cystine	g	0.262		0	0.296	0.026
Phenylalanine	g	0.868		0	0.981	0.087
Tyrosine	g	0.710		0	0.802	0.071
Valine	g	1.083		0	1.224	0.108
Arginine	g	1.516		0	1.713	0.152
Histidine	g	0.699		0	0.790	0.070
Alanine	g	1.480		0	1.672	0.148
Aspartic acid	g	2.073		0	2.342	0.207
Glutamic acid	g	3.383		0	3.823	0.338
Glycine	g	1.641		0	1.854	0.164
Proline	g	1.188		0	1.342	0.119
Serine	g	0.942		0	1.064	0.094
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package (4 oz)
Measure 2: 1 slice (3-1/8" dia x 1/16" thick)

NDB No. 07073 Sandwich spread, pork, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	60.28	0.361	5	9.04	17.09	
Energy	kcal	235		0	35	67	
Energy	kj	983		0	147	279	
Protein (N x 5.95)	g	7.66	0.250	5	1.15	2.17	
Total lipid (fat)	g	17.34	0.202	5	2.60	4.92	
Carbohydrate, by difference	g	11.94		0	1.79	3.38	
Fiber, total dietary	g	0.2		0	0.0	0.1	
Ash	g	2.78	0.038	5	0.42	0.79	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.928	5	2	3	
Iron	mg	0.79	0.115	5	0.12	0.22	
Magnesium	mg	8	0.200	5	1	2	
Phosphorus	mg	59	4.069	5	9	17	
Potassium	mg	110	5.819	5	17	31	
Sodium	mg	1013	50.540	5	152	287	
Zinc	mg	1.02	0.097	5	0.15	0.29	
Copper	mg	0.130	0.041	5	0.020	0.037	
Manganese	mg	0.026	0.002	4	0.004	0.007	
Selenium	µg	9.7		0	1.5	2.7	
Vitamins:							
Ascorbic acid	mg	0.0	0.245	5	0.0	0.0	
Thiamin	mg	0.172	0.013	5	0.026	0.049	
Riboflavin	mg	0.134	0.012	5	0.020	0.038	
Niacin	mg	1.730	0.066	5	0.260	0.490	
Pantothenic acid	mg	0.430	0.027	3	0.065	0.122	
Vitamin B-6	mg	0.120	0.012	5	0.018	0.034	
Folate	µg	2		0	0	1	
Vitamin B-12	µg	1.12	0.175	5	0.17	0.32	
Vitamin A	IU	87		0	13	25	
Vitamin A, RE	µg	9		0	1	3	
Vitamin E, α-TE	mg	1.736		0	0.260	0.492	
Lipids:							
Saturated, total	g	5.990		0	0.899	1.698	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050	0.005	2	0.008	0.014	
12:0	g	0.050	0.000	2	0.008	0.014	
14:0	g	0.290	0.027	5	0.044	0.082	
15.0	g						
16:0	g	3.580	0.099	5	0.537	1.015	
17:0	g						
18:0	g	2.020	0.076	5	0.303	0.573	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.610		0	1.141	2.157
14:1	g					
16:1	g	0.710	0.059	5	0.106	0.201
18:1	g	6.890	0.168	5	1.033	1.953
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.560		0	0.384	0.726
18:2	g	2.190	0.068	5	0.329	0.621
18:3	g	0.380	0.086	5	0.057	0.108
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	38	1.764	3	6	11
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.082		0	0.012	0.023
Threonine	g	0.334		0	0.050	0.095
Isoleucine	g	0.334		0	0.050	0.095
Leucine	g	0.600		0	0.090	0.170
Lysine	g	0.663		0	0.099	0.188
Methionine	g	0.196		0	0.029	0.056
Cystine	g	0.106		0	0.016	0.030
Phenylalanine	g	0.301		0	0.045	0.085
Tyrosine	g	0.235		0	0.035	0.067
Valine	g	0.356		0	0.053	0.101
Arginine	g	0.530		0	0.080	0.150
Histidine	g	0.279		0	0.042	0.079
Alanine	g	0.467		0	0.070	0.132
Aspartic acid	g	0.720		0	0.108	0.204
Glutamic acid	g	1.140		0	0.171	0.323
Glycine	g	0.441		0	0.066	0.125
Proline	g	0.349		0	0.052	0.099
Serine	g	0.305		0	0.046	0.086
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 oz

NDB No. 07074 Smoked link sausage, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 68g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	39.30	1.600	6	26.72	6.29	
Energy	kcal	389		0	265	62	
Energy	kj	1628		0	1107	260	
Protein (N x 5.95)	g	22.20	0.806	6	15.10	3.55	
Total lipid (fat)	g	31.70	1.404	6	21.56	5.07	
Carbohydrate, by difference	g	2.10		0	1.43	0.34	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.70	0.101	6	3.20	0.75	
Sugars, total	g						
Minerals:							
Calcium	mg	30	3.010	5	20	5	
Iron	mg	1.16	0.180	6	0.79	0.19	
Magnesium	mg	19	1.621	6	13	3	
Phosphorus	mg	162	14.052	6	110	26	
Potassium	mg	336	17.261	6	228	54	
Sodium	mg	1500	96.609	6	1020	240	
Zinc	mg	2.82	0.285	6	1.92	0.45	
Copper	mg	0.072	0.011	6	0.049	0.012	
Manganese	mg	0.016		1	0.011	0.003	
Selenium	µg	21.7		0	14.8	3.5	
Vitamins:							
Ascorbic acid	mg	2.0	1.276	6	1.4	0.3	
Thiamin	mg	0.700	0.018	6	0.476	0.112	
Riboflavin	mg	0.257	0.015	6	0.175	0.041	
Niacin	mg	4.532	0.365	6	3.082	0.725	
Pantothenic acid	mg	0.780		1	0.530	0.125	
Vitamin B-6	mg	0.350	0.018	6	0.238	0.056	
Folate	µg	5		1	3	1	
Vitamin B-12	µg	1.63	0.081	6	1.11	0.26	
Vitamin A	IU	0		1	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.250		0	0.170	0.040	
Lipids:							
Saturated, total	g	11.320		0	7.698	1.811	
4:0	g	0.000		4	0.000	0.000	
6.0	g	0.000		4	0.000	0.000	
8:0	g	0.000		4	0.000	0.000	
10:0	g	0.040		4	0.027	0.006	
12:0	g	0.040		4	0.027	0.006	
14:0	g	0.400		4	0.272	0.064	
15.0	g						
16:0	g	7.070		4	4.808	1.131	
17:0	g						
18:0	g	3.760		4	2.557	0.602	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.640		0	9.955	2.342
14:1	g					
16:1	g	1.010		4	0.687	0.162
18:1	g	13.630		4	9.268	2.181
20:1	g	0.000		4	0.000	0.000
22.1	g	0.000		4	0.000	0.000
Polyunsaturated, total	g	3.760		0	2.557	0.602
18:2	g	3.390		4	2.305	0.542
18:3	g	0.370		4	0.252	0.059
18:4	g	0.000		4	0.000	0.000
20:4	g	0.000		4	0.000	0.000
20:5	g	0.000		4	0.000	0.000
22:5	g	0.000	0.000	4	0.000	0.000
22:6	g	0.000		4	0.000	0.000
Cholesterol	mg	68	8.614	5	46	11
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.216		0	0.147	0.035
Threonine	g	0.929		0	0.632	0.149
Isoleucine	g	0.951		0	0.647	0.152
Leucine	g	1.692		0	1.151	0.271
Lysine	g	1.745		0	1.187	0.279
Methionine	g	0.596		0	0.405	0.095
Cystine	g	0.248		0	0.169	0.040
Phenylalanine	g	0.848		0	0.577	0.136
Tyrosine	g	0.699		0	0.475	0.112
Valine	g	1.068		0	0.726	0.171
Arginine	g	1.454		0	0.989	0.233
Histidine	g	0.699		0	0.475	0.112
Alanine	g	1.419		0	0.965	0.227
Aspartic acid	g	2.033		0	1.382	0.325
Glutamic acid	g	3.327		0	2.262	0.532
Glycine	g	1.561		0	1.061	0.250
Proline	g	1.121		0	0.762	0.179
Serine	g	0.919		0	0.625	0.147
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 link (4" long x 1-1/8" dia)
Measure 2: 1 little link (2" long x 3/4" dia)

NDB No. 07075 Smoked link sausage, pork and beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 68g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	52.16	0.324	31	35.47	8.35	
Energy	kcal	336		0	228	54	
Energy	kj	1406		0	956	225	
Protein (N x 5.95)	g	13.40	0.181	31	9.11	2.14	
Total lipid (fat)	g	30.33	0.365	31	20.62	4.85	
Carbohydrate, by difference	g	1.43		0	0.97	0.23	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.69	0.039	21	1.83	0.43	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.748	17	7	2	
Iron	mg	1.45	0.079	31	0.99	0.23	
Magnesium	mg	12	0.327	21	8	2	
Phosphorus	mg	107	4.367	21	73	17	
Potassium	mg	189	6.349	21	129	30	
Sodium	mg	945	22.228	21	643	151	
Zinc	mg	2.11	0.070	21	1.43	0.34	
Copper	mg	0.060	0.008	20	0.041	0.010	
Manganese	mg	0.037	0.003	9	0.025	0.006	
Selenium	µg	13.1		0	8.9	2.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.260	0.009	31	0.177	0.042	
Riboflavin	mg	0.170	0.006	31	0.116	0.027	
Niacin	mg	3.227	0.085	31	2.194	0.516	
Pantothenic acid	mg	0.440	0.050	6	0.299	0.070	
Vitamin B-6	mg	0.170	0.008	31	0.116	0.027	
Folate	µg	2		0	1	0	
Vitamin B-12	µg	1.51	0.079	31	1.03	0.24	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.150	0.035	
Lipids:							
Saturated, total	g	10.620		0	7.222	1.699	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.050	0.012	15	0.034	0.008	
12:0	g	0.040	0.010	15	0.027	0.006	
14:0	g	0.410	0.011	19	0.279	0.066	
15.0	g						
16:0	g	6.570	0.100	19	4.468	1.051	
17:0	g						
18:0	g	3.550	0.080	19	2.414	0.568	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.190		0	9.649	2.270
14:1	g					
16:1	g	1.130	0.039	19	0.768	0.181
18:1	g	13.060	0.200	19	8.881	2.090
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.260		0	2.217	0.522
18:2	g	2.880	0.060	19	1.958	0.461
18:3	g	0.380	0.036	19	0.258	0.061
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	71	5.053	18	48	11
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.107		2	0.073	0.017
Threonine	g	0.465		2	0.316	0.074
Isoleucine	g	0.485		2	0.330	0.078
Leucine	g	0.810		2	0.551	0.130
Lysine	g	0.903		2	0.614	0.144
Methionine	g	0.364		2	0.248	0.058
Cystine	g	0.105		2	0.071	0.017
Phenylalanine	g	0.405		2	0.275	0.065
Tyrosine	g	0.386		2	0.262	0.062
Valine	g	0.464		2	0.316	0.074
Arginine	g	0.765		2	0.520	0.122
Histidine	g	0.395		2	0.269	0.063
Alanine	g	0.774		2	0.526	0.124
Aspartic acid	g	1.136		2	0.772	0.182
Glutamic acid	g	1.994		2	1.356	0.319
Glycine	g	0.857		2	0.583	0.137
Proline	g	0.673		2	0.458	0.108
Serine	g	0.510		2	0.347	0.082
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 link (4" long x 1-1/8" dia)
Measure 2: 1 little link (2" long x 3/4" dia)

NDB No. 07076 Smoked link sausage, pork and beef, flour and nonfat dry milk added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 68g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	57.40	0.497	8	39.03	9.18	
Energy	kcal	268		0	182	43	
Energy	kj	1121		0	762	179	
Protein (N x 5.95)	g	13.97	0.437	8	9.50	2.24	
Total lipid (fat)	g	21.43	0.871	8	14.57	3.43	
Carbohydrate, by difference	g	3.97		0	2.70	0.64	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.24	0.112	8	2.20	0.52	
Sugars, total	g						
Minerals:							
Calcium	mg	18	3.182	8	12	3	
Iron	mg	1.55	0.206	8	1.05	0.25	
Magnesium	mg	13	0.921	8	9	2	
Phosphorus	mg	110	5.976	8	75	18	
Potassium	mg	155	8.149	8	105	25	
Sodium	mg	1089	68.721	8	741	174	
Zinc	mg	2.00	0.182	8	1.36	0.32	
Copper	mg	0.090	0.016	8	0.061	0.014	
Manganese	mg	0.052	0.005	8	0.035	0.008	
Selenium	µg	15.9		0	10.8	2.5	
Vitamins:							
Ascorbic acid	mg	3.0	1.025	8	2.0	0.5	
Thiamin	mg	0.235	0.015	8	0.160	0.038	
Riboflavin	mg	0.176	0.012	8	0.120	0.028	
Niacin	mg	2.701	0.114	8	1.837	0.432	
Pantothenic acid	mg	0.610		0	0.415	0.098	
Vitamin B-6	mg	0.130	0.007	8	0.088	0.021	
Folate	µg	2		0	1	0	
Vitamin B-12	µg	1.32	0.058	8	0.90	0.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.150	0.035	
Lipids:							
Saturated, total	g	7.820		0	5.318	1.251	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.040	0.007	8	0.027	0.006	
12:0	g	0.030	0.008	8	0.020	0.005	
14:0	g	0.340	0.023	8	0.231	0.054	
15.0	g						
16:0	g	4.710	0.202	8	3.203	0.754	
17:0	g						
18:0	g	2.700	0.135	8	1.836	0.432	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.930		0	6.752	1.589
14:1	g					
16:1	g	0.820	0.058	8	0.558	0.131
18:1	g	9.110	0.347	8	6.195	1.458
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.260		0	1.537	0.362
18:2	g	1.880	0.118	8	1.278	0.301
18:3	g	0.380	0.088	8	0.258	0.061
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	87	5.502	7	59	14
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.140		0	0.095	0.022
Threonine	g	0.572		0	0.389	0.092
Isoleucine	g	0.621		0	0.422	0.099
Leucine	g	1.076		0	0.732	0.172
Lysine	g	1.079		0	0.734	0.173
Methionine	g	0.359		0	0.244	0.057
Cystine	g	0.162		0	0.110	0.026
Phenylalanine	g	0.540		0	0.367	0.086
Tyrosine	g	0.459		0	0.312	0.073
Valine	g	0.676		0	0.460	0.108
Arginine	g	0.869		0	0.591	0.139
Histidine	g	0.434		0	0.295	0.069
Alanine	g	0.885		0	0.602	0.142
Aspartic acid	g	1.273		0	0.866	0.204
Glutamic acid	g	2.252		0	1.531	0.360
Glycine	g	0.972		0	0.661	0.156
Proline	g	0.837		0	0.569	0.134
Serine	g	0.591		0	0.402	0.095
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 link (4" long x 1-1/8" dia)
Measure 2: 1 little link (2" long x 3/4" dia)

NDB No. 07077 Smoked link sausage, pork and beef, nonfat dry milk added

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 68g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	53.91	0.190	52	36.66	8.63	
Energy	kcal	313		0	213	50	
Energy	kj	1310		0	891	210	
Protein (N x 5.95)	g	13.28	0.092	52	9.03	2.12	
Total lipid (fat)	g	27.61	0.161	52	18.77	4.42	
Carbohydrate, by difference	g	1.92		0	1.31	0.31	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.29	0.088	7	2.24	0.53	
Sugars, total	g						
Minerals:							
Calcium	mg	41	0.922	52	28	7	
Iron	mg	1.47	0.039	52	1.00	0.24	
Magnesium	mg	16	0.421	7	11	3	
Phosphorus	mg	137	7.485	7	93	22	
Potassium	mg	286	12.983	7	194	46	
Sodium	mg	1173	24.127	7	798	188	
Zinc	mg	1.96	0.065	7	1.33	0.31	
Copper	mg	0.090	0.010	7	0.061	0.014	
Manganese	mg	0.038	0.004	7	0.026	0.006	
Selenium	µg	13.9		0	9.5	2.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.193	0.005	52	0.131	0.031	
Riboflavin	mg	0.214	0.004	52	0.146	0.034	
Niacin	mg	2.845	0.057	52	1.935	0.455	
Pantothenic acid	mg	0.610	0.150	2	0.415	0.098	
Vitamin B-6	mg	0.180	0.004	52	0.122	0.029	
Folate	µg	2		0	1	0	
Vitamin B-12	µg	1.57	0.043	52	1.07	0.25	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.720		0	6.610	1.555	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.090	0.025	7	0.061	0.014	
12:0	g	0.060	0.017	7	0.041	0.010	
14:0	g	0.360	0.022	7	0.245	0.058	
15.0	g						
16:0	g	5.920	0.104	7	4.026	0.947	
17:0	g						
18:0	g	3.280	0.080	7	2.230	0.525	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.640		0	8.595	2.022
14:1	g					
16:1	g	0.980	0.065	7	0.666	0.157
18:1	g	11.660	0.220	7	7.929	1.866
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.020		0	2.054	0.483
18:2	g	2.630	0.085	7	1.788	0.421
18:3	g	0.390	0.099	7	0.265	0.062
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	65	2.473	7	44	10
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.135		0	0.092	0.022
Threonine	g	0.552		0	0.375	0.088
Isoleucine	g	0.605		0	0.411	0.097
Leucine	g	1.044		0	0.710	0.167
Lysine	g	1.043		0	0.709	0.167
Methionine	g	0.344		0	0.234	0.055
Cystine	g	0.151		0	0.103	0.024
Phenylalanine	g	0.520		0	0.354	0.083
Tyrosine	g	0.451		0	0.307	0.072
Valine	g	0.660		0	0.449	0.106
Arginine	g	0.813		0	0.553	0.130
Histidine	g	0.414		0	0.282	0.066
Alanine	g	0.826		0	0.562	0.132
Aspartic acid	g	1.213		0	0.825	0.194
Glutamic acid	g	2.135		0	1.452	0.342
Glycine	g	0.894		0	0.608	0.143
Proline	g	0.814		0	0.554	0.130
Serine	g	0.570		0	0.388	0.091
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 link (4" long x 1-1/8" dia)
Measure 2: 1 little link (2" long x 3/4" dia)

NDB No. 07078 Thuringer, cervelat, summer sausage, beef, pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	50.76	0.245	42	14.39	11.67	
Energy	kcal	335		0	95	77	
Energy	kj	1402		0	397	322	
Protein (N x 5.95)	g	15.78	0.239	43	4.47	3.63	
Total lipid (fat)	g	29.54	0.553	40	8.37	6.79	
Carbohydrate, by difference	g	0.26		0	0.07	0.06	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.66	0.113	15	1.04	0.84	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.031	8	4	3	
Iron	mg	2.54	0.128	14	0.72	0.58	
Magnesium	mg	14	0.454	14	4	3	
Phosphorus	mg	111	10.961	7	31	26	
Potassium	mg	271	12.339	14	77	62	
Sodium	mg	1242	37.877	15	352	286	
Zinc	mg	2.56	0.130	14	0.73	0.59	
Copper	mg	0.150	0.015	14	0.043	0.034	
Manganese	mg	0.049		0	0.014	0.011	
Selenium	µg	20.3		0	5.8	4.7	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.150	0.008	7	0.043	0.034	
Riboflavin	mg	0.330	0.011	7	0.094	0.076	
Niacin	mg	4.310	0.302	7	1.222	0.991	
Pantothenic acid	mg	0.998		0	0.283	0.230	
Vitamin B-6	mg	0.260	0.008	7	0.074	0.060	
Folate	µg	2		0	1	0	
Vitamin B-12	µg	5.50	0.257	7	1.56	1.26	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.062	0.051	
Lipids:							
Saturated, total	g	12.030		0	3.411	2.767	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.110	0.039	7	0.031	0.025	
12:0	g	0.080	0.020	7	0.023	0.018	
14:0	g	0.800	0.051	7	0.227	0.184	
15.0	g						
16:0	g	6.350	0.251	7	1.800	1.460	
17:0	g						
18:0	g	4.170	0.161	7	1.182	0.959	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.970		0	3.677	2.983
14:1	g					
16:1	g	1.760	0.114	7	0.499	0.405
18:1	g	11.210	0.503	7	3.178	2.578
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.200		0	0.340	0.276
18:2	g	0.990	0.185	7	0.281	0.228
18:3	g	0.210	0.035	7	0.060	0.048
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	75	6.047	7	21	17
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.144		0	0.041	0.033
Threonine	g	0.596		0	0.169	0.137
Isoleucine	g	0.682		0	0.193	0.157
Leucine	g	1.159		0	0.329	0.267
Lysine	g	1.209		0	0.343	0.278
Methionine	g	0.366		0	0.104	0.084
Cystine	g	0.202		0	0.057	0.046
Phenylalanine	g	0.568		0	0.161	0.131
Tyrosine	g	0.515		0	0.146	0.118
Valine	g	0.694		0	0.197	0.160
Arginine	g	0.975		0	0.276	0.224
Histidine	g	0.502		0	0.142	0.115
Alanine	g	1.136		0	0.322	0.261
Aspartic acid	g	1.545		0	0.438	0.355
Glutamic acid	g	2.570		0	0.729	0.591
Glycine	g	1.318		0	0.374	0.303
Proline	g	1.136		0	0.322	0.261
Serine	g	0.636		0	0.180	0.146
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07079 Turkey breast meat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	71.85	0.674	4	30.54	15.09	
Energy	kcal	110		0	47	23	
Energy	kj	460		0	196	97	
Protein (N x 5.95)	g	22.50	0.589	4	9.56	4.72	
Total lipid (fat)	g	1.58	0.236	4	0.67	0.33	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.18	0.179	4	1.78	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	7	1.000	2	3	1	
Iron	mg	0.40	0.064	4	0.17	0.08	
Magnesium	mg	20	0.707	4	9	4	
Phosphorus	mg	229	11.030	4	97	48	
Potassium	mg	278	13.571	4	118	58	
Sodium	mg	1431	106.478	4	608	301	
Zinc	mg	1.13	0.085	4	0.48	0.24	
Copper	mg	0.053	0.009	3	0.023	0.011	
Manganese	mg	0.015		0	0.006	0.003	
Selenium	µg	30.8	4.302	5	13.1	6.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040	0.008	4	0.017	0.008	
Riboflavin	mg	0.107	0.011	4	0.045	0.022	
Niacin	mg	8.322	0.416	4	3.537	1.748	
Pantothenic acid	mg	0.590	0.190	2	0.251	0.124	
Vitamin B-6	mg	0.360	0.050	4	0.153	0.076	
Folate	µg	4		0	2	1	
Vitamin B-12	µg	2.02	0.754	4	0.86	0.42	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.090		0	0.038	0.019	
Lipids:							
Saturated, total	g	0.480		0	0.204	0.101	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		3	0.000	0.000	
14:0	g	0.020	0.003	3	0.009	0.004	
15.0	g						
16:0	g	0.300	0.052	3	0.128	0.063	
17:0	g						
18:0	g	0.150	0.032	3	0.064	0.032	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.450		0	0.191	0.095
14:1	g					
16:1	g	0.070	0.017	3	0.030	0.015
18:1	g	0.380	0.070	3	0.161	0.080
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.280		0	0.119	0.059
18:2	g	0.260	0.046	3	0.111	0.055
18:3	g	0.020	0.006	3	0.009	0.004
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	41	4.750	4	17	9
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.256		0	0.109	0.054
Threonine	g	1.001		0	0.425	0.210
Isoleucine	g	1.170		0	0.497	0.246
Leucine	g	1.793		0	0.762	0.377
Lysine	g	2.120		0	0.901	0.445
Methionine	g	0.652		0	0.277	0.137
Cystine	g	0.234		0	0.099	0.049
Phenylalanine	g	0.893		0	0.380	0.188
Tyrosine	g	0.889		0	0.378	0.187
Valine	g	1.195		0	0.508	0.251
Arginine	g	1.570		0	0.667	0.330
Histidine	g	0.702		0	0.298	0.147
Alanine	g	1.393		0	0.592	0.293
Aspartic acid	g	2.185		0	0.929	0.459
Glutamic acid	g	3.672		0	1.561	0.771
Glycine	g	1.116		0	0.474	0.234
Proline	g	0.936		0	0.398	0.197
Serine	g	1.001		0	0.425	0.210
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 2 slices

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

NDB No. 07080 Turkey ham, cured turkey thigh meat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 227g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	71.38	0.396	6	162.03	40.47	
Energy	kcal	128		0	291	73	
Energy	kj	536		0	1217	304	
Protein (N x 5.95)	g	18.93	0.376	9	42.97	10.73	
Total lipid (fat)	g	5.08	0.164	9	11.53	2.88	
Carbohydrate, by difference	g	0.37		0	0.84	0.21	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.23	0.321	6	9.60	2.40	
Sugars, total	g						
Minerals:							
Calcium	mg	10	2.630	4	23	6	
Iron	mg	2.76	0.945	5	6.27	1.56	
Magnesium	mg	16		0	36	9	
Phosphorus	mg	191		1	434	108	
Potassium	mg	325		1	738	184	
Sodium	mg	996	209.463	5	2261	565	
Zinc	mg	2.94		0	6.67	1.67	
Copper	mg	0.110		0	0.250	0.062	
Manganese	mg	0.015		0	0.034	0.009	
Selenium	µg	36.0		0	81.7	20.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.052	0.005	4	0.118	0.029	
Riboflavin	mg	0.247	0.013	3	0.561	0.140	
Niacin	mg	3.527		0	8.006	2.000	
Pantothenic acid	mg	0.850		0	1.930	0.482	
Vitamin B-6	mg	0.240		0	0.545	0.136	
Folate	µg	6		0	14	3	
Vitamin B-12	µg	0.24		0	0.54	0.14	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.640		0	1.453	0.363	
Lipids:							
Saturated, total	g	1.700		0	3.859	0.964	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.023	0.006	
14:0	g	0.030		0	0.068	0.017	
15.0	g						
16:0	g	0.900		0	2.043	0.510	
17:0	g						
18:0	g	0.510		0	1.158	0.289	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.150	0	2.610	0.652
14:1	g				
16:1	g	0.170	0	0.386	0.096
18:1	g	0.950	0	2.156	0.539
20:1	g	0.020	0	0.045	0.011
22.1	g	0.010	0	0.023	0.006
Polyunsaturated, total	g	1.520	0	3.450	0.862
18:2	g	1.230	0	2.792	0.697
18:3	g	0.050	0	0.114	0.028
18:4	g	0.000	0	0.000	0.000
20:4	g	0.180	0	0.409	0.102
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.068	0.017
22:6	g	0.040	0	0.091	0.023
Cholesterol	mg	56	0	127	32
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.215	0	0.488	0.122
Threonine	g	0.842	0	1.911	0.477
Isoleucine	g	0.984	0	2.234	0.558
Leucine	g	1.508	0	3.423	0.855
Lysine	g	1.784	0	4.050	1.012
Methionine	g	0.548	0	1.244	0.311
Cystine	g	0.197	0	0.447	0.112
Phenylalanine	g	0.751	0	1.705	0.426
Tyrosine	g	0.748	0	1.698	0.424
Valine	g	1.006	0	2.284	0.570
Arginine	g	1.321	0	2.999	0.749
Histidine	g	0.591	0	1.342	0.335
Alanine	g	1.172	0	2.660	0.665
Aspartic acid	g	1.839	0	4.175	1.043
Glutamic acid	g	3.090	0	7.014	1.752
Glycine	g	0.939	0	2.132	0.532
Proline	g	0.788	0	1.789	0.447
Serine	g	0.842	0	1.911	0.477
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package, (net weight, 8 oz)
Measure 2: 2 slices

NDB No. 07081 Turkey roll, light meat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	71.55	0.950	2	20.28	40.57	
Energy	kcal	147		0	42	83	
Energy	kj	615		0	174	349	
Protein (N x 5.95)	g	18.70	0.823	9	5.30	10.60	
Total lipid (fat)	g	7.22	0.873	9	2.05	4.09	
Carbohydrate, by difference	g	0.53		0	0.15	0.30	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.00	0.100	2	0.57	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	40	7.383	8	11	23	
Iron	mg	1.28	0.372	8	0.36	0.73	
Magnesium	mg	16		1	5	9	
Phosphorus	mg	183		1	52	104	
Potassium	mg	251	21.944	8	71	142	
Sodium	mg	489	40.345	9	139	277	
Zinc	mg	1.56		1	0.44	0.88	
Copper	mg	0.040		1	0.011	0.023	
Manganese	mg	0.012		0	0.003	0.007	
Selenium	µg	22.3		0	6.3	12.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.089	0.018	7	0.025	0.050	
Riboflavin	mg	0.226	0.038	7	0.064	0.128	
Niacin	mg	7.000		0	1.985	3.969	
Pantothenic acid	mg	0.420		0	0.119	0.238	
Vitamin B-6	mg	0.320		0	0.091	0.181	
Folate	µg	4		0	1	2	
Vitamin B-12	µg	0.24		0	0.07	0.14	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.134		0	0.038	0.076	
Lipids:							
Saturated, total	g	2.020		0	0.573	1.145	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.006	
14:0	g	0.050		0	0.014	0.028	
15.0	g						
16:0	g	1.260		0	0.357	0.714	
17:0	g						
18:0	g	0.470		0	0.133	0.266	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.500		0	0.709	1.418
14:1	g					
16:1	g	0.410		0	0.116	0.232
18:1	g	2.020		0	0.573	1.145
20:1	g	0.010		0	0.003	0.006
22.1	g	0.010		0	0.003	0.006
Polyunsaturated, total	g	1.740		0	0.493	0.987
18:2	g	1.420		0	0.403	0.805
18:3	g	0.090		0	0.026	0.051
18:4	g	0.000		0	0.000	0.000
20:4	g	0.140		0	0.040	0.079
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.006	0.011
22:6	g	0.020		0	0.006	0.011
Cholesterol	mg	43	2.485	9	12	24
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.206		0	0.058	0.117
Threonine	g	0.816		0	0.231	0.463
Isoleucine	g	0.936		0	0.265	0.531
Leucine	g	1.451		0	0.411	0.823
Lysine	g	1.698		0	0.481	0.963
Methionine	g	0.525		0	0.149	0.298
Cystine	g	0.206		0	0.058	0.117
Phenylalanine	g	0.731		0	0.207	0.414
Tyrosine	g	0.708		0	0.201	0.401
Valine	g	0.973		0	0.276	0.552
Arginine	g	1.319		0	0.374	0.748
Histidine	g	0.561		0	0.159	0.318
Alanine	g	1.195		0	0.339	0.678
Aspartic acid	g	1.803		0	0.511	1.022
Glutamic acid	g	2.981		0	0.845	1.690
Glycine	g	1.135		0	0.322	0.644
Proline	g	0.876		0	0.248	0.497
Serine	g	0.825		0	0.234	0.468
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 2 slices

NDB No. 07082 Turkey roll, light and dark meat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	70.15	0.750	2	19.89	39.78	
Energy	kcal	149		0	42	84	
Energy	kj	623		0	177	353	
Protein (N x 5.95)	g	18.14	0.751	8	5.14	10.29	
Total lipid (fat)	g	6.99	0.703	8	1.98	3.96	
Carbohydrate, by difference	g	2.13		0	0.60	1.21	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.60	0.200	2	0.74	1.47	
Sugars, total	g						
Minerals:							
Calcium	mg	32	8.737	8	9	18	
Iron	mg	1.35	0.144	8	0.38	0.77	
Magnesium	mg	18		1	5	10	
Phosphorus	mg	168		1	48	95	
Potassium	mg	270	26.242	7	77	153	
Sodium	mg	586	64.326	8	166	332	
Zinc	mg	2.00		1	0.57	1.13	
Copper	mg	0.070		1	0.020	0.040	
Manganese	mg	0.013		0	0.004	0.007	
Selenium	µg	29.2		0	8.3	16.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.091	0.006	7	0.026	0.052	
Riboflavin	mg	0.284	0.045	7	0.081	0.161	
Niacin	mg	4.800		1	1.361	2.722	
Pantothenic acid	mg	0.570		0	0.162	0.323	
Vitamin B-6	mg	0.270		0	0.077	0.153	
Folate	µg	5		0	1	3	
Vitamin B-12	µg	0.23		0	0.07	0.13	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.339		0	0.096	0.192	
Lipids:							
Saturated, total	g	2.040		0	0.578	1.157	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.006	
14:0	g	0.050		0	0.014	0.028	
15.0	g						
16:0	g	1.250		0	0.354	0.709	
17:0	g						
18:0	g	0.500		0	0.142	0.284	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.300		0	0.652	1.304
14:1	g					
16:1	g	0.380		0	0.108	0.215
18:1	g	1.870		0	0.530	1.060
20:1	g	0.010		0	0.003	0.006
22.1	g	0.010		0	0.003	0.006
Polyunsaturated, total	g	1.780		0	0.505	1.009
18:2	g	1.480		0	0.420	0.839
18:3	g	0.080		0	0.023	0.045
18:4	g	0.000		0	0.000	0.000
20:4	g	0.140		0	0.040	0.079
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.006	0.011
22:6	g	0.030		0	0.009	0.017
Cholesterol	mg	55	6.616	7	16	31
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.200		0	0.057	0.113
Threonine	g	0.792		0	0.225	0.449
Isoleucine	g	0.909		0	0.258	0.515
Leucine	g	1.409		0	0.399	0.799
Lysine	g	1.649		0	0.467	0.935
Methionine	g	0.510		0	0.145	0.289
Cystine	g	0.200		0	0.057	0.113
Phenylalanine	g	0.710		0	0.201	0.403
Tyrosine	g	0.687		0	0.195	0.390
Valine	g	0.944		0	0.268	0.535
Arginine	g	1.279		0	0.363	0.725
Histidine	g	0.545		0	0.155	0.309
Alanine	g	1.158		0	0.328	0.657
Aspartic acid	g	1.749		0	0.496	0.992
Glutamic acid	g	2.893		0	0.820	1.640
Glycine	g	1.094		0	0.310	0.620
Proline	g	0.846		0	0.240	0.480
Serine	g	0.800		0	0.227	0.454
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 2 slices

NDB No. 07083 Vienna sausage, canned, beef and pork

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 16g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	59.93	0.524	3	9.59	67.72	
Energy	kcal	279		0	45	315	
Energy	kj	1167		0	187	1319	
Protein (N x 5.95)	g	10.29	0.205	3	1.65	11.63	
Total lipid (fat)	g	25.20	0.500	3	4.03	28.48	
Carbohydrate, by difference	g	2.04		0	0.33	2.31	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.53	0.033	3	0.40	2.86	
Sugars, total	g						
Minerals:							
Calcium	mg	10	2.028	3	2	11	
Iron	mg	0.88	0.076	3	0.14	0.99	
Magnesium	mg	7	0.333	3	1	8	
Phosphorus	mg	49	2.186	3	8	55	
Potassium	mg	101	4.910	3	16	114	
Sodium	mg	953	18.415	3	152	1077	
Zinc	mg	1.60	0.058	3	0.26	1.81	
Copper	mg	0.030	0.007	3	0.005	0.034	
Manganese	mg	0.029	0.005	3	0.005	0.033	
Selenium	µg	16.9		0	2.7	19.1	
Vitamins:							
Ascorbic acid	mg	0.0	0.000	3	0.0	0.0	
Thiamin	mg	0.087	0.017	3	0.014	0.098	
Riboflavin	mg	0.107	0.012	3	0.017	0.121	
Niacin	mg	1.613	0.155	3	0.258	1.823	
Pantothenic acid	mg	0.350		0	0.056	0.395	
Vitamin B-6	mg	0.120	0.027	3	0.019	0.136	
Folate	µg	4		0	1	5	
Vitamin B-12	µg	1.02	0.023	3	0.16	1.15	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.220		0	0.035	0.249	
Lipids:							
Saturated, total	g	9.280		0	1.485	10.486	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.030	0.010	3	0.005	0.034	
12:0	g	0.020	0.014	3	0.003	0.023	
14:0	g	0.590	0.028	3	0.094	0.667	
15.0	g						
16:0	g	5.440	0.214	3	0.870	6.147	
17:0	g						
18:0	g	3.200	0.092	3	0.512	3.616	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.550		0	2.008	14.182
14:1	g					
16:1	g	1.520	0.088	3	0.243	1.718
18:1	g	11.020	0.318	3	1.763	12.453
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.680		0	0.269	1.898
18:2	g	1.290	0.192	3	0.206	1.458
18:3	g	0.390	0.068	3	0.062	0.441
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	52	5.686	3	8	59
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.109		1	0.017	0.123
Threonine	g	0.357		1	0.057	0.403
Isoleucine	g	0.557		1	0.089	0.629
Leucine	g	0.797		1	0.128	0.901
Lysine	g	0.791		1	0.127	0.894
Methionine	g	0.265		1	0.042	0.299
Cystine	g	0.175		1	0.028	0.198
Phenylalanine	g	0.425		1	0.068	0.480
Tyrosine	g	0.341		1	0.055	0.385
Valine	g	0.573		1	0.092	0.647
Arginine	g	0.707		1	0.113	0.799
Histidine	g	0.273		1	0.044	0.308
Alanine	g	0.651		1	0.104	0.736
Aspartic acid	g	1.005		1	0.161	1.136
Glutamic acid	g	1.304		1	0.209	1.474
Glycine	g	1.013		1	0.162	1.145
Proline	g	0.606		1	0.097	0.685
Serine	g	0.432		1	0.069	0.488
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 sausage (7/8" dia x 2" long)
Measure 2: 7 sausages (drained contents from can, net wt 4 oz)

NDB No. 07088 Honey roll sausage, beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	64.78	0.228	4	18.37	14.90	
Energy	kcal	182		0	52	42	
Energy	kj	761		0	216	175	
Protein (N x 5.95)	g	18.58	0.179	4	5.27	4.27	
Total lipid (fat)	g	10.50	0.376	4	2.98	2.42	
Carbohydrate, by difference	g	2.18		0	0.62	0.50	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.98	0.063	4	1.13	0.92	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.000	3	3	2	
Iron	mg	2.20	0.220	4	0.62	0.51	
Magnesium	mg	16	1.436	4	5	4	
Phosphorus	mg	137	7.134	4	39	32	
Potassium	mg	291	23.063	4	82	67	
Sodium	mg	1322	26.166	4	375	304	
Zinc	mg	3.25	0.086	4	0.92	0.75	
Copper	mg	0.100	0.008	4	0.028	0.023	
Manganese	mg	0.037	0.005	3	0.010	0.009	
Selenium	µg	15.6		0	4.4	3.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.007	4	0.023	0.018	
Riboflavin	mg	0.182	0.016	4	0.052	0.042	
Niacin	mg	4.165	0.165	4	1.181	0.958	
Pantothenic acid	mg	0.490	0.010	2	0.139	0.113	
Vitamin B-6	mg	0.270	0.025	4	0.077	0.062	
Folate	µg	4		0	1	1	
Vitamin B-12	µg	2.35	0.182	4	0.67	0.54	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.040	0.032	
Lipids:							
Saturated, total	g	4.080		0	1.157	0.938	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020	0.007	4	0.006	0.005	
12:0	g	0.020	0.007	4	0.006	0.005	
14:0	g	0.280	0.009	4	0.079	0.064	
15.0	g						
16:0	g	2.400	0.075	4	0.680	0.552	
17:0	g						
18:0	g	1.360	0.059	4	0.386	0.313	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.820		0	1.366	1.109
14:1	g					
16:1	g	0.620	0.051	4	0.176	0.143
18:1	g	4.200	0.257	4	1.191	0.966
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.490		0	0.139	0.113
18:2	g	0.380	0.020	4	0.108	0.087
18:3	g	0.110	0.015	4	0.031	0.025
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	50	3.198	4	14	12
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.152		0	0.043	0.035
Threonine	g	0.779		0	0.221	0.179
Isoleucine	g	0.761		0	0.216	0.175
Leucine	g	1.388		0	0.393	0.319
Lysine	g	1.516		0	0.430	0.349
Methionine	g	0.449		0	0.127	0.103
Cystine	g	0.220		0	0.062	0.051
Phenylalanine	g	0.696		0	0.197	0.160
Tyrosine	g	0.562		0	0.159	0.129
Valine	g	0.853		0	0.242	0.196
Arginine	g	1.255		0	0.356	0.289
Histidine	g	0.538		0	0.153	0.124
Alanine	g	1.228		0	0.348	0.282
Aspartic acid	g	1.650		0	0.468	0.379
Glutamic acid	g	2.679		0	0.759	0.616
Glycine	g	1.379		0	0.391	0.317
Proline	g	1.011		0	0.287	0.233
Serine	g	0.758		0	0.215	0.174
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

NDB No. 07089 Italian sausage, cooked, 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	Samples	Measure 1* 83g	Measure 2* 67g	Measure 3*
Proximates:							
Water	g	49.95	0.412	4	41.46	33.47	
Energy	kcal	323		0	268	216	
Energy	kj	1351		0	1121	905	
Protein (N x 5.95)	g	20.03	0.569	4	16.62	13.42	
Total lipid (fat)	g	25.70	0.438	4	21.33	17.22	
Carbohydrate, by difference	g	1.50		0	1.25	1.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.83	0.086	4	2.35	1.90	
Sugars, total	g						
Minerals:							
Calcium	mg	24	0.958	4	20	16	
Iron	mg	1.50	0.128	4	1.25	1.00	
Magnesium	mg	18	1.190	4	15	12	
Phosphorus	mg	170	3.440	4	141	114	
Potassium	mg	304	9.647	4	252	204	
Sodium	mg	922	34.027	4	765	618	
Zinc	mg	2.39	0.149	4	1.98	1.60	
Copper	mg	0.080	0.019	4	0.066	0.054	
Manganese	mg	0.082	0.014	3	0.068	0.055	
Selenium	µg	22.0		0	18.3	14.7	
Vitamins:							
Ascorbic acid	mg	2.0	0.479	4	1.7	1.3	
Thiamin	mg	0.623	0.032	4	0.517	0.417	
Riboflavin	mg	0.233	0.016	4	0.193	0.156	
Niacin	mg	4.165	0.274	4	3.457	2.791	
Pantothenic acid	mg	0.450		0	0.374	0.302	
Vitamin B-6	mg	0.330	0.014	4	0.274	0.221	
Folate	µg	5		0	4	3	
Vitamin B-12	µg	1.30	0.102	4	1.08	0.87	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.250		0	0.208	0.168	
Lipids:							
Saturated, total	g	9.070		0	7.528	6.077	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.070	0.009	4	0.058	0.047	
12:0	g	0.050	0.006	4	0.042	0.034	
14:0	g	0.450	0.041	4	0.374	0.302	
15.0	g						
16:0	g	5.390	0.150	4	4.474	3.611	
17:0	g						
18:0	g	3.070	0.110	4	2.548	2.057	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.950		0	9.918	8.006
14:1	g					
16:1	g	1.180	0.074	4	0.979	0.791
18:1	g	10.770	0.423	4	8.939	7.216
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	3.290		0	2.731	2.204
18:2	g	2.840	0.145	4	2.357	1.903
18:3	g	0.440	0.063	4	0.365	0.295
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	78	2.646	4	65	52
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.161		0	0.134	0.108
Threonine	g	0.792		0	0.657	0.531
Isoleucine	g	0.731		0	0.607	0.490
Leucine	g	1.343		0	1.115	0.900
Lysine	g	1.522		0	1.263	1.020
Methionine	g	0.486		0	0.403	0.326
Cystine	g	0.201		0	0.167	0.135
Phenylalanine	g	0.670		0	0.556	0.449
Tyrosine	g	0.577		0	0.479	0.387
Valine	g	0.804		0	0.667	0.539
Arginine	g	1.182		0	0.981	0.792
Histidine	g	0.577		0	0.479	0.387
Alanine	g	1.121		0	0.930	0.751
Aspartic acid	g	1.666		0	1.383	1.116
Glutamic acid	g	2.768		0	2.297	1.855
Glycine	g	1.214		0	1.008	0.813
Proline	g	0.932		0	0.774	0.624
Serine	g	0.775		0	0.643	0.519
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 link, 4/lb

Measure 2: 1 link, 5/lb

NDB No. 07090 Luncheon sausage, pork and beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	58.62	0.870	6	16.62	13.48	
Energy	kcal	260		0	74	60	
Energy	kj	1088		0	308	250	
Protein (N x 5.95)	g	15.38	0.490	6	4.36	3.54	
Total lipid (fat)	g	20.90	0.625	6	5.93	4.81	
Carbohydrate, by difference	g	1.58		0	0.45	0.36	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.52	0.105	6	1.00	0.81	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.088	6	4	3	
Iron	mg	1.43	0.048	6	0.41	0.33	
Magnesium	mg	14	0.543	6	4	3	
Phosphorus	mg	122	7.342	6	35	28	
Potassium	mg	245	9.888	6	69	56	
Sodium	mg	1182	32.498	6	335	272	
Zinc	mg	2.45	0.152	6	0.69	0.56	
Copper	mg	0.080	0.011	6	0.023	0.018	
Manganese	mg	0.042	0.005	4	0.012	0.010	
Selenium	µg	15.4		0	4.4	3.5	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.217	0.004	6	0.062	0.050	
Riboflavin	mg	0.195	0.009	6	0.055	0.045	
Niacin	mg	3.527	0.202	6	1.000	0.811	
Pantothenic acid	mg	0.370	0.160	2	0.105	0.085	
Vitamin B-6	mg	0.200	0.018	6	0.057	0.046	
Folate	µg	3		0	1	1	
Vitamin B-12	µg	1.96	0.153	6	0.56	0.45	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.620		0	2.160	1.753	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020	0.007	6	0.006	0.005	
12:0	g	0.020	0.003	6	0.006	0.005	
14:0	g	0.300	0.009	6	0.085	0.069	
15.0	g						
16:0	g	4.630	0.151	6	1.313	1.065	
17:0	g						
18:0	g	2.650	0.076	6	0.751	0.609	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.930		0	2.815	2.284
14:1	g					
16:1	g	0.830	0.018	6	0.235	0.191
18:1	g	9.110	0.311	6	2.583	2.095
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.050		0	0.581	0.472
18:2	g	1.770	0.067	6	0.502	0.407
18:3	g	0.280	0.032	6	0.079	0.064
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	64	3.565	6	18	15
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.162		0	0.046	0.037
Threonine	g	0.664		0	0.188	0.153
Isoleucine	g	0.785		0	0.223	0.181
Leucine	g	1.280		0	0.363	0.294
Lysine	g	1.447		0	0.410	0.333
Methionine	g	0.352		0	0.100	0.081
Cystine	g	0.281		0	0.080	0.065
Phenylalanine	g	0.623		0	0.177	0.143
Tyrosine	g	0.613		0	0.174	0.141
Valine	g	0.871		0	0.247	0.200
Arginine	g	1.130		0	0.320	0.260
Histidine	g	0.495		0	0.140	0.114
Alanine	g	0.984		0	0.279	0.226
Aspartic acid	g	1.602		0	0.454	0.368
Glutamic acid	g	2.161		0	0.613	0.497
Glycine	g	1.203		0	0.341	0.277
Proline	g	0.891		0	0.253	0.205
Serine	g	0.645		0	0.183	0.148
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	66.77	0.567	38	18.93	15.36	
Energy	kcal	161		0	46	37	
Energy	kj	674		0	191	155	
Protein (N x 5.95)	g	17.27	0.284	38	4.90	3.97	
Total lipid (fat)	g	7.58	0.122	6	2.15	1.74	
Carbohydrate, by difference	g	4.83		0	1.37	1.11	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.55	0.129	6	1.01	0.82	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.333	6	2	2	
Iron	mg	0.94	0.064	6	0.27	0.22	
Magnesium	mg	16	0.654	6	5	4	
Phosphorus	mg	136	12.213	6	39	31	
Potassium	mg	321	10.124	6	91	74	
Sodium	mg	1220	84.892	6	346	281	
Zinc	mg	2.70	0.195	6	0.77	0.62	
Copper	mg	0.100	0.020	6	0.028	0.023	
Manganese	mg	0.036	0.006	5	0.010	0.008	
Selenium	µg	19.2		0	5.4	4.4	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.640	0.023	6	0.181	0.147	
Riboflavin	mg	0.248	0.005	6	0.070	0.057	
Niacin	mg	3.478	0.278	6	0.986	0.800	
Pantothenic acid	mg	0.680	0.210	2	0.193	0.156	
Vitamin B-6	mg	0.360	0.095	6	0.102	0.083	
Folate	µg	7	1.856	3	2	2	
Vitamin B-12	µg	1.34	0.107	6	0.38	0.31	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.200		0	0.057	0.046	
Lipids:							
Saturated, total	g	2.560		0	0.726	0.589	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010	0.003	6	0.003	0.002	
12:0	g	0.010	0.002	6	0.003	0.002	
14:0	g	0.100	0.006	6	0.028	0.023	
15.0	g						
16:0	g	1.620	0.029	6	0.459	0.373	
17:0	g						
18:0	g	0.830	0.015	6	0.235	0.191	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.640		0	1.032	0.837
14:1	g					
16:1	g	0.300	0.012	6	0.085	0.069
18:1	g	3.330	0.060	6	0.944	0.766
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.720		0	0.204	0.166
18:2	g	0.640	0.033	6	0.181	0.147
18:3	g	0.090	0.014	6	0.026	0.021
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	49	4.152	5	14	11
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.193		0	0.055	0.044
Threonine	g	0.757		0	0.215	0.174
Isoleucine	g	0.761		0	0.216	0.175
Leucine	g	1.363		0	0.386	0.313
Lysine	g	1.511		0	0.428	0.348
Methionine	g	0.446		0	0.126	0.103
Cystine	g	0.246		0	0.070	0.057
Phenylalanine	g	0.684		0	0.194	0.157
Tyrosine	g	0.533		0	0.151	0.123
Valine	g	0.803		0	0.228	0.185
Arginine	g	1.201		0	0.340	0.276
Histidine	g	0.652		0	0.185	0.150
Alanine	g	1.039		0	0.295	0.239
Aspartic acid	g	1.639		0	0.465	0.377
Glutamic acid	g	2.585		0	0.733	0.595
Glycine	g	0.946		0	0.268	0.218
Proline	g	0.761		0	0.216	0.175
Serine	g	0.686		0	0.194	0.158
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

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

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.70	0.094	73	15.04		
Energy	kcal	318		0	89		
Energy	kj	1331		0	373		
Protein (N x 5.95)	g	10.90	0.047	73	3.05		
Total lipid (fat)	g	29.40	0.117	73	8.23		
Carbohydrate, by difference	g	2.40		0	0.67		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.50	0.058	3	0.98		
Sugars, total	g	1.40	0.058	3	0.39		
Minerals:							
Calcium	mg	69	12.124	3	19		
Iron	mg	1.78	0.058	3	0.50		
Magnesium	mg	21	0.346	3	6		
Phosphorus	mg	199	4.619	3	56		
Potassium	mg	154	7.506	3	43		
Sodium	mg	1033	50.807	3	289		
Zinc	mg	1.42	0.023	3	0.40		
Copper	mg	0.200	0.006	3	0.056		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.490		0	2.937		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020	0.006	3	0.006		
14:0	g	0.370	0.012	3	0.104		
15.0	g						
16:0	g	7.170	0.069	3	2.008		
17:0	g						
18:0	g	2.930	0.069	3	0.820		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.480		0	4.054
14:1	g				
16:1	g	1.250	0.144	3	0.350
18:1	g	13.230	0.300	3	3.704
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.930		0	1.100
18:2	g	3.590	0.104	3	1.005
18:3	g	0.340	0.023	3	0.095
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	103	1.732	3	29
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 07201 OSCAR MAYER, Bologna (beef)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	54.10	0.072	123	15.15		
Energy	kcal	317		0	89		
Energy	kj	1326		0	371		
Protein (N x 5.95)	g	11.10	0.045	123	3.11		
Total lipid (fat)	g	29.20	0.081	123	8.18		
Carbohydrate, by difference	g	2.40		0	0.67		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.20	0.018	30	0.90		
Sugars, total	g	1.40	0.141	8	0.39		
Minerals:							
Calcium	mg	12	0.730	30	3		
Iron	mg	1.36	0.071	30	0.38		
Magnesium	mg	14	0.676	30	4		
Phosphorus	mg	109	5.295	30	31		
Potassium	mg	168	4.017	30	47		
Sodium	mg	1108	10.224	30	310		
Zinc	mg	2.03	0.062	30	0.57		
Copper	mg	0.110	0.011	30	0.031		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.050	0.003	11	0.014		
Riboflavin	mg	0.110	0.006	11	0.031		
Niacin	mg	2.420	0.069	11	0.678		
Pantothenic acid	mg	0.280		1	0.078		
Vitamin B-6	mg	0.170	0.009	11	0.048		
Folate	µg	13	5.268	5	4		
Vitamin B-12	µg	1.43	0.075	11	0.40		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.850		0	3.598		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020	0.004	28	0.006		
14:0	g	0.980	0.028	28	0.274		
15.0	g						
16:0	g	7.510	0.076	28	2.103		
17:0	g						
18:0	g	4.340	0.083	28	1.215		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.210		0	4.259
14:1	g				
16:1	g	1.630	0.055	28	0.456
18:1	g	13.580	0.119	28	3.802
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.110		0	0.311
18:2	g	0.860	0.042	28	0.241
18:3	g	0.250	0.021	28	0.070
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	2.373	30	20
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	65.00	0.110	30	18.20		
Energy	kcal	198		0	55		
Energy	kj	828		0	232		
Protein (N x 5.95)	g	11.70	0.055	30	3.28		
Total lipid (fat)	g	14.20	0.164	30	3.98		
Carbohydrate, by difference	g	6.00		0	1.68		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.20	0.055	13	0.90		
Sugars, total	g	2.30	0.071	2	0.64		
Minerals:							
Calcium	mg	13	0.816	6	4		
Iron	mg	1.22	0.086	6	0.34		
Magnesium	mg	14	0.694	6	4		
Phosphorus	mg	178	4.899	6	50		
Potassium	mg	156	2.858	6	44		
Sodium	mg	1121	2.858	6	314		
Zinc	mg	1.91	0.061	6	0.53		
Copper	mg	0.210	0.012	6	0.059		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.820		0	1.630		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.040	0.008	6	0.011		
14:0	g	0.460	0.029	6	0.129		
15.0	g						
16:0	g	3.610	0.192	6	1.011		
17:0	g						
18:0	g	1.710	0.090	6	0.479		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.160		0	2.005
14:1	g				
16:1	g	0.690	0.053	6	0.193
18:1	g	6.470	0.241	6	1.812
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.470		0	0.132
18:2	g	0.450	0.029	6	0.126
18:3	g	0.020	0.004	6	0.006
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	45	0.408	6	13
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.00	0.060	99	21.84		
Energy	kcal	79		0	22		
Energy	kj	331		0	93		
Protein (N x 5.95)	g	12.60	0.040	99	3.53		
Total lipid (fat)	g	0.60	0.040	99	0.17		
Carbohydrate, by difference	g	6.00		0	1.68		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.90	0.058	12	0.81		
Sugars, total	g	2.20	0.447	5	0.62		
Minerals:							
Calcium	mg	15	1.789	5	4		
Iron	mg	0.92	0.049	5	0.26		
Magnesium	mg	22	0.984	5	6		
Phosphorus	mg	154	5.814	5	43		
Potassium	mg	156	8.497	5	44		
Sodium	mg	977	33.068	6	274		
Zinc	mg	1.14	0.045	5	0.32		
Copper	mg	0.200	0.009	5	0.056		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.235		0	0.066		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.009	0.004	5	0.003		
14:0	g	0.027	0.020	5	0.008		
15.0	g						
16:0	g	0.136	0.024	5	0.038		
17:0	g						
18:0	g	0.063	0.012	5	0.018		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.208		0	0.058
14:1	g				
16:1	g	0.009	0.000	5	0.003
18:1	g	0.199	0.044	5	0.056
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.127		0	0.036
18:2	g	0.109	0.016	5	0.031
18:3	g	0.018	0.008	5	0.005
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	25	2.236	5	7
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	65.10	0.146	30	18.23		
Energy	kcal	199		0	56		
Energy	kj	833		0	233		
Protein (N x 5.95)	g	11.50	0.055	30	3.22		
Total lipid (fat)	g	14.50	0.146	30	4.06		
Carbohydrate, by difference	g	5.60		0	1.57		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.40	0.041	6	0.95		
Sugars, total	g	2.60	0.327	6	0.73		
Minerals:							
Calcium	mg	50	6.532	6	14		
Iron	mg	1.39	0.004	6	0.39		
Magnesium	mg	20	0.245	6	6		
Phosphorus	mg	185	4.491	6	52		
Potassium	mg	163	2.041	6	46		
Sodium	mg	1114	4.491	6	312		
Zinc	mg	1.61	0.053	6	0.45		
Copper	mg	0.200	0.004	6	0.056		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.620		0	1.574		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010	0.000	6	0.003		
14:0	g	0.260	0.016	6	0.073		
15.0	g						
16:0	g	3.690	0.057	6	1.033		
17:0	g						
18:0	g	1.660	0.033	6	0.465		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.300		0	2.044
14:1	g				
16:1	g	0.460	0.020	6	0.129
18:1	g	6.840	0.167	6	1.915
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.540		0	0.431
18:2	g	1.480	0.065	6	0.414
18:3	g	0.060	0.012	6	0.017
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	54	1.633	6	15
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 56g	Measure 2*	Measure 3*
Proximates:							
Water	g	54.70	0.190	40	30.63		
Energy	kcal	313		0	175		
Energy	kj	1310		0	734		
Protein (N x 5.95)	g	11.80	0.063	40	6.61		
Total lipid (fat)	g	28.40	0.174	40	15.90		
Carbohydrate, by difference	g	2.60		0	1.46		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.50	0.028	13	1.40		
Sugars, total	g	2.20	0.354	2	1.23		
Minerals:							
Calcium	mg	15	1.387	13	8		
Iron	mg	1.16	0.083	13	0.65		
Magnesium	mg	15	0.804	13	8		
Phosphorus	mg	106	6.379	13	59		
Potassium	mg	139	25.516	13	78		
Sodium	mg	827	16.918	13	463		
Zinc	mg	1.85	0.058	13	1.04		
Copper	mg	0.130	0.031	13	0.073		
Manganese	mg	0.049	0.007	6	0.027		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.290	0.011	7	0.162		
Riboflavin	mg	0.140	0.008	7	0.078		
Niacin	mg	2.650	0.129	7	1.484		
Pantothenic acid	mg						
Vitamin B-6	mg	0.140	0.011	7	0.078		
Folate	µg						
Vitamin B-12	µg	1.26	0.110	7	0.71		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.140		0	6.238		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.040	0.014	13	0.022		
14:0	g	0.730	0.053	13	0.409		
15.0	g						
16:0	g	6.790	0.244	13	3.802		
17:0	g						
18:0	g	3.580	0.111	13	2.005		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.090		0	7.890
14:1	g				
16:1	g	1.470	0.094	13	0.823
18:1	g	12.620	0.047	13	7.067
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.970		0	1.103
18:2	g	1.670	0.128	13	0.935
18:3	g	0.300	0.047	13	0.168
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	62	2.496	13	35
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	50.40	0.164	30	14.11		
Energy	kcal	336		0	94		
Energy	kj	1406		0	394		
Protein (N x 5.95)	g	14.00	0.091	30	3.92		
Total lipid (fat)	g	30.20	0.201	30	8.46		
Carbohydrate, by difference	g	2.10		0	0.59		
Fiber, total dietary	g	0.2		0	0.1		
Ash	g	3.40	0.022	20	0.95		
Sugars, total	g	1.20	0.354	2	0.34		
Minerals:							
Calcium	mg	9	0.750	16	3		
Iron	mg	9.81	0.485	16	2.75		
Magnesium	mg	14	1.175	16	4		
Phosphorus	mg	199	7.250	16	56		
Potassium	mg	202	4.500	16	57		
Sodium	mg	1157	28.750	16	324		
Zinc	mg	3.40	0.138	16	0.95		
Copper	mg	0.500	0.078	16	0.140		
Manganese	mg	0.148	0.009	8	0.041		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	9.0		1	2.5		
Thiamin	mg	0.230	0.007	9	0.064		
Riboflavin	mg	1.600	0.063	9	0.448		
Niacin	mg	9.190	0.593	9	2.573		
Pantothenic acid	mg	3.450	0.481	8	0.966		
Vitamin B-6	mg	0.330	0.023	9	0.092		
Folate	µg	47	5.614	8	13		
Vitamin B-12	µg	18.78	1.020	9	5.26		
Vitamin A	IU	15728		0	4404		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.940		0	3.063		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.040	0.010	16	0.011		
14:0	g	0.420	0.020	16	0.118		
15.0	g						
16:0	g	6.990	0.115	16	1.957		
17:0	g						
18:0	g	3.490	0.113	16	0.977		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.480		0	4.334
14:1	g				
16:1	g	1.210	0.060	16	0.339
18:1	g	14.270	0.235	16	3.996
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.730		0	1.044
18:2	g	3.370	0.085	16	0.944
18:3	g	0.360	0.058	16	0.101
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	175	5.078	14	49
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 56g	Measure 2*	Measure 3*
Proximates:							
Water	g	49.60	0.108	31	27.78		
Energy	kcal	341		0	191		
Energy	kj	1427		0	799		
Protein (N x 5.95)	g	14.20	0.072	31	7.95		
Total lipid (fat)	g	30.60	0.126	31	17.14		
Carbohydrate, by difference	g	2.30		0	1.29		
Fiber, total dietary	g	0.1		0	0.1		
Ash	g	3.40	0.025	16	1.90		
Sugars, total	g	0.70	0.212	2	0.39		
Minerals:							
Calcium	mg	9	0.750	16	5		
Iron	mg	9.74	0.460	16	5.45		
Magnesium	mg	12	0.500	16	7		
Phosphorus	mg	194	7.250	16	109		
Potassium	mg	184	6.000	16	103		
Sodium	mg	1118	20.851	23	626		
Zinc	mg	3.16	0.103	16	1.77		
Copper	mg	0.400	0.043	16	0.224		
Manganese	mg	0.090	0.030	9	0.050		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	9.0		1	5.0		
Thiamin	mg	0.230	0.003	10	0.129		
Riboflavin	mg	1.550	0.063	10	0.868		
Niacin	mg	8.280	0.297	10	4.637		
Pantothenic acid	mg	2.880	0.110	6	1.613		
Vitamin B-6	mg	0.340	0.035	10	0.190		
Folate	µg	61	9.580	9	34		
Vitamin B-12	µg	18.52	1.186	10	10.37		
Vitamin A	IU	16670		0	9335		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.890		0	6.098		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.040	0.014	13	0.022		
14:0	g	0.420	0.025	13	0.235		
15.0	g						
16:0	g	6.960	0.186	13	3.898		
17:0	g						
18:0	g	3.470	0.083	13	1.943		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.570		0	8.719
14:1	g				
16:1	g	1.200	0.078	13	0.672
18:1	g	14.370	0.322	13	8.047
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.760		0	2.106
18:2	g	3.440	0.086	13	1.926
18:3	g	0.320	0.050	13	0.179
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	160	5.893	18	90
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2* 13g	Measure 3*
Proximates:							
Water	g	70.20	0.144	31	36.50	9.13	
Energy	kcal	109		0	57	14	
Energy	kj	456		0	237	59	
Protein (N x 5.95)	g	19.80	0.090	31	10.30	2.57	
Total lipid (fat)	g	1.40	0.072	31	0.73	0.18	
Carbohydrate, by difference	g	4.30		0	2.24	0.56	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.20	0.050	4	2.18	0.55	
Sugars, total	g	4.30	0.600	4	2.24	0.56	
Minerals:							
Calcium	mg	10	0.500	4	5	1	
Iron	mg	1.13	0.175	4	0.59	0.15	
Magnesium	mg	36	4.600	4	19	5	
Phosphorus	mg	289	15.000	4	150	38	
Potassium	mg	329	8.500	4	171	43	
Sodium	mg	1386	48.500	4	721	180	
Zinc	mg	0.70	0.105	4	0.36	0.09	
Copper	mg	0.170	0.025	4	0.088	0.022	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.394		0	0.205	0.051	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	4	0.000	0.000	
14:0	g	0.006	0.003	4	0.003	0.001	
15.0	g						
16:0	g	0.285	0.024	4	0.148	0.037	
17:0	g						
18:0	g	0.103	0.006	4	0.054	0.013	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.564		0	0.293	0.073
14:1	g					
16:1	g	0.091	0.012	4	0.047	0.012
18:1	g	0.473	0.024	4	0.246	0.061
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.218		0	0.113	0.028
18:2	g	0.200	0.006	4	0.104	0.026
18:3	g	0.018	0.009	4	0.009	0.002
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	54	3.500	4	28	7
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

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	Samples	Measure 1* 52g	Measure 2* 13g	Measure 3*
Proximates:							
Water	g	75.80	0.119	45	39.42	9.85	
Energy	kcal	85		0	44	11	
Energy	kj	356		0	185	46	
Protein (N x 5.95)	g	18.30	0.089	45	9.52	2.38	
Total lipid (fat)	g	0.60	0.030	45	0.31	0.08	
Carbohydrate, by difference	g	1.70		0	0.88	0.22	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.70	0.095	10	1.92	0.48	
Sugars, total	g	0.90	0.402	5	0.47	0.12	
Minerals:							
Calcium	mg	12	0.408	6	6	2	
Iron	mg	1.33	0.127	6	0.69	0.17	
Magnesium	mg	36	1.674	6	19	5	
Phosphorus	mg	256	6.532	6	133	33	
Potassium	mg	316	4.914	7	164	41	
Sodium	mg	1242	27.667	9	646	161	
Zinc	mg	0.60	0.012	6	0.31	0.08	
Copper	mg	0.230	0.016	6	0.120	0.030	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.170		0	0.088	0.022	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	6	0.000	0.000	
14:0	g	0.010	0.004	6	0.005	0.001	
15.0	g						
16:0	g	0.110	0.016	6	0.057	0.014	
17:0	g						
18:0	g	0.050	0.004	6	0.026	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.160		0	0.083	0.021
14:1	g					
16:1	g	0.020	0.004	6	0.010	0.003
18:1	g	0.140	0.020	6	0.073	0.018
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.060		0	0.031	0.008
18:2	g	0.060	0.008	6	0.031	0.008
18:3	g	0.000	0.000	6	0.000	0.000
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	44	0.816	6	23	6
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

NDB No. 07211 OSCAR MAYER, Ham and Cheese Loaf

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.70	0.256	30	17.00		
Energy	kcal	230		0	64		
Energy	kj	962		0	269		
Protein (N x 5.95)	g	14.10	0.110	30	3.95		
Total lipid (fat)	g	17.70	0.219	30	4.96		
Carbohydrate, by difference	g	3.50		0	0.98		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	4.00	0.060	25	1.12		
Sugars, total	g	3.30	0.520	3	0.92		
Minerals:							
Calcium	mg	67	3.624	22	19		
Iron	mg	0.86	0.036	22	0.24		
Magnesium	mg	19	0.704	22	5		
Phosphorus	mg	270	7.036	22	76		
Potassium	mg	265	7.036	22	74		
Sodium	mg	1253	15.336	30	351		
Zinc	mg	1.81	0.038	22	0.51		
Copper	mg	0.120	0.011	22	0.034		
Manganese	mg	0.018	0.013	7	0.005		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.580	0.032	8	0.162		
Riboflavin	mg	0.190	0.014	8	0.053		
Niacin	mg	3.480	0.230	8	0.974		
Pantothenic acid	mg	0.440	0.133	3	0.123		
Vitamin B-6	mg	0.250	0.021	8	0.070		
Folate	µg	3	0.335	3	1		
Vitamin B-12	µg	0.76	0.032	8	0.21		
Vitamin A	IU	111		0	31		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.561		0	1.837		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.073	0.011	20	0.020		
14:0	g	0.397	0.015	20	0.111		
15.0	g						
16:0	g	4.115	0.117	20	1.152		
17:0	g						
18:0	g	1.976	0.089	20	0.553		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.278		0	2.318
14:1	g				
16:1	g	0.608	0.034	20	0.170
18:1	g	7.671	0.195	20	2.148
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.798		0	0.503
18:2	g	1.604	0.070	20	0.449
18:3	g	0.194	0.031	20	0.054
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	66	1.461	30	18
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 07212 OSCAR MAYER, Ham (chopped with natural juice)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	65.20	0.082	120	18.26		
Energy	kcal	185		0	52		
Energy	kj	774		0	217		
Protein (N x 5.95)	g	16.10	0.037	120	4.51		
Total lipid (fat)	g	12.00	0.100	120	3.36		
Carbohydrate, by difference	g	3.10		0	0.87		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.60	0.038	7	1.01		
Sugars, total	g	2.20	0.404	3	0.62		
Minerals:							
Calcium	mg	9	1.225	6	3		
Iron	mg	1.30	0.176	6	0.36		
Magnesium	mg	23	0.653	6	6		
Phosphorus	mg	219	3.674	6	61		
Potassium	mg	260	2.858	6	73		
Sodium	mg	1167	15.105	6	327		
Zinc	mg	2.25	0.061	6	0.63		
Copper	mg	0.240	0.069	6	0.067		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.056		0	1.136		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.018	0.004	7	0.005		
14:0	g	0.166	0.018	7	0.046		
15.0	g						
16:0	g	2.698	0.080	7	0.755		
17:0	g						
18:0	g	1.173	0.042	7	0.328		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.829		0	1.632
14:1	g				
16:1	g	0.379	0.018	7	0.106
18:1	g	5.451	0.143	7	1.526
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.275		0	0.357
18:2	g	1.210	0.453	7	0.339
18:3	g	0.065	0.007	7	0.018
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg				
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 07213 OSCAR MAYER, Ham (water added, baked cooked 96% fat free)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 63g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	74.80	0.150	4	47.12	15.71	
Energy	kcal	103		0	65	22	
Energy	kj	431		0	272	91	
Protein (N x 5.95)	g	16.50	0.100	4	10.39	3.46	
Total lipid (fat)	g	3.70	0.100	4	2.33	0.78	
Carbohydrate, by difference	g	1.00		0	0.63	0.21	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.00		1	2.52	0.84	
Sugars, total	g	1.00		1	0.63	0.21	
Minerals:							
Calcium	mg	10		1	6	2	
Iron	mg	1.30		1	0.82	0.27	
Magnesium	mg	31		1	20	7	
Phosphorus	mg	233		1	147	49	
Potassium	mg	268		1	169	56	
Sodium	mg	1214		1	765	255	
Zinc	mg	1.81		1	1.14	0.38	
Copper	mg	0.240		1	0.151	0.050	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.851		0	0.536	0.179	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.040		1	0.025	0.008	
15.0	g						
16:0	g	0.571		1	0.360	0.120	
17:0	g						
18:0	g	0.240		1	0.151	0.050	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.165	0	0.734	0.245
14:1	g				
16:1	g	0.074	1	0.047	0.016
18:1	g	1.091	1	0.687	0.229
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.314	0	0.828	0.276
18:2	g	0.223	1	0.140	0.047
18:3	g	1.091	1	0.687	0.229
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	48	1	30	10
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

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	Samples	Measure 1* 63g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	74.60	0.073	120	47.00	15.67	
Energy	kcal	104		0	66	22	
Energy	kj	435		0	274	91	
Protein (N x 5.95)	g	16.60	0.055	120	10.46	3.49	
Total lipid (fat)	g	3.70	0.055	120	2.33	0.78	
Carbohydrate, by difference	g	1.20		0	0.76	0.25	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.00	0.076	7	2.52	0.84	
Sugars, total	g	0.30	0.283	2	0.19	0.06	
Minerals:							
Calcium	mg	10	0.000	2	6	2	
Iron	mg	1.48	0.163	2	0.93	0.31	
Magnesium	mg	31	0.495	2	20	7	
Phosphorus	mg	239	9.192	2	151	50	
Potassium	mg	283	22.627	2	178	59	
Sodium	mg	1348	48.083	2	849	283	
Zinc	mg	1.85	0.106	2	1.17	0.39	
Copper	mg	0.240	0.007	2	0.151	0.050	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.247		0	0.786	0.262	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	2	0.000	0.000	
14:0	g	0.053	0.000	2	0.033	0.011	
15.0	g						
16:0	g	0.846	0.063	2	0.533	0.178	
17:0	g						
18:0	g	0.347	0.019	2	0.219	0.073	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.727		0	1.088	0.363
14:1	g					
16:1	g	0.107	0.012	2	0.067	0.022
18:1	g	1.620	0.051	2	1.021	0.340
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.356		0	0.224	0.075
18:2	g	0.321	0.006	2	0.202	0.067
18:3	g	0.036	0.006	2	0.023	0.008
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	47	0.707	2	30	10
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

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	Samples	Measure 1* 63g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	72.70	0.064	120	45.80	15.27	
Energy	kcal	111		0	70	23	
Energy	kj	464		0	292	97	
Protein (N x 5.95)	g	16.70	0.046	120	10.52	3.51	
Total lipid (fat)	g	3.50	0.046	120	2.21	0.74	
Carbohydrate, by difference	g	3.10		0	1.95	0.65	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.00	0.041	6	2.52	0.84	
Sugars, total	g	3.10	0.250	4	1.95	0.65	
Minerals:							
Calcium	mg	10	1.500	4	6	2	
Iron	mg	1.35	0.055	4	0.85	0.28	
Magnesium	mg	31	1.400	4	20	7	
Phosphorus	mg	259	6.500	4	163	54	
Potassium	mg	281	6.000	4	177	59	
Sodium	mg	1248	13.864	5	786	262	
Zinc	mg	2.08	0.105	4	1.31	0.44	
Copper	mg	0.230	0.005	4	0.145	0.048	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.167		0	0.735	0.245	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	4	0.000	0.000	
14:0	g	0.054	0.004	4	0.034	0.011	
15.0	g						
16:0	g	0.781	0.040	4	0.492	0.164	
17:0	g						
18:0	g	0.332	0.013	4	0.209	0.070	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.669		0	1.051	0.350
14:1	g					
16:1	g	0.099	0.009	4	0.062	0.021
18:1	g	1.571	0.072	4	0.990	0.330
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.314		0	0.198	0.066
18:2	g	0.305	0.009	4	0.192	0.064
18:3	g	0.009	0.000	4	0.006	0.002
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	45	1.789	5	28	9
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

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	Samples	Measure 1* 63g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	75.80	0.046	120	47.75	15.92	
Energy	kcal	99		0	62	21	
Energy	kj	414		0	261	87	
Protein (N x 5.95)	g	16.60	0.037	120	10.46	3.49	
Total lipid (fat)	g	3.60	0.046	120	2.27	0.76	
Carbohydrate, by difference	g	0.10		0	0.06	0.02	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.90	0.041	24	2.46	0.82	
Sugars, total	g	0.10	0.050	4	0.06	0.02	
Minerals:							
Calcium	mg	10	0.500	4	6	2	
Iron	mg	1.30	0.025	4	0.82	0.27	
Magnesium	mg	31	1.350	4	20	7	
Phosphorus	mg	233	6.000	4	147	49	
Potassium	mg	268	9.000	4	169	56	
Sodium	mg	1214	30.000	4	765	255	
Zinc	mg	1.81	0.150	4	1.14	0.38	
Copper	mg	0.240	0.010	4	0.151	0.050	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.222		0	0.770	0.257	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	4	0.000	0.000	
14:0	g	0.057	0.008	4	0.036	0.012	
15.0	g						
16:0	g	0.820	0.139	4	0.517	0.172	
17:0	g						
18:0	g	0.345	0.053	4	0.217	0.072	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.673		0	1.054	0.351
14:1	g					
16:1	g	0.107	0.016	4	0.067	0.022
18:1	g	1.567	0.217	4	0.987	0.329
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.345		0	0.217	0.072
18:2	g	0.320	0.045	4	0.202	0.067
18:3	g	0.025	0.008	4	0.016	0.005
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	48	2.000	4	30	10
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

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	Samples	Measure 1* 47g	Measure 2* 16g	Measure 3*
Proximates:							
Water	g	79.20	0.072	125	37.22	12.67	
Energy	kcal	72		0	34	12	
Energy	kj	301		0	141	48	
Protein (N x 5.95)	g	14.60	0.054	125	6.86	2.34	
Total lipid (fat)	g	0.70	0.018	125	0.33	0.11	
Carbohydrate, by difference	g	1.90		0	0.89	0.30	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.70	0.082	6	1.74	0.59	
Sugars, total	g	1.10	0.115	3	0.52	0.18	
Minerals:							
Calcium	mg	11	0.577	3	5	2	
Iron	mg	0.91	0.064	3	0.43	0.15	
Magnesium	mg	27	0.866	3	13	4	
Phosphorus	mg	197	9.238	3	93	32	
Potassium	mg	234	24.826	3	110	37	
Sodium	mg	1084	87.180	3	509	173	
Zinc	mg	1.57	0.237	3	0.74	0.25	
Copper	mg	0.200	0.012	3	0.094	0.032	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.221		0	0.104	0.035	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	3	0.000	0.000	
14:0	g	0.009	0.000	3	0.004	0.001	
15.0	g						
16:0	g	0.145	0.010	3	0.068	0.023	
17:0	g						
18:0	g	0.068	0.010	3	0.032	0.011	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.272		0	0.128	0.044
14:1	g					
16:1	g	0.017	0.005	3	0.008	0.003
18:1	g	0.255	0.010	3	0.120	0.041
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.136		0	0.064	0.022
18:2	g	0.128	0.020	3	0.060	0.020
18:3	g	0.009	0.005	3	0.004	0.001
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	38	5.196	3	18	6
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

NDB No. 07218 OSCAR MAYER, Head Cheese

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	67.50	0.335	20	18.90		
Energy	kcal	185		0	52		
Energy	kj	774		0	217		
Protein (N x 5.95)	g	15.70	0.179	20	4.40		
Total lipid (fat)	g	13.50	0.335	20	3.78		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.30	0.103	15	0.92		
Sugars, total	g	0.00	0.354	2	0.00		
Minerals:							
Calcium	mg	21	3.474	14	6		
Iron	mg	1.63	0.192	14	0.46		
Magnesium	mg	11	1.283	14	3		
Phosphorus	mg	63	2.405	14	18		
Potassium	mg	29	5.612	14	8		
Sodium	mg	1073	84.146	2	300		
Zinc	mg	1.19	0.078	14	0.33		
Copper	mg	0.200	0.027	14	0.056		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.040	0.004	7	0.011		
Riboflavin	mg	0.170	0.011	7	0.048		
Niacin	mg	0.970	0.106	7	0.272		
Pantothenic acid	mg	0.220	0.021	2	0.062		
Vitamin B-6	mg	0.130	0.064	7	0.036		
Folate	µg	1	0.163	2	0		
Vitamin B-12	µg	0.95	0.083	7	0.27		
Vitamin A	IU	100		0	28		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.299		0	1.204		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.018	0.007	13	0.005		
14:0	g	0.193	0.020	13	0.054		
15.0	g						
16:0	g	2.835	0.095	13	0.794		
17:0	g						
18:0	g	1.252	0.066	13	0.351		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.913		0	1.936
14:1	g				
16:1	g	0.635	0.030	13	0.178
18:1	g	6.278	0.265	13	1.758
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.344		0	0.376
18:2	g	1.178	0.051	13	0.330
18:3	g	0.166	0.030	13	0.046
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	91	6.682	14	25
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 07219 OSCAR MAYER, Honey 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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	70.60	0.110	30	19.77		
Energy	kcal	119		0	33		
Energy	kj	498		0	139		
Protein (N x 5.95)	g	18.40	0.091	30	5.15		
Total lipid (fat)	g	3.40	0.128	30	0.95		
Carbohydrate, by difference	g	3.80		0	1.06		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.90	0.037	30	1.09		
Sugars, total	g	3.80		1	1.06		
Minerals:							
Calcium	mg	22	2.066	15	6		
Iron	mg	1.29	0.119	15	0.36		
Magnesium	mg	21	1.730	15	6		
Phosphorus	mg	178	9.553	15	50		
Potassium	mg	361	10.954	30	101		
Sodium	mg	1350	19.718	30	378		
Zinc	mg	2.63	0.083	15	0.74		
Copper	mg	0.170	0.036	15	0.048		
Manganese	mg	21.000	0.009	7	5.880		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.670	0.028	8	0.188		
Riboflavin	mg	0.270	0.007	8	0.076		
Niacin	mg	3.650	0.251	8	1.022		
Pantothenic acid	mg	0.660	0.085	2	0.185		
Vitamin B-6	mg	0.380	0.064	8	0.106		
Folate	µg	8	5.876	2	2		
Vitamin B-12	µg	0.92	0.046	8	0.26		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.104		0	0.309		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.008	0.002	13	0.002		
14:0	g	0.053	0.006	13	0.015		
15.0	g						
16:0	g	0.678	0.021	13	0.190		
17:0	g						
18:0	g	0.365	0.019	13	0.102		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.538		0	0.431
14:1	g				
16:1	g	0.152	0.014	13	0.043
18:1	g	1.386	0.055	13	0.388
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.350		0	0.098
18:2	g	0.297	0.017	13	0.083
18:3	g	0.053	0.011	13	0.015
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	55	1.643	30	15
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 07220 OSCAR MAYER, Liver Cheese (pork fat wrapped)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 38g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.70	0.198	31	20.41		
Energy	kcal	301		0	114		
Energy	kj	1259		0	478		
Protein (N x 5.95)	g	15.10	0.072	31	5.74		
Total lipid (fat)	g	26.00	0.198	31	9.88		
Carbohydrate, by difference	g	1.60		0	0.61		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.60	0.071	18	1.37		
Sugars, total	g	1.30	0.566	2	0.49		
Minerals:							
Calcium	mg	9	0.775	15	3		
Iron	mg	11.90	0.816	15	4.52		
Magnesium	mg	14	0.904	15	5		
Phosphorus	mg	233	14.717	15	89		
Potassium	mg	216	4.243	18	82		
Sodium	mg	1103	11.320	30	419		
Zinc	mg	3.96	0.150	15	1.50		
Copper	mg	0.520	0.057	15	0.198		
Manganese	mg	0.196	0.011	8	0.074		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.0	0.949	10	1.1		
Thiamin	mg	0.210	0.003	9	0.080		
Riboflavin	mg	2.200	0.053	9	0.836		
Niacin	mg	12.010	1.183	9	4.564		
Pantothenic acid	mg	3.730	0.103	8	1.417		
Vitamin B-6	mg	0.450	0.057	9	0.171		
Folate	µg	113	12.339	8	43		
Vitamin B-12	µg	24.29	1.240	9	9.23		
Vitamin A	IU	22604	62.667	9	8590		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.300		0	3.534		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.040	0.015	15	0.015		
14:0	g	0.350	0.021	15	0.133		
15.0	g						
16:0	g	5.850	0.111	15	2.223		
17:0	g						
18:0	g	3.060	0.116	15	1.163		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.850		0	4.883
14:1	g				
16:1	g	0.950	0.036	15	0.361
18:1	g	11.900	0.235	15	4.522
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.480		0	1.322
18:2	g	3.210	0.070	15	1.220
18:3	g	0.270	0.036	15	0.103
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	210	3.651	30	80
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.60	0.110	30	16.41		
Energy	kcal	234		0	66		
Energy	kj	979		0	274		
Protein (N x 5.95)	g	13.50	0.091	30	3.78		
Total lipid (fat)	g	16.90	0.183	30	4.73		
Carbohydrate, by difference	g	7.00		0	1.96		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	4.00	0.058	27	1.12		
Sugars, total	g	4.60	0.424	2	1.29		
Minerals:							
Calcium	mg	109	9.798	6	31		
Iron	mg	1.35	0.057	6	0.38		
Magnesium	mg	24	2.164	6	7		
Phosphorus	mg	195	9.390	6	55		
Potassium	mg	270	3.780	7	76		
Sodium	mg	1226	11.700	19	343		
Zinc	mg	1.95	0.041	6	0.55		
Copper	mg	2.310	2.139	6	0.647		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.367		0	1.503		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.009	0.000	6	0.003		
14:0	g	0.202	0.007	6	0.057		
15.0	g						
16:0	g	3.669	0.149	6	1.027		
17:0	g						
18:0	g	1.486	0.041	6	0.416		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.393		0	2.070
14:1	g				
16:1	g	0.523	0.038	6	0.146
18:1	g	6.870	0.180	6	1.924
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.789		0	0.781
18:2	g	2.587	0.157	6	0.724
18:3	g	0.202	0.045	6	0.057
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	1.250	16	19
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	58.90	0.146	30	16.49		
Energy	kcal	231		0	65		
Energy	kj	967		0	271		
Protein (N x 5.95)	g	13.10	0.146	30	3.67		
Total lipid (fat)	g	16.30	0.219	30	4.56		
Carbohydrate, by difference	g	8.00		0	2.24		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.70	0.113	7	1.04		
Sugars, total	g	4.60	0.919	2	1.29		
Minerals:							
Calcium	mg	113	8.693	7	32		
Iron	mg	1.32	0.106	7	0.37		
Magnesium	mg	23	1.361	7	6		
Phosphorus	mg	208	8.315	7	58		
Potassium	mg	294	5.669	7	82		
Sodium	mg	1184	22.556	17	332		
Zinc	mg	1.87	0.068	7	0.52		
Copper	mg	0.140	0.023	7	0.039		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.600		0	1.568		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020	0.004	7	0.006		
14:0	g	0.230	0.011	7	0.064		
15.0	g						
16:0	g	3.820	0.106	7	1.070		
17:0	g						
18:0	g	1.530	0.042	7	0.428		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.860		0	2.201
14:1	g				
16:1	g	0.560	0.034	7	0.157
18:1	g	7.300	0.234	7	2.044
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.640		0	0.739
18:2	g	2.520	0.106	7	0.706
18:3	g	0.120	0.008	7	0.034
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	61	1.871	14	17
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	57.50	0.246	20	16.10		
Energy	kcal	263		0	74		
Energy	kj	1100		0	308		
Protein (N x 5.95)	g	9.90	0.134	20	2.77		
Total lipid (fat)	g	21.80	0.335	20	6.10		
Carbohydrate, by difference	g	6.90		0	1.93		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.90	0.122	6	1.09		
Sugars, total	g	3.20	0.327	6	0.90		
Minerals:							
Calcium	mg	111	12.247	6	31		
Iron	mg	1.74	0.151	6	0.49		
Magnesium	mg	27	1.102	6	8		
Phosphorus	mg	132	7.757	6	37		
Potassium	mg	186	7.757	6	52		
Sodium	mg	1318	40.008	6	369		
Zinc	mg	1.05	0.090	6	0.29		
Copper	mg	0.220	0.012	6	0.062		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.020		0	1.966		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020	0.008	6	0.006		
14:0	g	0.270	0.024	6	0.076		
15.0	g						
16:0	g	5.020	0.306	6	1.406		
17:0	g						
18:0	g	1.710	0.110	6	0.479		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	11.130		0	3.116
14:1	g				
16:1	g	0.920	0.078	6	0.258
18:1	g	10.210	0.686	6	2.859
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.630		0	0.736
18:2	g	2.490	0.086	6	0.697
18:3	g	0.140	0.020	6	0.039
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	71	2.858	6	20
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	55.80	0.164	30	15.62		
Energy	kcal	269		0	75		
Energy	kj	1125		0	315		
Protein (N x 5.95)	g	9.60	0.110	30	2.69		
Total lipid (fat)	g	21.60	0.183	30	6.05		
Carbohydrate, by difference	g	9.10		0	2.55		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.80	0.050	4	1.06		
Sugars, total	g	6.90	0.800	4	1.93		
Minerals:							
Calcium	mg	110	15.500	4	31		
Iron	mg	2.17	0.250	4	0.61		
Magnesium	mg	29	1.800	4	8		
Phosphorus	mg	150	10.000	4	42		
Potassium	mg	174	8.000	4	49		
Sodium	mg	1275	8.500	4	357		
Zinc	mg	1.18	0.045	4	0.33		
Copper	mg	0.280	0.015	4	0.078		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.990		0	1.957		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010	0.005	4	0.003		
14:0	g	0.280	0.025	4	0.078		
15.0	g						
16:0	g	4.980	0.245	4	1.394		
17:0	g						
18:0	g	1.720	0.070	4	0.482		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.430		0	2.920
14:1	g				
16:1	g	0.880	0.071	4	0.246
18:1	g	9.550	0.515	4	2.674
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.810		0	0.787
18:2	g	2.670	0.110	4	0.748
18:3	g	0.140	0.020	4	0.039
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	80	2.500	4	22
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 24g	Measure 2* 48g	Measure 3*
Proximates:							
Water	g	49.50	0.857	6	11.88	23.76	
Energy	kcal	343		0	82	165	
Energy	kj	1435		0	344	689	
Protein (N x 5.95)	g	16.30	0.490	6	3.91	7.82	
Total lipid (fat)	g	30.50	1.184	6	7.32	14.64	
Carbohydrate, by difference	g	1.00		0	0.24	0.48	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.70	0.082	6	0.65	1.30	
Sugars, total	g	0.90	0.173	3	0.22	0.43	
Minerals:							
Calcium	mg	16	5.307	6	4	8	
Iron	mg	1.72	0.163	6	0.41	0.83	
Magnesium	mg	18	1.878	6	4	9	
Phosphorus	mg	158	5.307	6	38	76	
Potassium	mg	238	4.491	6	57	114	
Sodium	mg	836	36.334	6	201	401	
Zinc	mg	2.60	0.131	6	0.62	1.25	
Copper	mg	0.320	0.073	6	0.077	0.154	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.690		0	2.566	5.131	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020	0.004	6	0.005	0.010	
14:0	g	0.440	0.020	6	0.106	0.211	
15.0	g						
16:0	g	7.100	0.298	6	1.704	3.408	
17:0	g						
18:0	g	3.130	0.106	6	0.751	1.502	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.800		0	3.552	7.104
14:1	g					
16:1	g	1.060	0.094	6	0.254	0.509
18:1	g	13.740	0.935	6	3.298	6.595
20:1	g					
22.1	g					
Polyunsaturated, total	g	3.680		0	0.883	1.766
18:2	g	3.130	0.163	6	0.751	1.502
18:3	g	0.550	0.212	6	0.132	0.264
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	77	5.307	6	18	37
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 link
Measure 2: 1 serving

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	Samples	Measure 1* 46g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	64.50	0.103	77	29.67	14.84	
Energy	kcal	206		0	95	47	
Energy	kj	862		0	397	198	
Protein (N x 5.95)	g	14.20	0.057	77	6.53	3.27	
Total lipid (fat)	g	15.70	0.103	77	7.22	3.61	
Carbohydrate, by difference	g	1.90		0	0.87	0.44	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.80	0.050	16	1.75	0.87	
Sugars, total	g	1.10		1	0.51	0.25	
Minerals:							
Calcium	mg	7	0.250	16	3	2	
Iron	mg	2.71	0.038	16	1.25	0.62	
Magnesium	mg	17	0.525	16	8	4	
Phosphorus	mg	224	5.000	16	103	52	
Potassium	mg	207	5.000	16	95	48	
Sodium	mg	1309	11.685	30	602	301	
Zinc	mg	2.09	0.063	16	0.96	0.48	
Copper	mg	0.230	0.018	16	0.106	0.053	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.740		0	3.100	1.550	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010	0.000	12	0.005	0.002	
14:0	g	0.420	0.012	12	0.193	0.097	
15.0	g						
16:0	g	3.640	0.121	12	1.674	0.837	
17:0	g						
18:0	g	2.670	0.107	12	1.228	0.614	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.910		0	3.179	1.589
14:1	g					
16:1	g	0.760	0.046	12	0.350	0.175
18:1	g	6.150	0.162	12	2.829	1.415
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.780		0	0.359	0.179
18:2	g	0.590	0.026	12	0.271	0.136
18:3	g	0.190	0.023	12	0.087	0.044
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	83	1.643	30	38	19
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

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	Samples	Measure 1* 46g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	60.60	0.094	73	27.88	13.94	
Energy	kcal	245		0	113	56	
Energy	kj	1025		0	472	236	
Protein (N x 5.95)	g	13.40	0.047	73	6.16	3.08	
Total lipid (fat)	g	20.30	0.105	73	9.34	4.67	
Carbohydrate, by difference	g	2.20		0	1.01	0.51	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.50	0.058	3	1.61	0.81	
Sugars, total	g	1.50	0.058	3	0.69	0.35	
Minerals:							
Calcium	mg	75	8.660	3	35	17	
Iron	mg	2.89	0.075	3	1.33	0.66	
Magnesium	mg	29	1.212	3	13	7	
Phosphorus	mg	247	5.774	3	114	57	
Potassium	mg	217	10.392	3	100	50	
Sodium	mg	1095	13.856	3	504	252	
Zinc	mg	1.97	0.052	3	0.91	0.45	
Copper	mg	0.420	0.110	3	0.193	0.097	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.470		0	3.896	1.948	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.030	0.006	3	0.014	0.007	
14:0	g	0.410	0.023	3	0.189	0.094	
15.0	g						
16:0	g	5.000	0.133	3	2.300	1.150	
17:0	g						
18:0	g	3.030	0.110	3	1.394	0.697	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.150		0	4.669	2.335
14:1	g					
16:1	g	0.640	0.035	3	0.294	0.147
18:1	g	9.510	0.410	3	4.375	2.187
20:1	g					
22.1	g					
Polyunsaturated, total	g	1.670		0	0.768	0.384
18:2	g	1.610	0.150	3	0.741	0.370
18:3	g	0.060	0.000	3	0.028	0.014
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	80	4.619	3	37	18
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

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	Samples	Measure 1* 46g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	62.90	0.180	31	28.93	14.47	
Energy	kcal	225		0	104	52	
Energy	kj	941		0	433	216	
Protein (N x 5.95)	g	13.50	0.108	31	6.21	3.10	
Total lipid (fat)	g	18.20	0.233	31	8.37	4.19	
Carbohydrate, by difference	g	1.90		0	0.87	0.44	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.60	0.063	10	1.66	0.83	
Sugars, total	g	1.10	0.000	2	0.51	0.25	
Minerals:							
Calcium	mg	9	1.265	10	4	2	
Iron	mg	1.18	0.057	10	0.54	0.27	
Magnesium	mg	18	0.822	10	8	4	
Phosphorus	mg	231	19.922	10	106	53	
Potassium	mg	212	3.795	10	98	49	
Sodium	mg	1231	12.963	30	566	283	
Zinc	mg	2.04	0.142	10	0.94	0.47	
Copper	mg	0.240	0.022	10	0.110	0.055	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.388		0	2.938	1.469	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.009	0.003	10	0.004	0.002	
14:0	g	0.221	0.008	10	0.102	0.051	
15.0	g						
16:0	g	4.146	0.101	10	1.907	0.954	
17:0	g						
18:0	g	2.011	0.065	10	0.925	0.463	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.824		0	4.059	2.030
14:1	g					
16:1	g	0.567	0.012	10	0.261	0.130
18:1	g	8.257	0.244	10	3.798	1.899
20:1	g					
22.1	g					
Polyunsaturated, total	g	1.896		0	0.872	0.436
18:2	g	1.683	0.058	10	0.774	0.387
18:3	g	0.213	0.025	10	0.098	0.049
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	69	1.461	30	32	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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

NDB No. 07229 OSCAR MAYER, Salami (Genoa)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 27g	Measure 2* 9g	Measure 3*
Proximates:							
Water	g	39.10	0.310	30	10.56	3.52	
Energy	kcal	388		0	105	35	
Energy	kj	1623		0	438	146	
Protein (N x 5.95)	g	20.70	0.219	30	5.59	1.86	
Total lipid (fat)	g	33.30	0.329	30	8.99	3.00	
Carbohydrate, by difference	g	1.20		0	0.32	0.11	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	5.60	0.107	14	1.51	0.50	
Sugars, total	g	0.20		1	0.05	0.02	
Minerals:							
Calcium	mg	20	2.214	10	5	2	
Iron	mg	1.86	0.180	10	0.50	0.17	
Magnesium	mg	23	1.202	10	6	2	
Phosphorus	mg	202	6.008	10	55	18	
Potassium	mg	334	6.641	10	90	30	
Sodium	mg	1826	18.623	30	493	164	
Zinc	mg	3.36	0.171	10	0.91	0.30	
Copper	mg	0.250	0.063	10	0.068	0.023	
Manganese	mg	0.043	0.003	3	0.012	0.004	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.620	0.020	4	0.167	0.056	
Riboflavin	mg	0.300	0.015	4	0.081	0.027	
Niacin	mg	4.270	0.480	4	1.153	0.384	
Pantothenic acid	mg						
Vitamin B-6	mg	0.340	0.040	4	0.092	0.031	
Folate	µg						
Vitamin B-12	µg	1.32	0.100	4	0.36	0.12	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.040		0	3.251	1.084	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020	0.007	9	0.005	0.002	
14:0	g	0.620	0.030	9	0.167	0.056	
15.0	g						
16:0	g	7.730	0.217	9	2.087	0.696	
17:0	g						
18:0	g	3.670	0.197	9	0.991	0.330	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	16.750		0	4.523	1.508
14:1	g					
16:1	g	1.460	0.147	9	0.394	0.131
18:1	g	15.290	0.353	9	4.128	1.376
20:1	g					
22.1	g					
Polyunsaturated, total	g	2.710		0	0.732	0.244
18:2	g	2.550	0.230	9	0.688	0.230
18:3	g	0.160	0.050	9	0.043	0.014
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	102	2.921	30	28	9
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

NDB No. 07230 OSCAR MAYER, Salami (hard)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 27g	Measure 2* 9g	Measure 3*
Proximates:							
Water	g	33.60	1.917	46	9.07	3.02	
Energy	kcal	398		0	107	36	
Energy	kj	1665		0	450	150	
Protein (N x 5.95)	g	27.40	1.784	46	7.40	2.47	
Total lipid (fat)	g	30.80	0.501	46	8.32	2.77	
Carbohydrate, by difference	g	2.90		0	0.78	0.26	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	5.40	0.053	14	1.46	0.49	
Sugars, total	g	0.20	0.141	2	0.05	0.02	
Minerals:							
Calcium	mg	12	2.405	14	3	1	
Iron	mg	1.83	0.136	14	0.49	0.16	
Magnesium	mg	21	2.111	14	6	2	
Phosphorus	mg	180	9.087	14	49	16	
Potassium	mg	356	11.759	14	96	32	
Sodium	mg	1882	20.083	30	508	169	
Zinc	mg	3.16	0.227	14	0.85	0.28	
Copper	mg	0.190	0.045	14	0.051	0.017	
Manganese	mg	0.039	0.004	6	0.011	0.004	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.570	0.029	6	0.154	0.051	
Riboflavin	mg	0.260	0.016	6	0.070	0.023	
Niacin	mg	5.050	0.163	6	1.363	0.454	
Pantothenic acid	mg	1.060	0.017	3	0.286	0.095	
Vitamin B-6	mg	0.440	0.086	6	0.119	0.040	
Folate	µg	3	0.502	2	1	0	
Vitamin B-12	µg	1.88	0.131	6	0.51	0.17	
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.085		0	2.993	0.998	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.085	0.041	13	0.023	0.008	
14:0	g	0.554	0.060	13	0.150	0.050	
15.0	g						
16:0	g	6.923	0.138	13	1.869	0.623	
17:0	g						
18:0	g	3.523	0.117	13	0.951	0.317	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.011		0	4.053	1.351
14:1	g					
16:1	g	1.296	0.097	13	0.350	0.117
18:1	g	13.715	0.263	13	3.703	1.234
20:1	g					
22.1	g					
Polyunsaturated, total	g	2.856		0	0.771	0.257
18:2	g	2.593	0.146	13	0.700	0.233
18:3	g	0.263	0.052	13	0.071	0.024
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	96	2.373	30	26	9
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

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	Samples	Measure 1* 30g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.20	0.305	13	17.76		
Energy	kcal	237		0	71		
Energy	kj	992		0	298		
Protein (N x 5.95)	g	6.50	0.111	13	1.95		
Total lipid (fat)	g	16.60	0.471	13	4.98		
Carbohydrate, by difference	g	15.40		0	4.62		
Fiber, total dietary	g	0.3		0	0.1		
Ash	g	2.40	0.141	2	0.72		
Sugars, total	g	7.90	0.071	2	2.37		
Minerals:							
Calcium	mg	27	12.728	2	8		
Iron	mg	0.80	0.148	2	0.24		
Magnesium	mg	12	1.980	2	4		
Phosphorus	mg	69	2.828	2	21		
Potassium	mg	118	9.192	2	35		
Sodium	mg	821	121.622	2	246		
Zinc	mg	0.88	0.106	2	0.26		
Copper	mg	0.180	0.042	2	0.054		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	100		0	30		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.754		0	1.726		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.017	0.006	2	0.005		
14:0	g	0.274	0.024	2	0.082		
15.0	g						
16:0	g	3.690	0.430	2	1.107		
17:0	g						
18:0	g	1.772	0.055	2	0.532		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.201		0	2.160
14:1	g				
16:1	g	0.437	0.121	2	0.131
18:1	g	6.764	0.550	2	2.029
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.483		0	0.745
18:2	g	2.243	0.036	2	0.673
18:3	g	0.240	0.061	2	0.072
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	45	1.414	2	14
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

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	Samples	Measure 1* 43g	Measure 2*	Measure 3*
Proximates:							
Water	g	55.50	0.117	106	23.86		
Energy	kcal	302		0	130		
Energy	kj	1264		0	544		
Protein (N x 5.95)	g	12.40	0.058	106	5.33		
Total lipid (fat)	g	27.30	0.117	106	11.74		
Carbohydrate, by difference	g	1.70		0	0.73		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.10	0.040	25	1.33		
Sugars, total	g	1.60	0.173	3	0.69		
Minerals:							
Calcium	mg	10	1.109	13	4		
Iron	mg	1.17	0.039	13	0.50		
Magnesium	mg	17	0.638	13	7		
Phosphorus	mg	240	10.817	13	103		
Potassium	mg	180	3.250	16	77		
Sodium	mg	1007	19.718	30	433		
Zinc	mg	2.09	0.108	13	0.90		
Copper	mg	0.250	0.039	13	0.108		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.380		0	4.033		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010	0.003	13	0.004		
14:0	g	0.390	0.028	13	0.168		
15.0	g						
16:0	g	6.160	0.161	13	2.649		
17:0	g						
18:0	g	2.820	0.125	13	1.213		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.170		0	5.663
14:1	g				
16:1	g	0.850	0.031	13	0.366
18:1	g	12.320	0.194	13	5.298
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.780		0	1.195
18:2	g	2.550	0.083	13	1.096
18:3	g	0.230	0.053	13	0.099
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	63	1.643	30	27
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 07233 OSCAR MAYER, Smokies (beef)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2*	Measure 3*
Proximates:							
Water	g	56.10	0.365	30	24.12		
Energy	kcal	297		0	128		
Energy	kj	1243		0	534		
Protein (N x 5.95)	g	12.40	0.128	30	5.33		
Total lipid (fat)	g	26.80	0.292	30	11.52		
Carbohydrate, by difference	g	1.70		0	0.73		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.10	0.046	19	1.33		
Sugars, total	g	1.40	0.354	2	0.60		
Minerals:							
Calcium	mg	11	1.890	7	5		
Iron	mg	1.75	0.076	7	0.75		
Magnesium	mg	15	1.398	7	6		
Phosphorus	mg	230	21.544	7	99		
Potassium	mg	173	3.162	10	74		
Sodium	mg	988	16.067	30	425		
Zinc	mg	2.96	0.231	7	1.27		
Copper	mg	0.200	0.034	7	0.086		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.250		0	4.838		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010	0.004	7	0.004		
14:0	g	0.850	0.064	7	0.366		
15.0	g						
16:0	g	6.570	0.299	7	2.825		
17:0	g						
18:0	g	3.820	0.110	7	1.643		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.800		0	5.504
14:1	g				
16:1	g	1.200	0.057	7	0.516
18:1	g	11.600	0.212	7	4.988
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.900		0	0.387
18:2	g	0.700	0.038	7	0.301
18:3	g	0.200	0.060	7	0.086
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	64	1.278	30	28
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

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	Samples	Measure 1* 43g	Measure 2*	Measure 3*
Proximates:							
Water	g	54.90	0.201	30	23.61		
Energy	kcal	303		0	130		
Energy	kj	1268		0	545		
Protein (N x 5.95)	g	12.90	0.110	30	5.55		
Total lipid (fat)	g	27.10	0.183	30	11.65		
Carbohydrate, by difference	g	1.80		0	0.77		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.30	0.046	19	1.42		
Sugars, total	g	1.50		1	0.65		
Minerals:							
Calcium	mg	45	3.667	9	19		
Iron	mg	1.07	0.050	9	0.46		
Magnesium	mg	16	0.700	9	7		
Phosphorus	mg	288	13.000	9	124		
Potassium	mg	181	5.060	10	78		
Sodium	mg	1046	13.328	30	450		
Zinc	mg	1.96	0.183	9	0.84		
Copper	mg	0.200	0.037	9	0.086		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	160		0	69		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.160		0	4.369		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.060	0.013	9	0.026		
14:0	g	0.560	0.023	9	0.241		
15.0	g						
16:0	g	6.400	0.117	9	2.752		
17:0	g						
18:0	g	3.140	0.140	9	1.350		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.990		0	5.586
14:1	g				
16:1	g	0.910	0.067	9	0.391
18:1	g	12.080	0.150	9	5.194
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.700		0	1.161
18:2	g	2.360	0.087	9	1.015
18:3	g	0.340	0.053	9	0.146
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	70	1.461	30	30
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

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	Samples	Measure 1* 9g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	55.50	0.212	18	5.00	31.64	
Energy	kcal	301		0	27	172	
Energy	kj	1259		0	113	718	
Protein (N x 5.95)	g	12.40	0.118	18	1.12	7.07	
Total lipid (fat)	g	27.10	0.236	18	2.44	15.45	
Carbohydrate, by difference	g	1.80		0	0.16	1.03	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.20		1	0.29	1.82	
Sugars, total	g	1.40		1	0.13	0.80	
Minerals:							
Calcium	mg	11		1	1	6	
Iron	mg	1.18		1	0.11	0.67	
Magnesium	mg	17		1	2	10	
Phosphorus	mg	212		1	19	121	
Potassium	mg	173		1	16	99	
Sodium	mg	1022		1	92	583	
Zinc	mg	1.97		1	0.18	1.12	
Copper	mg	0.200		1	0.018	0.114	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.444		0	0.850	5.383	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.009		1	0.001	0.005	
14:0	g	0.361		1	0.032	0.206	
15.0	g						
16:0	g	6.120		1	0.551	3.488	
17:0	g						
18:0	g	2.954		1	0.266	1.684	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.889	0	1.160	7.347
14:1	g				
16:1	g	0.898	1	0.081	0.512
18:1	g	11.990	1	1.079	6.834
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.870	0	0.258	1.636
18:2	g	2.537	1	0.228	1.446
18:3	g	0.333	1	0.030	0.190
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	64	1	6	36
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 link
Measure 2: 1 serving

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	Samples	Measure 1* 9g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	53.20	0.000	2	4.79	30.32	
Energy	kcal	315		0	28	180	
Energy	kj	1318		0	119	751	
Protein (N x 5.95)	g	13.50	0.000	2	1.22	7.70	
Total lipid (fat)	g	28.20	0.000	2	2.54	16.07	
Carbohydrate, by difference	g	1.70		0	0.15	0.97	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.40		1	0.31	1.94	
Sugars, total	g	0.30		1	0.03	0.17	
Minerals:							
Calcium	mg	67		1	6	38	
Iron	mg	1.24		1	0.11	0.71	
Magnesium	mg	21		1	2	12	
Phosphorus	mg	248		1	22	141	
Potassium	mg	152		1	14	87	
Sodium	mg	1036		1	93	591	
Zinc	mg	2.04		1	0.18	1.16	
Copper	mg	0.300		1	0.027	0.171	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.160		0	1.004	6.361	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.080		1	0.007	0.046	
14:0	g	0.590		1	0.053	0.336	
15.0	g						
16:0	g	7.080		1	0.637	4.036	
17:0	g						
18:0	g	3.410		1	0.307	1.944	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.190	0	1.187	7.518
14:1	g				
16:1	g	0.770	1	0.069	0.439
18:1	g	12.420	1	1.118	7.079
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.790	0	0.251	1.590
18:2	g	2.620	1	0.236	1.493
18:3	g	0.170	1	0.015	0.097
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	1	6	38
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 link
Measure 2: 1 serving

NDB No. 07237 OSCAR MAYER, Summer Sausage Beef Thuringer Cervelat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 46g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	52.50	0.177	32	24.15	12.07	
Energy	kcal	309		0	142	71	
Energy	kj	1293		0	595	297	
Protein (N x 5.95)	g	14.60	0.106	32	6.72	3.36	
Total lipid (fat)	g	27.00	0.177	32	12.42	6.21	
Carbohydrate, by difference	g	1.90		0	0.87	0.44	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.10	0.027	14	1.89	0.94	
Sugars, total	g	1.10	0.849	2	0.51	0.25	
Minerals:							
Calcium	mg	8	1.069	14	4	2	
Iron	mg	2.49	0.123	14	1.15	0.57	
Magnesium	mg	15	1.096	14	7	3	
Phosphorus	mg	121	6.949	14	56	28	
Potassium	mg	233	2.673	14	107	54	
Sodium	mg	1424	19.959	19	655	328	
Zinc	mg	2.34	0.094	14	1.08	0.54	
Copper	mg	0.190	0.035	14	0.087	0.044	
Manganese	mg	0.032	0.003	7	0.015	0.007	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.150	0.008	7	0.069	0.034	
Riboflavin	mg	0.330	0.011	7	0.152	0.076	
Niacin	mg	4.310	0.302	7	1.983	0.991	
Pantothenic acid	mg						
Vitamin B-6	mg	0.260	0.008	7	0.120	0.060	
Folate	µg	5		1	2	1	
Vitamin B-12	µg	5.50	0.257	7	2.53	1.26	
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.800		0	5.428	2.714	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.050	0.014	12	0.023	0.012	
14:0	g	0.830	0.029	12	0.382	0.191	
15.0	g						
16:0	g	6.620	0.156	12	3.045	1.523	
17:0	g						
18:0	g	4.300	0.092	12	1.978	0.989	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.900		0	5.934	2.967
14:1	g					
16:1	g	1.540	0.136	12	0.708	0.354
18:1	g	11.360	0.312	12	5.226	2.613
20:1	g					
22.1	g					
Polyunsaturated, total	g	1.130		0	0.520	0.260
18:2	g	0.930	0.110	12	0.428	0.214
18:3	g	0.200	0.029	12	0.092	0.046
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	80	3.750	16	37	18
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

NDB No. 07238 OSCAR MAYER, Summer Sausage Thuringer Cervalat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 46g	Measure 2* 23g	Measure 3*
Proximates:							
Water	g	53.30	0.130	38	24.52	12.26	
Energy	kcal	304		0	140	70	
Energy	kj	1272		0	585	293	
Protein (N x 5.95)	g	14.90	0.097	38	6.85	3.43	
Total lipid (fat)	g	26.70	0.162	38	12.28	6.14	
Carbohydrate, by difference	g	0.90		0	0.41	0.21	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.10	0.027	14	1.89	0.94	
Sugars, total	g	0.50	0.495	2	0.23	0.12	
Minerals:							
Calcium	mg	9	1.069	14	4	2	
Iron	mg	2.24	0.163	14	1.03	0.52	
Magnesium	mg	15	1.096	14	7	3	
Phosphorus	mg	130	6.414	14	60	30	
Potassium	mg	228	6.949	14	105	52	
Sodium	mg	1430	17.892	30	658	329	
Zinc	mg	2.13	0.099	14	0.98	0.49	
Copper	mg	0.170	0.027	14	0.078	0.039	
Manganese	mg	0.031	0.004	6	0.014	0.007	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.230	0.015	7	0.106	0.053	
Riboflavin	mg	0.290	0.034	7	0.133	0.067	
Niacin	mg	4.390	0.170	7	2.019	1.010	
Pantothenic acid	mg	0.550	0.014	2	0.253	0.127	
Vitamin B-6	mg	0.300	0.057	7	0.138	0.069	
Folate	µg	5	2.001	2	2	1	
Vitamin B-12	µg	3.76	0.567	7	1.73	0.86	
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.727		0	4.934	2.467	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.037	0.010	13	0.017	0.009	
14:0	g	0.564	0.029	13	0.259	0.130	
15.0	g						
16:0	g	6.298	0.103	13	2.897	1.449	
17:0	g						
18:0	g	3.829	0.090	13	1.761	0.881	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.142		0	5.585	2.793
14:1	g					
16:1	g	1.156	0.092	13	0.532	0.266
18:1	g	10.986	0.208	13	5.054	2.527
20:1	g					
22.1	g					
Polyunsaturated, total	g	2.229		0	1.025	0.513
18:2	g	1.942	0.072	13	0.893	0.447
18:3	g	0.287	0.033	13	0.132	0.066
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	84	2.556	30	39	19
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

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	Samples	Measure 1* 52g	Measure 2* 13g	Measure 3*
Proximates:							
Water	g	77.50	0.074	89	40.30	10.07	
Energy	kcal	80		0	42	10	
Energy	kj	335		0	174	44	
Protein (N x 5.95)	g	14.90	0.064	89	7.75	1.94	
Total lipid (fat)	g	0.60	0.021	89	0.31	0.08	
Carbohydrate, by difference	g	3.60		0	1.87	0.47	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.40	0.033	9	1.77	0.44	
Sugars, total	g	1.10	0.106	8	0.57	0.14	
Minerals:							
Calcium	mg	10	0.354	8	5	1	
Iron	mg	0.77	0.053	8	0.40	0.10	
Magnesium	mg	30	0.955	8	16	4	
Phosphorus	mg	243	2.475	8	126	32	
Potassium	mg	218	5.657	8	113	28	
Sodium	mg	1095	16.667	9	569	142	
Zinc	mg	0.85	0.046	8	0.44	0.11	
Copper	mg	0.260	0.021	8	0.135	0.034	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.180		0	0.094	0.023	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010	0.004	8	0.005	0.001	
14:0	g	0.020	0.007	8	0.010	0.003	
15.0	g						
16:0	g	0.100	0.025	8	0.052	0.013	
17:0	g						
18:0	g	0.050	0.011	8	0.026	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.150		0	0.078	0.020
14:1	g					
16:1	g	0.010	0.004	8	0.005	0.001
18:1	g	0.140	0.039	8	0.073	0.018
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.110		0	0.057	0.014
18:2	g	0.100	0.025	8	0.052	0.013
18:3	g	0.010	0.004	8	0.005	0.001
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	31	1.414	8	16	4
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

NDB No. 07240 OSCAR MAYER, Wieners (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	Samples	Measure 1* 45g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.40	0.054	122	24.03		
Energy	kcal	322		0	145		
Energy	kj	1347		0	606		
Protein (N x 5.95)	g	11.00	0.027	122	4.95		
Total lipid (fat)	g	29.60	0.054	122	13.32		
Carbohydrate, by difference	g	2.90		0	1.30		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.20	0.035	8	1.44		
Sugars, total	g	1.80	0.058	3	0.81		
Minerals:							
Calcium	mg	60	4.950	8	27		
Iron	mg	1.16	0.074	8	0.52		
Magnesium	mg	17	1.131	8	8		
Phosphorus	mg	137	7.778	8	62		
Potassium	mg	162	5.303	8	73		
Sodium	mg	966	25.809	8	435		
Zinc	mg	1.72	0.053	8	0.77		
Copper	mg	0.260	0.025	8	0.117		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.467		0	4.260		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.019	0.000	8	0.009		
14:0	g	0.362	0.013	8	0.163		
15.0	g						
16:0	g	6.466	0.092	8	2.910		
17:0	g						
18:0	g	2.620	0.151	8	1.179		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.806		0	6.213
14:1	g				
16:1	g	1.031	0.069	8	0.464
18:1	g	12.775	0.315	8	5.749
20:1	g				
22.1	g				
Polyunsaturated, total	g	4.255		0	1.915
18:2	g	4.023	0.171	8	1.810
18:3	g	0.232	0.020	8	0.104
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	72	4.025	5	32
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 07241 OSCAR MAYER, Wieners (beef franks)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 45g	Measure 2*	Measure 3*
Proximates:							
Water	g	54.20	0.064	120	24.39		
Energy	kcal	318		0	143		
Energy	kj	1331		0	599		
Protein (N x 5.95)	g	11.20	0.037	120	5.04		
Total lipid (fat)	g	29.20	0.064	120	13.14		
Carbohydrate, by difference	g	2.60		0	1.17		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.90	0.037	30	1.30		
Sugars, total	g	1.60	0.636	2	0.72		
Minerals:							
Calcium	mg	11	0.548	30	5		
Iron	mg	1.20	0.018	30	0.54		
Magnesium	mg	13	0.548	30	6		
Phosphorus	mg	92	2.191	30	41		
Potassium	mg	170	4.199	30	77		
Sodium	mg	1018	10.224	30	458		
Zinc	mg	2.01	0.053	30	0.90		
Copper	mg	0.090	0.011	30	0.041		
Manganese	mg	0.020	0.002	30	0.009		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg	0.050	0.002	30	0.023		
Riboflavin	mg	0.100	0.002	30	0.045		
Niacin	mg	2.190	0.040	30	0.986		
Pantothenic acid	mg	0.070		1	0.032		
Vitamin B-6	mg	0.100	0.004	30	0.045		
Folate	µg	15	4.709	5	7		
Vitamin B-12	µg	1.13	0.049	30	0.51		
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.460		0	5.607		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.030	0.005	30	0.013		
14:0	g	1.000	0.037	30	0.450		
15.0	g						
16:0	g	7.110	0.113	30	3.200		
17:0	g						
18:0	g	4.320	0.077	30	1.944		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.740		0	6.633
14:1	g				
16:1	g	1.670	0.077	30	0.752
18:1	g	13.070	0.139	30	5.882
20:1	g				
22.1	g				
Polyunsaturated, total	g	1.360		0	0.612
18:2	g	1.050	0.091	30	0.473
18:3	g	0.310	0.053	30	0.139
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	65	1.278	30	29
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 07242 OSCAR MAYER, Wieners (beef franks, bun length)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.60	0.073	120	30.55		
Energy	kcal	322		0	184		
Energy	kj	1347		0	768		
Protein (N x 5.95)	g	11.20	0.037	120	6.38		
Total lipid (fat)	g	29.60	0.073	120	16.87		
Carbohydrate, by difference	g	2.80		0	1.60		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.80	0.067	9	1.60		
Sugars, total	g	1.80	0.000	2	1.03		
Minerals:							
Calcium	mg	13	1.000	9	7		
Iron	mg	1.56	0.040	9	0.89		
Magnesium	mg	15	0.967	9	9		
Phosphorus	mg	105	5.333	9	60		
Potassium	mg	158	2.667	9	90		
Sodium	mg	1010	12.000	16	576		
Zinc	mg	2.25	0.120	9	1.28		
Copper	mg	0.150	0.023	9	0.086		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	12.530		0	7.142		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020	0.003	9	0.011		
14:0	g	0.980	0.030	9	0.559		
15.0	g						
16:0	g	7.400	0.147	9	4.218		
17:0	g						
18:0	g	4.130	0.107	9	2.354		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.620		0	8.333
14:1	g				
16:1	g	1.460	0.123	9	0.832
18:1	g	13.160	0.093	9	7.501
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.960		0	0.547
18:2	g	0.790	0.043	9	0.450
18:3	g	0.170	0.050	9	0.097
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	57	2.714	11	32
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 07243 OSCAR MAYER, Wieners (beef franks, 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	Samples	Measure 1* 50g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.00	0.095	40	39.00		
Energy	kcal	78		0	39		
Energy	kj	326		0	163		
Protein (N x 5.95)	g	13.20	0.063	40	6.60		
Total lipid (fat)	g	0.50	0.032	40	0.25		
Carbohydrate, by difference	g	5.10		0	2.55		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.20	0.163	6	1.60		
Sugars, total	g	3.80	0.447	5	1.90		
Minerals:							
Calcium	mg	20	4.472	5	10		
Iron	mg	1.95	0.063	5	0.98		
Magnesium	mg	19	1.207	5	10		
Phosphorus	mg	129	2.236	5	65		
Potassium	mg	467	41.641	6	234		
Sodium	mg	927	37.559	6	464		
Zinc	mg	2.41	0.116	5	1.21		
Copper	mg	0.160	0.027	5	0.080		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.225		0	0.113		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	5	0.000		
14:0	g	0.014	0.000	5	0.007		
15.0	g						
16:0	g	0.127	0.013	5	0.064		
17:0	g						
18:0	g	0.085	0.006	5	0.043		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.190		0	0.095
14:1	g				
16:1	g	0.014	0.003	5	0.007
18:1	g	0.176	0.016	5	0.088
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.049		0	0.025
18:2	g	0.042	0.006	5	0.021
18:3	g	0.007	0.003	5	0.004
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	30	1.789	5	15
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 07244 OSCAR MAYER, Wieners (beef franks, light)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.80	0.090	100	38.08		
Energy	kcal	193		0	110		
Energy	kj	808		0	461		
Protein (N x 5.95)	g	10.70	0.040	100	6.10		
Total lipid (fat)	g	14.90	0.100	101	8.49		
Carbohydrate, by difference	g	4.10		0	2.34		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.50	0.029	12	2.00		
Sugars, total	g	2.10	0.808	3	1.20		
Minerals:							
Calcium	mg	21	3.130	5	12		
Iron	mg	1.56	0.116	5	0.89		
Magnesium	mg	18	1.342	5	10		
Phosphorus	mg	164	9.391	5	93		
Potassium	mg	401	33.094	5	229		
Sodium	mg	1079	6.667	9	615		
Zinc	mg	2.10	0.121	5	1.20		
Copper	mg	0.210	0.009	5	0.120		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.320		0	3.602		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020	0.004	5	0.011		
14:0	g	0.440	0.072	5	0.251		
15.0	g						
16:0	g	3.920	0.241	5	2.234		
17:0	g						
18:0	g	1.940	0.054	5	1.106		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.520		0	4.286
14:1	g				
16:1	g	0.600	0.045	5	0.342
18:1	g	6.920	0.353	5	3.944
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.990		0	0.564
18:2	g	0.890	0.362	5	0.507
18:3	g	0.100	0.036	5	0.057
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	49	1.789	5	28
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 07245 OSCAR MAYER, Wieners (cheese hot dogs with 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	Samples	Measure 1* 45g	Measure 2*	Measure 3*
Proximates:							
Water	g	52.90	0.037	120	23.80		
Energy	kcal	318		0	143		
Energy	kj	1331		0	599		
Protein (N x 5.95)	g	12.00	0.027	120	5.40		
Total lipid (fat)	g	28.70	0.073	120	12.91		
Carbohydrate, by difference	g	2.80		0	1.26		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.60	0.047	18	1.62		
Sugars, total	g	1.80	0.134	5	0.81		
Minerals:							
Calcium	mg	164	19.230	5	74		
Iron	mg	1.48	0.139	5	0.67		
Magnesium	mg	25	2.683	5	11		
Phosphorus	mg	215	13.416	5	97		
Potassium	mg	131	7.155	5	59		
Sodium	mg	1143	15.588	12	514		
Zinc	mg	1.84	0.130	5	0.83		
Copper	mg	0.180	0.009	5	0.081		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.025		0	4.511		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.312	0.086	5	0.140		
14:0	g	0.623	0.025	5	0.280		
15.0	g						
16:0	g	6.442	0.245	5	2.899		
17:0	g						
18:0	g	2.648	0.184	5	1.192		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.104		0	5.897
14:1	g				
16:1	g	0.981	0.053	5	0.441
18:1	g	12.124	0.348	5	5.456
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.849		0	1.732
18:2	g	3.611	0.090	5	1.625
18:3	g	0.238	0.058	5	0.107
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	74	1.206	11	33
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 07246 OSCAR MAYER, Wieners (fat free hot dogs)

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 50g	Measure 2*	Measure 3*
Proximates:							
Water	g	78.80	0.046	120	39.40		
Energy	kcal	73		0	37		
Energy	kj	305		0	153		
Protein (N x 5.95)	g	12.60	0.046	120	6.30		
Total lipid (fat)	g	0.60	0.018	120	0.30		
Carbohydrate, by difference	g	4.30		0	2.15		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.70	0.037	30	1.85		
Sugars, total	g	2.10	0.221	10	1.05		
Minerals:							
Calcium	mg	15	1.265	10	8		
Iron	mg	0.92	0.063	10	0.46		
Magnesium	mg	21	0.443	10	11		
Phosphorus	mg	162	3.479	10	81		
Potassium	mg	471	4.536	7	236		
Sodium	mg	974	27.591	7	487		
Zinc	mg	1.19	0.032	10	0.60		
Copper	mg	0.220	0.009	10	0.110		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.200		0	0.100		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	10	0.000		
14:0	g	0.010	0.000	10	0.005		
15.0	g						
16:0	g	0.130	0.016	10	0.065		
17:0	g						
18:0	g	0.060	0.006	10	0.030		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.210		0	0.105
14:1	g				
16:1	g	0.020	0.003	10	0.010
18:1	g	0.190	0.022	10	0.095
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.110		0	0.055
18:2	g	0.100	0.013	10	0.050
18:3	g	0.010	0.000	10	0.005
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	29	1.581	10	15
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 07247 OSCAR MAYER, Wieners (light pork, turkey, 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	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.70	0.059	103	38.02		
Energy	kcal	194		0	111		
Energy	kj	812		0	463		
Protein (N x 5.95)	g	12.10	0.030	103	6.90		
Total lipid (fat)	g	14.90	0.049	103	8.49		
Carbohydrate, by difference	g	2.80		0	1.60		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.50	0.032	10	2.00		
Sugars, total	g	1.50	0.150	4	0.86		
Minerals:							
Calcium	mg	38	2.449	6	22		
Iron	mg	1.28	0.094	6	0.73		
Magnesium	mg	17	1.102	6	10		
Phosphorus	mg	169	7.348	6	96		
Potassium	mg	397	30.619	6	226		
Sodium	mg	1036	25.324	7	591		
Zinc	mg	1.77	0.106	6	1.01		
Copper	mg	0.200	0.008	6	0.114		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0	0.000	2	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.199		0	2.963		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.027	0.007	6	0.015		
14:0	g	0.213	0.011	6	0.121		
15.0	g						
16:0	g	3.457	0.094	6	1.970		
17:0	g						
18:0	g	1.502	0.021	6	0.856		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.763		0	3.855
14:1	g				
16:1	g	0.435	0.011	6	0.248
18:1	g	6.328	0.221	6	3.607
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.044		0	1.165
18:2	g	1.920	0.061	6	1.094
18:3	g	0.124	0.026	6	0.071
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	62	4.158	7	35
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 07248 OSCAR MAYER, Wieners 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	Samples	Measure 1* 9g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	55.00		1	4.95	31.35	
Energy	kcal	311		0	28	177	
Energy	kj	1301		0	117	742	
Protein (N x 5.95)	g	10.90		1	0.98	6.21	
Total lipid (fat)	g	28.70		1	2.58	16.36	
Carbohydrate, by difference	g	2.30		0	0.21	1.31	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.10		1	0.28	1.77	
Sugars, total	g	1.60		1	0.14	0.91	
Minerals:							
Calcium	mg	13		1	1	7	
Iron	mg	1.02		1	0.09	0.58	
Magnesium	mg	13		1	1	7	
Phosphorus	mg	97		1	9	55	
Potassium	mg	159		1	14	91	
Sodium	mg	1039		1	94	592	
Zinc	mg	1.84		1	0.17	1.05	
Copper	mg	0.110		1	0.010	0.063	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.150		0	1.004	6.356	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.060		1	0.005	0.034	
14:0	g	0.610		1	0.055	0.348	
15.0	g						
16:0	g	6.870		1	0.618	3.916	
17:0	g						
18:0	g	3.610		1	0.325	2.058	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.330	0	1.290	8.168
14:1	g				
16:1	g	1.290	1	0.116	0.735
18:1	g	13.040	1	1.174	7.433
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.670	0	0.240	1.522
18:2	g	2.380	1	0.214	1.357
18:3	g	0.290	1	0.026	0.165
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	55	1	5	31
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 piece
Measure 2: 1 serving

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	Samples	Measure 1* 45g	Measure 2* 22g	Measure 3*
Proximates:							
Water	g	72.90	0.159	32	32.81	16.04	
Energy	kcal	98		0	44	22	
Energy	kj	410		0	185	90	
Protein (N x 5.95)	g	19.70	0.654	32	8.87	4.33	
Total lipid (fat)	g	0.50	0.035	32	0.23	0.11	
Carbohydrate, by difference	g	3.70		0	1.67	0.81	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.30	0.089	5	1.49	0.73	
Sugars, total	g	0.70	0.045	5	0.31	0.15	
Minerals:							
Calcium	mg	8	0.447	5	4	2	
Iron	mg	1.28	0.165	5	0.58	0.28	
Magnesium	mg	32	0.805	5	14	7	
Phosphorus	mg	282	2.683	5	127	62	
Potassium	mg	291	11.180	5	131	64	
Sodium	mg	1142	37.566	5	514	251	
Zinc	mg	0.88	0.134	5	0.40	0.19	
Copper	mg	0.240	0.027	5	0.108	0.053	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.162		0	0.073	0.036	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.007	0.003	5	0.003	0.002	
14:0	g	0.007	0.000	5	0.003	0.002	
15.0	g						
16:0	g	0.111	0.027	5	0.050	0.024	
17:0	g						
18:0	g	0.037	0.013	5	0.017	0.008	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.177		0	0.080	0.039
14:1	g					
16:1	g	0.022	0.003	5	0.010	0.005
18:1	g	0.155	0.043	5	0.070	0.034
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.081		0	0.036	0.018
18:2	g	0.081	0.020	5	0.036	0.018
18:3	g	0.000	0.000	5	0.000	0.000
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	52	1.342	5	23	11
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.70	0.091	30	20.64		
Energy	kcal	101		0	28		
Energy	kj	423		0	118		
Protein (N x 5.95)	g	18.30	0.110	30	5.12		
Total lipid (fat)	g	2.00	0.055	30	0.56		
Carbohydrate, by difference	g	2.50		0	0.70		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.50	0.018	30	0.98		
Sugars, total	g	1.50	0.495	2	0.42		
Minerals:							
Calcium	mg	7	1.061	8	2		
Iron	mg	1.15	0.156	8	0.32		
Magnesium	mg	24	2.227	8	7		
Phosphorus	mg	266	3.182	8	74		
Potassium	mg	265	10.253	8	74		
Sodium	mg	1188	8.398	30	333		
Zinc	mg	0.73	0.067	8	0.20		
Copper	mg	0.230	0.032	8	0.064		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.541		0	0.151		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	8	0.000		
14:0	g	0.019	0.004	8	0.005		
15.0	g						
16:0	g	0.417	0.042	8	0.117		
17:0	g						
18:0	g	0.106	0.009	8	0.030		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.821		0	0.230
14:1	g				
16:1	g	0.143	0.016	8	0.040
18:1	g	0.678	0.059	8	0.190
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.317		0	0.089
18:2	g	0.305	0.022	8	0.085
18:3	g	0.012	0.002	8	0.003
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	49	1.549	15	14
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.50	0.349	21	20.02		
Energy	kcal	128		0	36		
Energy	kj	536		0	150		
Protein (N x 5.95)	g	17.00	0.196	21	4.76		
Total lipid (fat)	g	5.60	0.371	21	1.57		
Carbohydrate, by difference	g	2.30		0	0.64		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.60	0.024	18	1.01		
Sugars, total	g	1.00	0.058	3	0.28		
Minerals:							
Calcium	mg	17	3.578	5	5		
Iron	mg	1.58	0.085	5	0.44		
Magnesium	mg	24	1.029	5	7		
Phosphorus	mg	248	4.025	5	69		
Potassium	mg	302	17.441	5	85		
Sodium	mg	1196	19.500	16	335		
Zinc	mg	1.13	0.429	5	0.32		
Copper	mg	0.230	0.031	5	0.064		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.452		0	0.407		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	5	0.000		
14:0	g	0.037	0.003	5	0.010		
15.0	g						
16:0	g	1.120	0.122	5	0.314		
17:0	g						
18:0	g	0.295	0.027	5	0.083		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.336		0	0.654
14:1	g				
16:1	g	0.383	0.083	5	0.107
18:1	g	1.953	0.240	5	0.547
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.973		0	0.272
18:2	g	0.928	0.069	5	0.260
18:3	g	0.044	0.007	5	0.012
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	59	1.213	17	17
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 07252 LOUIS RICH, Franks (turkey and chicken 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	Samples	Measure 1* 45g	Measure 2*	Measure 3*
Proximates:							
Water	g	63.90	0.164	30	28.75		
Energy	kcal	201		0	90		
Energy	kj	841		0	378		
Protein (N x 5.95)	g	12.70	0.091	30	5.71		
Total lipid (fat)	g	14.50	0.183	30	6.53		
Carbohydrate, by difference	g	5.10		0	2.29		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.80	0.115	3	1.71		
Sugars, total	g	1.70	0.173	3	0.77		
Minerals:							
Calcium	mg	243	17.321	3	109		
Iron	mg	2.11	0.081	3	0.95		
Magnesium	mg	22	1.559	3	10		
Phosphorus	mg	204	9.815	3	92		
Potassium	mg	158	9.815	3	71		
Sodium	mg	1070	68.127	3	482		
Zinc	mg	1.80	0.127	3	0.81		
Copper	mg	0.200	0.029	3	0.090		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.190		0	2.336		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.100	0.012	3	0.045		
14:0	g	0.430	0.029	3	0.194		
15.0	g						
16:0	g	3.480	0.064	3	1.566		
17:0	g						
18:0	g	1.180	0.040	3	0.531		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.220		0	2.799
14:1	g				
16:1	g	0.760	0.029	3	0.342
18:1	g	5.460	0.196	3	2.457
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.980		0	1.341
18:2	g	2.830	0.266	3	1.274
18:3	g	0.150	0.017	3	0.068
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	94	7.506	3	42
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

NDB No. 07253 LOUIS RICH, Franks (turkey and 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	Samples	Measure 1* 45g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.90	0.099	102	30.11		
Energy	kcal	188		0	85		
Energy	kj	787		0	354		
Protein (N x 5.95)	g	11.20	0.050	102	5.04		
Total lipid (fat)	g	13.50	0.119	102	6.08		
Carbohydrate, by difference	g	5.30		0	2.38		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.10	0.134	5	1.40		
Sugars, total	g	1.50	0.268	5	0.68		
Minerals:							
Calcium	mg	131	7.603	5	59		
Iron	mg	2.18	0.157	5	0.98		
Magnesium	mg	23	1.476	5	10		
Phosphorus	mg	147	6.261	5	66		
Potassium	mg	160	5.814	5	72		
Sodium	mg	1136	30.406	2	511		
Zinc	mg	1.86	0.063	5	0.84		
Copper	mg	0.220	0.009	5	0.099		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.839		0	1.728		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.009	0.004	5	0.004		
14:0	g	0.123	0.008	5	0.055		
15.0	g						
16:0	g	2.829	0.145	5	1.273		
17:0	g						
18:0	g	0.879	0.035	5	0.396		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.553		0	2.499
14:1	g				
16:1	g	0.712	0.078	5	0.320
18:1	g	4.841	0.272	5	2.178
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.163		0	1.423
18:2	g	3.022	0.205	5	1.360
18:3	g	0.141	0.011	5	0.063
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	92	1.789	5	41
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 07254 LOUIS RICH, Turkey Bacon

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.40	0.196	44	8.32		
Energy	kcal	244		0	34		
Energy	kj	1021		0	143		
Protein (N x 5.95)	g	15.40	0.060	44	2.16		
Total lipid (fat)	g	19.40	0.256	44	2.72		
Carbohydrate, by difference	g	1.80		0	0.25		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.90	0.134	5	0.55		
Sugars, total	g	1.80	0.000	2	0.25		
Minerals:							
Calcium	mg	40	2.683	5	6		
Iron	mg	1.45	0.031	5	0.20		
Magnesium	mg	19	1.163	5	3		
Phosphorus	mg	199	5.367	5	28		
Potassium	mg	208	5.814	5	29		
Sodium	mg	1316	39.952	8	184		
Zinc	mg	2.52	0.067	5	0.35		
Copper	mg	0.250	0.013	5	0.035		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.270		0	0.738		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.020	0.004	5	0.003		
14:0	g	0.190	0.009	5	0.027		
15.0	g						
16:0	g	3.790	0.170	5	0.531		
17:0	g						
18:0	g	1.270	0.031	5	0.178		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.510		0	1.051
14:1	g				
16:1	g	0.680	0.125	5	0.095
18:1	g	6.830	0.072	5	0.956
20:1	g				
22.1	g				
Polyunsaturated, total	g	4.700		0	0.658
18:2	g	4.530	0.134	5	0.634
18:3	g	0.170	0.018	5	0.024
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	89	0.447	5	12
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 07255 LOUIS RICH, Turkey Bologna

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	67.70	0.123	111	18.96		
Energy	kcal	184		0	52		
Energy	kj	770		0	216		
Protein (N x 5.95)	g	11.40	0.038	111	3.19		
Total lipid (fat)	g	13.20	0.123	111	3.70		
Carbohydrate, by difference	g	4.80		0	1.34		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.90	0.133	9	0.81		
Sugars, total	g	1.20	0.151	7	0.34		
Minerals:							
Calcium	mg	124	20.506	8	35		
Iron	mg	1.64	0.095	8	0.46		
Magnesium	mg	22	1.626	8	6		
Phosphorus	mg	196	6.010	8	55		
Potassium	mg	152	8.132	8	43		
Sodium	mg	964	37.477	8	270		
Zinc	mg	1.85	0.103	8	0.52		
Copper	mg	0.180	0.007	8	0.050		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.790		0	1.061		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010	0.004	8	0.003		
14:0	g	0.140	0.014	8	0.039		
15.0	g						
16:0	g	2.690	0.194	8	0.753		
17:0	g						
18:0	g	0.950	0.060	8	0.266		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.310		0	1.487
14:1	g				
16:1	g	0.540	0.064	8	0.151
18:1	g	4.770	0.230	8	1.336
20:1	g				
22.1	g				
Polyunsaturated, total	g	3.590		0	1.005
18:2	g	3.350	0.152	8	0.938
18:3	g	0.240	0.060	8	0.067
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	68	2.828	8	19
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.70	0.099	102	20.92		
Energy	kcal	98		0	27		
Energy	kj	410		0	115		
Protein (N x 5.95)	g	16.50	0.079	102	4.62		
Total lipid (fat)	g	1.90	0.069	102	0.53		
Carbohydrate, by difference	g	3.70		0	1.04		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.30	0.060	11	0.92		
Sugars, total	g	0.80	0.100	4	0.22		
Minerals:							
Calcium	mg	6	1.000	9	2		
Iron	mg	0.99	0.087	9	0.28		
Magnesium	mg	22	1.800	9	6		
Phosphorus	mg	251	10.000	9	70		
Potassium	mg	222	4.427	10	62		
Sodium	mg	1104	22.984	14	309		
Zinc	mg	0.95	0.053	9	0.27		
Copper	mg	0.170	0.030	9	0.048		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.468		0	0.131		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.006	0.002	9	0.002		
14:0	g	0.018	0.004	9	0.005		
15.0	g						
16:0	g	0.334	0.041	9	0.094		
17:0	g						
18:0	g	0.111	0.018	9	0.031		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.585		0	0.164
14:1	g				
16:1	g	0.059	0.010	9	0.017
18:1	g	0.527	0.068	9	0.148
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.410		0	0.115
18:2	g	0.392	0.043	9	0.110
18:3	g	0.018	0.002	9	0.005
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	38	0.626	23	11
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.80	0.123	42	20.94		
Energy	kcal	100		0	28		
Energy	kj	418		0	117		
Protein (N x 5.95)	g	17.60	0.123	42	4.93		
Total lipid (fat)	g	2.30	0.077	42	0.64		
Carbohydrate, by difference	g	2.40		0	0.67		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.00	0.038	7	0.84		
Sugars, total	g	1.10	0.245	6	0.31		
Minerals:							
Calcium	mg	9	0.816	6	3		
Iron	mg	0.75	0.041	6	0.21		
Magnesium	mg	35	1.347	6	10		
Phosphorus	mg	261	3.674	6	73		
Potassium	mg	262	5.307	6	73		
Sodium	mg	919	15.497	7	257		
Zinc	mg	0.96	0.057	6	0.27		
Copper	mg	0.230	0.012	6	0.064		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.630		0	0.176		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010	0.008	6	0.003		
14:0	g	0.030	0.004	6	0.008		
15.0	g						
16:0	g	0.410	0.029	6	0.115		
17:0	g						
18:0	g	0.180	0.012	6	0.050		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.740		0	0.207
14:1	g				
16:1	g	0.070	0.016	6	0.020
18:1	g	0.670	0.049	6	0.188
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.510		0	0.143
18:2	g	0.470	0.045	6	0.132
18:3	g	0.040	0.016	6	0.011
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	42	2.449	6	12
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

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	Samples	Measure 1* 56g	Measure 2*	Measure 3*
Proximates:							
Water	g	72.00	0.235	26	40.32		
Energy	kcal	102		0	57		
Energy	kj	427		0	239		
Protein (N x 5.95)	g	19.30	0.333	26	10.81		
Total lipid (fat)	g	0.80	0.068	35	0.45		
Carbohydrate, by difference	g	4.50		0	2.52		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.50	0.106	8	1.96		
Sugars, total	g	3.90	0.450	4	2.18		
Minerals:							
Calcium	mg	15	3.889	8	8		
Iron	mg	1.11	0.106	8	0.62		
Magnesium	mg	28	2.263	8	16		
Phosphorus	mg	276	12.728	8	155		
Potassium	mg	262	15.203	8	147		
Sodium	mg	1180	48.083	8	661		
Zinc	mg	1.00	0.071	8	0.56		
Copper	mg	0.220	0.028	8	0.123		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.234		0	0.131		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	8	0.000		
14:0	g	0.005	0.002	8	0.003		
15.0	g						
16:0	g	0.154	0.034	8	0.086		
17:0	g						
18:0	g	0.074	0.017	8	0.041		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.239		0	0.134
14:1	g				
16:1	g	0.021	0.007	8	0.012
18:1	g	0.218	0.053	8	0.122
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.143		0	0.080
18:2	g	0.138	0.030	8	0.077
18:3	g	0.005	0.002	8	0.003
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	40	3.024	7	22
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	76.50	0.088	32	21.42		
Energy	kcal	84		0	24		
Energy	kj	351		0	98		
Protein (N x 5.95)	g	15.00	0.106	32	4.20		
Total lipid (fat)	g	0.70	0.018	32	0.20		
Carbohydrate, by difference	g	4.50		0	1.26		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.30	0.055	13	0.92		
Sugars, total	g	1.70	0.115	3	0.48		
Minerals:							
Calcium	mg	11	0.500	4	3		
Iron	mg	1.11	0.055	4	0.31		
Magnesium	mg	27	0.750	4	8		
Phosphorus	mg	232	4.500	4	65		
Potassium	mg	205	4.082	6	57		
Sodium	mg	1192	19.053	12	334		
Zinc	mg	0.86	0.030	4	0.24		
Copper	mg	0.250	0.055	4	0.070		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.205		0	0.057		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.007	0.003	4	0.002		
14:0	g	0.007	0.000	4	0.002		
15.0	g						
16:0	g	0.130	0.017	4	0.036		
17:0	g						
18:0	g	0.061	0.007	4	0.017		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.198		0	0.055
14:1	g				
16:1	g	0.014	0.003	4	0.004
18:1	g	0.184	0.027	4	0.052
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.136		0	0.038
18:2	g	0.130	0.010	4	0.036
18:3	g	0.007	0.000	4	0.002
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	32	1.500	4	9
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

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	Samples	Measure 1* 56g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.80	0.164	30	41.89		
Energy	kcal	90		0	50		
Energy	kj	377		0	211		
Protein (N x 5.95)	g	19.10	0.274	30	10.70		
Total lipid (fat)	g	0.70	0.042	51	0.39		
Carbohydrate, by difference	g	1.90		0	1.06		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.50	0.055	13	1.96		
Sugars, total	g	0.40	0.167	9	0.22		
Minerals:							
Calcium	mg	17	2.219	13	10		
Iron	mg	1.11	0.089	13	0.62		
Magnesium	mg	29	1.692	13	16		
Phosphorus	mg	285	10.262	13	160		
Potassium	mg	268	11.371	13	150		
Sodium	mg	1177	38.274	13	659		
Zinc	mg	0.96	0.097	13	0.54		
Copper	mg	0.200	0.019	13	0.112		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.207		0	0.116		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	13	0.000		
14:0	g	0.007	0.000	13	0.004		
15.0	g						
16:0	g	0.133	0.016	13	0.074		
17:0	g						
18:0	g	0.066	0.008	13	0.037		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.199		0	0.111
14:1	g				
16:1	g	0.015	0.002	13	0.008
18:1	g	0.185	0.021	13	0.104
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.133		0	0.074
18:2	g	0.126	0.014	13	0.071
18:3	g	0.007	0.002	13	0.004
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	40	1.732	12	22
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 45g	Measure 2* 22g	Measure 3*
Proximates:							
Water	g	74.30	0.122	24	33.44	16.35	
Energy	kcal	94		0	42	21	
Energy	kj	393		0	177	86	
Protein (N x 5.95)	g	19.70	0.122	24	8.87	4.33	
Total lipid (fat)	g	1.00	0.061	24	0.45	0.22	
Carbohydrate, by difference	g	1.60		0	0.72	0.35	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.50	0.045	5	1.57	0.77	
Sugars, total	g	0.30	0.050	4	0.14	0.07	
Minerals:							
Calcium	mg	15	3.130	5	7	3	
Iron	mg	1.47	0.072	5	0.66	0.32	
Magnesium	mg	31	0.805	5	14	7	
Phosphorus	mg	318	7.603	5	143	70	
Potassium	mg	312	2.683	5	140	69	
Sodium	mg	1201	28.622	5	540	264	
Zinc	mg	0.95	0.022	5	0.43	0.21	
Copper	mg	0.170	0.022	5	0.077	0.037	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.300		0	0.135	0.066	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.030	0.013	5	0.013	0.007	
14:0	g	0.020	0.004	5	0.009	0.004	
15.0	g						
16:0	g	0.180	0.045	5	0.081	0.040	
17:0	g						
18:0	g	0.070	0.027	5	0.032	0.015	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.330		0	0.149	0.073
14:1	g					
16:1	g	0.050	0.013	5	0.023	0.011
18:1	g	0.280	0.072	5	0.126	0.062
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.190		0	0.086	0.042
18:2	g	0.180	0.036	5	0.081	0.040
18:3	g	0.010	0.000	5	0.005	0.002
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	43	0.447	5	19	9
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving
Measure 2: 1 slice

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	Samples	Measure 1* 56g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.00	0.146	30	41.44		
Energy	kcal	93		0	52		
Energy	kj	389		0	218		
Protein (N x 5.95)	g	19.30	0.237	30	10.81		
Total lipid (fat)	g	0.80	0.043	49	0.45		
Carbohydrate, by difference	g	2.20		0	1.23		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.80	0.095	10	2.13		
Sugars, total	g	0.60	0.245	6	0.34		
Minerals:							
Calcium	mg	16	2.667	9	9		
Iron	mg	1.12	0.100	9	0.63		
Magnesium	mg	27	2.067	9	15		
Phosphorus	mg	302	12.965	10	169		
Potassium	mg	288	13.914	10	161		
Sodium	mg	1288	39.212	10	721		
Zinc	mg	0.88	0.043	9	0.49		
Copper	mg	0.200	0.023	9	0.112		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.234		0	0.131		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	10	0.000		
14:0	g	0.007	0.002	10	0.004		
15.0	g						
16:0	g	0.149	0.018	10	0.083		
17:0	g						
18:0	g	0.078	0.009	10	0.044		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.219		0	0.123
14:1	g				
16:1	g	0.014	0.002	10	0.008
18:1	g	0.205	0.025	10	0.115
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.163		0	0.091
18:2	g	0.156	0.018	10	0.087
18:3	g	0.007	0.002	10	0.004
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	41	2.000	9	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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	73.10	0.159	32	20.47		
Energy	kcal	113		0	32		
Energy	kj	473		0	132		
Protein (N x 5.95)	g	18.20	0.106	32	5.10		
Total lipid (fat)	g	4.10	0.141	32	1.15		
Carbohydrate, by difference	g	0.90		0	0.25		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.70	0.077	15	1.04		
Sugars, total	g	0.90	0.200	4	0.25		
Minerals:							
Calcium	mg	5	0.603	11	1		
Iron	mg	1.27	0.051	11	0.36		
Magnesium	mg	22	1.357	11	6		
Phosphorus	mg	294	9.045	11	82		
Potassium	mg	290	6.633	11	81		
Sodium	mg	1127	25.500	4	316		
Zinc	mg	2.59	0.099	11	0.73		
Copper	mg	0.250	0.015	11	0.070		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.060		0	0.297		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	11	0.000		
14:0	g	0.040	0.003	11	0.011		
15.0	g						
16:0	g	0.680	0.042	11	0.190		
17:0	g						
18:0	g	0.340	0.021	11	0.095		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.140		0	0.319
14:1	g				
16:1	g	0.100	0.009	11	0.028
18:1	g	1.040	0.072	11	0.291
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.700		0	0.196
18:2	g	0.670	0.075	11	0.188
18:3	g	0.030	0.003	11	0.008
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	67	2.840	15	19
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 28g	Measure 2* 85g	Measure 3*
Proximates:							
Water	g	50.70	0.243	17	14.20	43.09	
Energy	kcal	276		0	77	235	
Energy	kj	1155		0	323	982	
Protein (N x 5.95)	g	14.30	0.243	17	4.00	12.15	
Total lipid (fat)	g	17.50	0.218	17	4.90	14.88	
Carbohydrate, by difference	g	15.40		0	4.31	13.09	
Fiber, total dietary	g	0.5		0	0.1	0.4	
Ash	g	2.10	0.024	17	0.59	1.78	
Sugars, total	g	0.00	0.000	3	0.00	0.00	
Minerals:							
Calcium	mg	9	1.512	7	3	8	
Iron	mg	0.87	0.087	7	0.24	0.74	
Magnesium	mg	21	1.328	3	6	18	
Phosphorus	mg	197	6.928	3	55	167	
Potassium	mg	176	2.910	17	49	150	
Sodium	mg	679	11.157	17	190	577	
Zinc	mg	1.84	0.029	3	0.52	1.56	
Copper	mg	0.290	0.029	3	0.081	0.247	
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.390		0	0.949	2.882	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	7	0.000	0.000	
14:0	g	0.060	0.008	7	0.017	0.051	
15.0	g						
16:0	g	2.270	0.083	7	0.636	1.930	
17:0	g						
18:0	g	1.060	0.110	7	0.297	0.901	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.190		0	2.293	6.962
14:1	g					
16:1	g	0.210	0.030	7	0.059	0.179
18:1	g	7.980	0.684	7	2.234	6.783
20:1	g					
22.1	g					
Polyunsaturated, total	g	5.480		0	1.534	4.658
18:2	g	4.840	0.476	7	1.355	4.114
18:3	g	0.640	0.212	7	0.179	0.544
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	40	1.512	7	11	34
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 piece
Measure 2: 1 serving

NDB No. 07266 LOUIS RICH, Turkey Salami

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.90	0.201	20	20.13		
Energy	kcal	147		0	41		
Energy	kj	615		0	172		
Protein (N x 5.95)	g	15.30	0.089	20	4.28		
Total lipid (fat)	g	9.40	0.268	20	2.63		
Carbohydrate, by difference	g	0.40		0	0.11		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.10	0.050	4	0.87		
Sugars, total	g	0.40	0.212	2	0.11		
Minerals:							
Calcium	mg	40	13.500	4	11		
Iron	mg	1.25	0.210	4	0.35		
Magnesium	mg	22	1.950	4	6		
Phosphorus	mg	266	5.500	4	74		
Potassium	mg	216	6.000	4	60		
Sodium	mg	1004	19.000	4	281		
Zinc	mg	2.32	0.120	4	0.65		
Copper	mg	0.190	0.065	4	0.053		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.783		0	0.779		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.017	0.009	4	0.005		
14:0	g	0.121	0.013	4	0.034		
15.0	g						
16:0	g	1.988	0.086	4	0.557		
17:0	g						
18:0	g	0.657	0.013	4	0.184		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.146		0	0.881
14:1	g				
16:1	g	0.268	0.013	4	0.075
18:1	g	2.878	0.073	4	0.806
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.342		0	0.656
18:2	g	2.291	0.164	4	0.641
18:3	g	0.052	0.035	4	0.015
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	76	1.000	4	21
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.40	0.146	47	19.99		
Energy	kcal	149		0	42		
Energy	kj	623		0	174		
Protein (N x 5.95)	g	15.00	0.102	47	4.20		
Total lipid (fat)	g	9.50	0.190	47	2.66		
Carbohydrate, by difference	g	0.90		0	0.25		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.20	0.038	7	0.90		
Sugars, total	g	0.40	0.000	2	0.11		
Minerals:							
Calcium	mg	31	4.025	5	9		
Iron	mg	1.64	0.183	5	0.46		
Magnesium	mg	21	1.029	5	6		
Phosphorus	mg	272	12.075	5	76		
Potassium	mg	220	4.919	5	62		
Sodium	mg	1018	20.412	6	285		
Zinc	mg	2.35	0.080	5	0.66		
Copper	mg	0.360	0.107	5	0.101		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.900		0	0.812		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.000	0.000	4	0.000		
14:0	g	0.100	0.005	4	0.028		
15.0	g						
16:0	g	2.140	0.060	4	0.599		
17:0	g						
18:0	g	0.660	0.030	4	0.185		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.920		0	1.098
14:1	g				
16:1	g	0.470	0.065	4	0.132
18:1	g	3.450	0.070	4	0.966
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.330		0	0.652
18:2	g	2.220	0.065	4	0.622
18:3	g	0.110	0.040	4	0.031
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	77	2.041	6	22
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

NDB No. 07268 LOUIS RICH, Turkey Smoked Sausage

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 56g	Measure 2*	Measure 3*
Proximates:							
Water	g	69.10	0.157	33	38.70		
Energy	kcal	160		0	90		
Energy	kj	669		0	375		
Protein (N x 5.95)	g	14.40	0.087	33	8.06		
Total lipid (fat)	g	9.60	0.139	33	5.38		
Carbohydrate, by difference	g	3.90		0	2.18		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.90	0.067	9	1.62		
Sugars, total	g	2.80	0.224	5	1.57		
Minerals:							
Calcium	mg	26	6.000	9	15		
Iron	mg	1.38	0.040	9	0.77		
Magnesium	mg	21	1.330	9	12		
Phosphorus	mg	204	18.333	9	114		
Potassium	mg	201	5.667	9	113		
Sodium	mg	920	31.667	9	515		
Zinc	mg	2.15	0.060	9	1.20		
Copper	mg	0.170	0.033	9	0.095		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.670		0	1.495		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g	0.010	0.003	9	0.006		
14:0	g	0.100	0.010	9	0.056		
15.0	g						
16:0	g	1.840	0.097	9	1.030		
17:0	g						
18:0	g	0.720	0.030	9	0.403		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.560		0	1.994
14:1	g				
16:1	g	0.410	0.050	9	0.230
18:1	g	3.150	0.187	9	1.764
20:1	g				
22.1	g				
Polyunsaturated, total	g	2.680		0	1.501
18:2	g	2.420	0.160	9	1.355
18:3	g	0.260	0.053	9	0.146
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	64	4.158	7	36
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				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 serving

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 56g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.06		0	33.07		
Energy	kcal	239		0	134		
Energy	kj	1000		0	560		
Protein (N x 5.95)	g	13.45		0	7.53		
Total lipid (fat)	g	18.17		0	10.18		
Carbohydrate, by difference	g	4.66		0	2.61		
Fiber, total dietary	g	0.2		0	0.1		
Ash	g	4.66		0	2.61		
Sugars, total	g	2.48		0	1.39		
Minerals:							
Calcium	mg	148		0	83		
Iron	mg	1.83		0	1.02		
Magnesium	mg	14		0	8		
Phosphorus	mg	246		0	138		
Potassium	mg	189		0	106		
Sodium	mg	1162		0	651		
Zinc	mg	2.88		0	1.61		
Copper	mg	0.098		0	0.055		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.8		0	0.4		
Thiamin	mg	0.057		0	0.032		
Riboflavin	mg	0.145		0	0.081		
Niacin	mg	2.089		0	1.170		
Pantothenic acid	mg	0.669		0	0.375		
Vitamin B-6	mg	0.208		0	0.116		
Folate	µg	7		0	4		
Vitamin B-12	µg	0.25		0	0.14		
Vitamin A	IU	297		0	166		
Vitamin A, RE	µg	30		0	17		
Vitamin E, α-TE	mg	0.000		0	0.000		
Lipids:							
Saturated, total	g	5.860		0	3.282		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.823		0	1.021		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.542	0	3.104
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	5.046	0	2.826
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	104	0	58
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 serving

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	Samples	Measure 1* 71g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	69.10	0.293	9	49.06	39.18	
Energy	kcal	142		0	101	81	
Energy	kj	594		0	422	337	
Protein (N x 5.95)	g	19.30	0.057	9	13.70	10.94	
Total lipid (fat)	g	6.80	0.267	9	4.83	3.86	
Carbohydrate, by difference	g	1.00		0	0.71	0.57	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.80	0.080	9	2.70	2.15	
Sugars, total	g						
Minerals:							
Calcium	mg	17	2.097	5	12	10	
Iron	mg	2.40	0.077	9	1.70	1.36	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	352	11.628	3	250	200	
Sodium	mg	1342	25.392	7	953	761	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.090		1	0.064	0.051	
Riboflavin	mg	0.240	0.011	8	0.170	0.136	
Niacin	mg	4.200	0.134	8	2.982	2.381	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.800	0.106	2	1.988	1.588	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g					
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.300	0.007	2	0.213	0.170
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	65	0.002	2	46	37
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 2 oz

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	Samples	Measure 1* 71g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	68.20	0.371	5	48.42	38.67	
Energy	kcal	165		0	117	94	
Energy	kj	690		0	490	391	
Protein (N x 5.95)	g	17.90	0.201	5	12.71	10.15	
Total lipid (fat)	g	10.10	0.295	5	7.17	5.73	
Carbohydrate, by difference	g	0.70		0	0.50	0.40	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.10	0.036	5	2.20	1.76	
Sugars, total	g						
Minerals:							
Calcium	mg	124	17.280	5	88	70	
Iron	mg	1.56	0.040	5	1.11	0.88	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	256	3.811	3	182	145	
Sodium	mg	954	10.138	5	677	541	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.070		1	0.050	0.040	
Riboflavin	mg	0.250	0.007	5	0.178	0.142	
Niacin	mg	6.740	0.175	4	4.785	3.822	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.600	0.215	4	1.846	1.474	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g					
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	2.100	0.160	4	1.491	1.191
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	53	0.001	4	38	30
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 2 oz

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	Samples	Measure 1* 71g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	69.40	0.268	12	49.27	39.35	
Energy	kcal	139		0	99	79	
Energy	kj	582		0	413	330	
Protein (N x 5.95)	g	19.30	0.101	12	13.70	10.94	
Total lipid (fat)	g	6.50	0.294	13	4.62	3.69	
Carbohydrate, by difference	g	0.60		0	0.43	0.34	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.10	0.084	12	2.91	2.32	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.774	8	10	8	
Iron	mg	2.26	0.078	12	1.60	1.28	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	336	2.841	3	239	191	
Sodium	mg	1431	18.063	8	1016	811	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.090		1	0.064	0.051	
Riboflavin	mg	0.240	0.012	11	0.170	0.136	
Niacin	mg	3.860	0.089	10	2.741	2.189	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.600	0.289	3	1.846	1.474	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g					
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.300	0.023	3	0.213	0.170
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	67	0.001	3	48	38
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 2 oz

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	Samples	Measure 1* 71g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	68.20	0.468	12	48.42	38.67	
Energy	kcal	160		0	114	91	
Energy	kj	669		0	475	379	
Protein (N x 5.95)	g	17.50	0.173	12	12.43	9.92	
Total lipid (fat)	g	9.10	0.237	12	6.46	5.16	
Carbohydrate, by difference	g	1.80		0	1.28	1.02	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.30	0.078	12	2.34	1.87	
Sugars, total	g						
Minerals:							
Calcium	mg	60	7.703	8	43	34	
Iron	mg	1.84	0.089	12	1.31	1.04	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	329	9.395	4	234	187	
Sodium	mg	1096	42.833	9	778	621	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.180	0.085	2	0.128	0.102	
Riboflavin	mg	0.310	0.027	11	0.220	0.176	
Niacin	mg	5.860	0.078	11	4.161	3.323	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.100	0.063	5	2.201	1.758	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g					
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	2.700	0.072	5	1.917	1.531
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	57	0.001	5	40	32
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 2 oz

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	Samples	Measure 1* 71g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	69.80	0.191	13	49.56	39.58	
Energy	kcal	141		0	100	80	
Energy	kj	590		0	419	335	
Protein (N x 5.95)	g	19.60	0.108	13	13.92	11.11	
Total lipid (fat)	g	6.50	0.216	13	4.62	3.69	
Carbohydrate, by difference	g	1.00		0	0.71	0.57	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.10	0.067	13	2.20	1.76	
Sugars, total	g						
Minerals:							
Calcium	mg	17	2.449	7	12	10	
Iron	mg	2.45	0.061	13	1.74	1.39	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	365	3.743	5	259	207	
Sodium	mg	1056	14.717	11	750	599	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.090		1	0.064	0.051	
Riboflavin	mg	0.230	0.008	11	0.163	0.130	
Niacin	mg	4.100	0.199	10	2.911	2.325	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.000	0.283	2	2.130	1.701	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g					
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	0.300	0.007	2	0.213	0.170
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	65	0.001	2	46	37
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 2 oz

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	Samples	Measure 1* 71g	Measure 2* 57g	Measure 3*
Proximates:							
Water	g	67.00	0.164	13	47.57	37.99	
Energy	kcal	163		0	116	92	
Energy	kj	682		0	484	387	
Protein (N x 5.95)	g	18.50	0.125	13	13.13	10.49	
Total lipid (fat)	g	9.30	0.197	13	6.60	5.27	
Carbohydrate, by difference	g	1.10		0	0.78	0.62	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.00	0.064	13	2.84	2.27	
Sugars, total	g						
Minerals:							
Calcium	mg	16	1.344	8	11	9	
Iron	mg	2.03	0.130	13	1.44	1.15	
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	340	1.820	4	241	193	
Sodium	mg	1381	27.205	10	981	783	
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg						
Thiamin	mg	0.750		1	0.533	0.425	
Riboflavin	mg	0.350	0.019	13	0.248	0.198	
Niacin	mg	5.170	0.110	12	3.671	2.931	
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.100	0.058	5	2.201	1.758	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g					
14:1	g					
16:1	g					
18:1	g					
20:1	g					
22.1	g					
Polyunsaturated, total	g	1.100	0.058	5	0.781	0.624
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	55	0.001	5	39	31
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					
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 package
Measure 2: 2 oz

NDB No. 07901 USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	58.66		1			
Energy	kcal	267		0			
Energy	kj	1117		0			
Protein (N x 5.95)	g	19.76		1			
Total lipid (fat)	g	20.26		1			
Carbohydrate, by difference	g	0.00		0			
Fiber, total dietary	g	0.0		1			
Ash	g	1.92		1			
Sugars, total	g						
Minerals:							
Calcium	mg	9		1			
Iron	mg	1.15		1			
Magnesium	mg	19		1			
Phosphorus	mg	190		1			
Potassium	mg	239		1			
Sodium	mg	540		1			
Zinc	mg	2.84		1			
Copper	mg	0.104		0			
Manganese	mg	0.053		0			
Selenium	µg	21.7		0			
Vitamins:							
Ascorbic acid	mg	0.0		1			
Thiamin	mg	0.732		1			
Riboflavin	mg	0.241		1			
Niacin	mg	2.796		1			
Pantothenic acid	mg	0.703		1			
Vitamin B-6	mg	0.280		1			
Folate	µg	1		0			
Vitamin B-12	µg	0.89		1			
Vitamin A	IU	50		1			
Vitamin A, RE	µg	7		1			
Vitamin E, α-TE	mg	0.745		1			
Lipids:							
Saturated, total	g	5.532		1			
4:0	g	0.000		1			
6.0	g	0.000		1			
8:0	g	0.007		1			
10:0	g	0.022		1			
12:0	g	0.015		1			
14:0	g	0.181		1			
15.0	g						
16:0	g	3.568		1			
17:0	g						
18:0	g	1.576		1			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.710	1
14:1	g		
16:1	g	0.522	1
18:1	g	8.051	1
20:1	g	0.126	1
22.1	g	0.003	1
Polyunsaturated, total	g	2.312	1
18:2	g	1.967	1
18:3	g	0.094	1
18:4	g	0.000	1
20:4	g	0.101	1
20:5	g	0.003	1
22:5	g	0.000	1
22:6	g	0.009	1
Cholesterol	mg	98	1
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

NDB No. 07907 USDA Commodity, pork sausage, bulk/links/patties, frozen, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1*	Measure 2*	Measure 3*
Proximates:							
Water	g	64.92		1			
Energy	kcal	231		0			
Energy	kj	967		0			
Protein (N x 5.95)	g	14.95		1			
Total lipid (fat)	g	18.56		1			
Carbohydrate, by difference	g	0.00		0			
Fiber, total dietary	g	0.0		1			
Ash	g	2.20		1			
Sugars, total	g						
Minerals:							
Calcium	mg	9		1			
Iron	mg	0.99		1			
Magnesium	mg	17		1			
Phosphorus	mg	162		1			
Potassium	mg	231		1			
Sodium	mg	507		1			
Zinc	mg	2.39		1			
Copper	mg	0.047		0			
Manganese	mg	0.018		0			
Selenium	µg	21.7		0			
Vitamins:							
Ascorbic acid	mg	0.0		1			
Thiamin	mg	0.688		1			
Riboflavin	mg	0.223		1			
Niacin	mg	2.619		1			
Pantothenic acid	mg	0.618		1			
Vitamin B-6	mg	0.234		1			
Folate	µg	3		0			
Vitamin B-12	µg	0.84		1			
Vitamin A	IU	40		1			
Vitamin A, RE	µg	8		1			
Vitamin E, α-TE	mg	0.577		1			
Lipids:							
Saturated, total	g	4.968		1			
4:0	g	0.000		1			
6.0	g	0.000		1			
8:0	g	0.000		1			
10:0	g	0.032		1			
12:0	g	0.016		1			
14:0	g	0.161		1			
15.0	g						
16:0	g	3.218		1			
17:0	g						
18:0	g	1.382		1			
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.061	1
14:1	g		
16:1	g	0.484	1
18:1	g	7.439	1
20:1	g	0.126	1
22.1	g	0.004	1
Polyunsaturated, total	g	2.246	1
18:2	g	1.722	1
18:3	g	0.086	1
18:4	g	0.000	1
20:4	g	0.090	1
20:5	g	0.003	1
22:5	g	0.000	1
22:6	g	0.013	1
Cholesterol	mg	73	1
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		
Other:			
Caffeine	mg		
Theobromine	mg		
Alcohol	g		

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	57.72	0.262	70	16.36	12.12	
Energy	kcal	250		0	71	53	
Energy	kj	1046		0	297	220	
Protein (N x 5.95)	g	27.10	0.247	69	7.68	5.69	
Total lipid (fat)	g	14.93	1.049	11	4.23	3.14	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.90	0.041	6	0.82	0.61	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	3	3	
Iron	mg	2.08	0.181	29	0.59	0.44	
Magnesium	mg	14	0.653	6	4	3	
Phosphorus	mg	111	8.981	6	31	23	
Potassium	mg	136	9.798	6	39	29	
Sodium	mg	1006	48.582	6	285	211	
Zinc	mg	3.57	0.188	29	1.01	0.75	
Copper	mg	0.064	0.004	23	0.018	0.013	
Manganese	mg	0.014	0.002	23	0.004	0.003	
Selenium	µg	42.9		0	12.2	9.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.020	0.006	11	0.006	0.004	
Riboflavin	mg	0.147	0.010	8	0.042	0.031	
Niacin	mg	2.430	0.127	6	0.689	0.510	
Pantothenic acid	mg	0.626		0	0.177	0.131	
Vitamin B-6	mg	0.130	0.008	7	0.037	0.027	
Folate	µg	9		0	3	2	
Vitamin B-12	µg	1.62	0.102	6	0.46	0.34	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.150		0	0.043	0.032	
Lipids:							
Saturated, total	g	6.180		0	1.752	1.298	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.100	0.029	6	0.028	0.021	
12:0	g	0.070	0.017	6	0.020	0.015	
14:0	g	0.420	0.025	8	0.119	0.088	
15.0	g						
16:0	g	3.040	0.139	8	0.862	0.638	
17:0	g						
18:0	g	2.290	0.116	8	0.649	0.481	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.960		0	1.690	1.252
14:1	g					
16:1	g	0.800	0.085	8	0.227	0.168
18:1	g	5.000	0.276	8	1.418	1.050
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.630		0	0.179	0.132
18:2	g	0.420	0.071	8	0.119	0.088
18:3	g	0.210	0.030	8	0.060	0.044
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	86	3.497	8	24	18
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.247		0	0.070	0.052
Threonine	g	1.023		0	0.290	0.215
Isoleucine	g	1.170		0	0.332	0.246
Leucine	g	1.990		0	0.564	0.418
Lysine	g	2.076		0	0.589	0.436
Methionine	g	0.629		0	0.178	0.132
Cystine	g	0.347		0	0.098	0.073
Phenylalanine	g	0.975		0	0.276	0.205
Tyrosine	g	0.884		0	0.251	0.186
Valine	g	1.192		0	0.338	0.250
Arginine	g	1.673		0	0.474	0.351
Histidine	g	0.863		0	0.245	0.181
Alanine	g	1.951		0	0.553	0.410
Aspartic acid	g	2.653		0	0.752	0.557
Glutamic acid	g	4.413		0	1.251	0.927
Glycine	g	2.263		0	0.642	0.475
Proline	g	1.951		0	0.553	0.410
Serine	g	1.092		0	0.310	0.229
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz

Measure 2: 1 slice, NFS (.75 oz)

NDB No. 13350 Beef, cured, dried beef

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	56.50	0.650	12	16.02	11.87	
Energy	kcal	165		0	47	35	
Energy	kj	690		0	196	145	
Protein (N x 5.95)	g	29.10	0.312	12	8.25	6.11	
Total lipid (fat)	g	3.90	0.269	10	1.11	0.82	
Carbohydrate, by difference	g	1.56		0	0.44	0.33	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	8.94	0.166	11	2.53	1.88	
Sugars, total	g						
Minerals:							
Calcium	mg	6	0.193	7	2	1	
Iron	mg	4.51	0.240	7	1.28	0.95	
Magnesium	mg	32	0.726	7	9	7	
Phosphorus	mg	174		0	49	37	
Potassium	mg	444		0	126	93	
Sodium	mg	3471	79.713	7	984	729	
Zinc	mg	5.24	0.227	7	1.49	1.10	
Copper	mg	0.160	0.033	7	0.045	0.034	
Manganese	mg	0.045		0	0.013	0.009	
Selenium	µg	62.1		0	17.6	13.0	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.083		0	0.024	0.017	
Riboflavin	mg	0.200		0	0.057	0.042	
Niacin	mg	5.451		0	1.545	1.145	
Pantothenic acid	mg	0.611		0	0.173	0.128	
Vitamin B-6	mg	0.350		0	0.099	0.074	
Folate	µg	11		0	3	2	
Vitamin B-12	µg	2.66		0	0.75	0.56	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.040	0.029	
Lipids:							
Saturated, total	g	1.590		0	0.451	0.334	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.020		0	0.006	0.004	
12:0	g	0.020		0	0.006	0.004	
14:0	g	0.100		0	0.028	0.021	
15.0	g						
16:0	g	0.830		0	0.235	0.174	
17:0	g						
18:0	g	0.580		0	0.164	0.122	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.610	0	0.456	0.338
14:1	g				
16:1	g	0.230	0	0.065	0.048
18:1	g	1.380	0	0.391	0.290
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.200	0	0.057	0.042
18:2	g	0.170	0	0.048	0.036
18:3	g	0.040	0	0.011	0.008
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	43	0	12	9
Phytosterols	mg	0	0	0	0
Amino acids:					
Tryptophan	g	0.237	0	0.067	0.050
Threonine	g	1.220	0	0.346	0.256
Isoleucine	g	1.192	0	0.338	0.250
Leucine	g	2.174	0	0.616	0.457
Lysine	g	2.375	0	0.673	0.499
Methionine	g	0.703	0	0.199	0.148
Cystine	g	0.345	0	0.098	0.072
Phenylalanine	g	1.090	0	0.309	0.229
Tyrosine	g	0.880	0	0.249	0.185
Valine	g	1.336	0	0.379	0.281
Arginine	g	1.965	0	0.557	0.413
Histidine	g	0.843	0	0.239	0.177
Alanine	g	1.923	0	0.545	0.404
Aspartic acid	g	2.584	0	0.733	0.543
Glutamic acid	g	4.195	0	1.189	0.881
Glycine	g	2.160	0	0.612	0.454
Proline	g	1.583	0	0.449	0.332
Serine	g	1.187	0	0.337	0.249
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 5 slices

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.60	0.302	15	21.15		
Energy	kcal	111		0	31		
Energy	kj	464		0	132		
Protein (N x 5.95)	g	19.00	0.235	15	5.39		
Total lipid (fat)	g	3.30	0.168	15	0.94		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.40	0.033	15	0.96		
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.552	7	3		
Iron	mg	3.45	0.409	7	0.98		
Magnesium	mg	18	0.389	7	5		
Phosphorus	mg	139		0	39		
Potassium	mg	402	22.527	7	114		
Sodium	mg	1322	41.160	7	375		
Zinc	mg	3.55	0.214	7	1.01		
Copper	mg	0.120	0.018	7	0.034		
Manganese	mg	0.052		0	0.015		
Selenium	µg	16.4		0	4.6		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.145		0	0.041		
Riboflavin	mg	0.291		0	0.082		
Niacin	mg	4.838		0	1.372		
Pantothenic acid	mg	0.687		0	0.195		
Vitamin B-6	mg	0.250		0	0.071		
Folate	µg	7		0	2		
Vitamin B-12	µg	5.14		0	1.46		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.410		0	0.400		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.010		0	0.003		
12:0	g	0.020		0	0.006		
14:0	g	0.090		0	0.026		
15.0	g						
16:0	g	0.680		0	0.193		
17:0	g						
18:0	g	0.540		0	0.153		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.450	0	0.411
14:1	g			
16:1	g	0.220	0	0.062
18:1	g	1.230	0	0.349
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	0.170	0	0.048
18:2	g	0.130	0	0.037
18:3	g	0.040	0	0.011
18:4	g	0.000	0	0.000
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	34	0	10
Phytosterols	mg	0	0	0
Amino acids:				
Tryptophan	g	0.137	0	0.039
Threonine	g	0.742	0	0.210
Isoleucine	g	0.714	0	0.202
Leucine	g	1.313	0	0.372
Lysine	g	1.459	0	0.414
Methionine	g	0.420	0	0.119
Cystine	g	0.198	0	0.056
Phenylalanine	g	0.672	0	0.191
Tyrosine	g	0.511	0	0.145
Valine	g	0.824	0	0.234
Arginine	g	1.316	0	0.373
Histidine	g	0.499	0	0.141
Alanine	g	1.307	0	0.371
Aspartic acid	g	1.617	0	0.458
Glutamic acid	g	2.627	0	0.745
Glycine	g	1.800	0	0.510
Proline	g	1.246	0	0.353
Serine	g	0.760	0	0.215
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

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

NDB No. 13355 Beef, cured, pastrami

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	46.73	2.091	21	13.25		
Energy	kcal	349		0	99		
Energy	kj	1460		0	414		
Protein (N x 5.95)	g	17.24	0.544	23	4.89		
Total lipid (fat)	g	29.18	1.079	8	8.27		
Carbohydrate, by difference	g	3.05		0	0.86		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	3.80	0.093	6	1.08		
Sugars, total	g						
Minerals:							
Calcium	mg	9	5.500	2	3		
Iron	mg	1.89	0.098	6	0.54		
Magnesium	mg	18	0.566	6	5		
Phosphorus	mg	150	5.298	6	43		
Potassium	mg	228	7.611	6	65		
Sodium	mg	1227	53.180	8	348		
Zinc	mg	4.26	0.191	6	1.21		
Copper	mg	0.079		0	0.022		
Manganese	mg	0.013		0	0.004		
Selenium	µg	10.4		0	2.9		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.095	0.031	6	0.027		
Riboflavin	mg	0.170	0.023	3	0.048		
Niacin	mg	5.065	0.200	6	1.436		
Pantothenic acid	mg	0.300		0	0.085		
Vitamin B-6	mg	0.180	0.014	6	0.051		
Folate	µg	7		0	2		
Vitamin B-12	µg	1.76	0.171	6	0.50		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg	0.250		0	0.071		
Lipids:							
Saturated, total	g	10.420		0	2.954		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.130	0.063	6	0.037		
12:0	g	0.090	0.040	6	0.026		
14:0	g	0.760	0.031	6	0.215		
15.0	g						
16:0	g	5.930	0.113	6	1.681		
17:0	g						
18:0	g	3.010	0.253	6	0.853		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.470		0	4.102
14:1	g				
16:1	g	1.890	0.245	6	0.536
18:1	g	12.580	0.591	6	3.566
20:1	g	0.000		0	0.000
22.1	g	0.000		0	0.000
Polyunsaturated, total	g	0.990		0	0.281
18:2	g	0.790	0.092	6	0.224
18:3	g	0.200	0.049	6	0.057
18:4	g	0.000		0	0.000
20:4	g	0.000		0	0.000
20:5	g	0.000		0	0.000
22:5	g	0.000		0	0.000
22:6	g	0.000		0	0.000
Cholesterol	mg	93	4.655	6	26
Phytosterols	mg	0		0	0
Amino acids:					
Tryptophan	g	0.157		0	0.045
Threonine	g	0.651		0	0.185
Isoleucine	g	0.745		0	0.211
Leucine	g	1.266		0	0.359
Lysine	g	1.322		0	0.375
Methionine	g	0.400		0	0.113
Cystine	g	0.221		0	0.063
Phenylalanine	g	0.621		0	0.176
Tyrosine	g	0.563		0	0.160
Valine	g	0.759		0	0.215
Arginine	g	1.065		0	0.302
Histidine	g	0.549		0	0.156
Alanine	g	1.242		0	0.352
Aspartic acid	g	1.689		0	0.479
Glutamic acid	g	2.809		0	0.796
Glycine	g	1.440		0	0.408
Proline	g	1.242		0	0.352
Serine	g	0.695		0	0.197
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 43g	Measure 3*
Proximates:							
Water	g	53.56	1.004	16	15.18	23.03	
Energy	kcal	312		0	88	134	
Energy	kj	1305		0	370	561	
Protein (N x 5.95)	g	14.11	0.283	18	4.00	6.07	
Total lipid (fat)	g	26.91	1.169	7	7.63	11.57	
Carbohydrate, by difference	g	2.42		0	0.69	1.04	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.00	0.000	5	0.85	1.29	
Sugars, total	g						
Minerals:							
Calcium	mg	7	1.333	8	2	3	
Iron	mg	1.76	0.103	5	0.50	0.76	
Magnesium	mg	13	0.313	5	4	6	
Phosphorus	mg	105	3.130	5	30	45	
Potassium	mg	176	8.050	5	50	76	
Sodium	mg	1131	69.658	7	321	486	
Zinc	mg	2.80	0.036	5	0.79	1.20	
Copper	mg	0.072		0	0.020	0.031	
Manganese	mg	0.009		0	0.003	0.004	
Selenium	µg	14.6		0	4.1	6.3	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050	0.004	5	0.014	0.022	
Riboflavin	mg	0.140	0.009	5	0.040	0.060	
Niacin	mg	3.190	0.255	5	0.904	1.372	
Pantothenic acid	mg	0.188		0	0.053	0.081	
Vitamin B-6	mg	0.110	0.004	5	0.031	0.047	
Folate	µg	4		0	1	2	
Vitamin B-12	µg	1.86	0.072	5	0.53	0.80	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.440		0	3.243	4.919	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.090	0.024	5	0.026	0.039	
12:0	g	0.060	0.014	5	0.017	0.026	
14:0	g	0.880	0.057	5	0.249	0.378	
15.0	g						
16:0	g	6.030	0.280	5	1.710	2.593	
17:0	g						
18:0	g	3.860	0.209	5	1.094	1.660	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.970		0	3.677	5.577
14:1	g					
16:1	g	1.530	0.100	5	0.434	0.658
18:1	g	11.440	0.300	5	3.243	4.919
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.050		0	0.298	0.452
18:2	g	0.960	0.138	5	0.272	0.413
18:3	g	0.090	0.048	5	0.026	0.039
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	67	4.472	5	19	29
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.129		0	0.037	0.055
Threonine	g	0.533		0	0.151	0.229
Isoleucine	g	0.609		0	0.173	0.262
Leucine	g	1.036		0	0.294	0.445
Lysine	g	1.081		0	0.306	0.465
Methionine	g	0.327		0	0.093	0.141
Cystine	g	0.181		0	0.051	0.078
Phenylalanine	g	0.508		0	0.144	0.218
Tyrosine	g	0.460		0	0.130	0.198
Valine	g	0.621		0	0.176	0.267
Arginine	g	0.871		0	0.247	0.375
Histidine	g	0.449		0	0.127	0.193
Alanine	g	1.016		0	0.288	0.437
Aspartic acid	g	1.381		0	0.392	0.594
Glutamic acid	g	2.298		0	0.651	0.988
Glycine	g	1.178		0	0.334	0.507
Proline	g	1.016		0	0.288	0.437
Serine	g	0.569		0	0.161	0.245
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 sausage

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.93	0.202	31	19.54		
Energy	kcal	133		0	38		
Energy	kj	556		0	158		
Protein (N x 5.95)	g	20.19	0.185	31	5.72		
Total lipid (fat)	g	4.42	0.187	33	1.25		
Carbohydrate, by difference	g	1.86		0	0.53		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	4.60	0.038	7	1.30		
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	2		
Iron	mg	2.85	0.154	19	0.81		
Magnesium	mg	21	1.021	7	6		
Phosphorus	mg	181	8.693	7	51		
Potassium	mg	377	17.386	7	107		
Sodium	mg	1258	33.904	33	357		
Zinc	mg	3.93	0.370	7	1.11		
Copper	mg	0.026		0	0.007		
Manganese	mg	0.029		0	0.008		
Selenium	µg	19.7		0	5.6		
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.083	0.008	13	0.024		
Riboflavin	mg	0.175	0.004	31	0.050		
Niacin	mg	4.577	0.088	31	1.298		
Pantothenic acid	mg	0.590		1	0.167		
Vitamin B-6	mg	0.350	0.016	33	0.099		
Folate	µg	8		0	2		
Vitamin B-12	µg	1.73	0.073	37	0.49		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.810		0	0.513		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.020	0.008	7	0.006		
12:0	g	0.020	0.008	7	0.006		
14:0	g	0.110	0.017	7	0.031		
15.0	g						
16:0	g	0.940	0.074	7	0.266		
17:0	g						
18:0	g	0.660	0.074	7	0.187		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.830		0	0.519
14:1	g				
16:1	g	0.260	0.037	7	0.074
18:1	g	1.570	0.124	7	0.445
20:1	g	0.000		0	0.000
22.1	g	0.000		0	0.000
Polyunsaturated, total	g	0.230		0	0.065
18:2	g	0.190	0.037	7	0.054
18:3	g	0.040	0.017	7	0.011
18:4	g	0.000		0	0.000
20:4	g	0.000		0	0.000
20:5	g	0.000		0	0.000
22:5	g	0.000		0	0.000
22:6	g	0.000		0	0.000
Cholesterol	mg	46	3.609	8	13
Phytosterols	mg	0		0	0
Amino acids:					
Tryptophan	g	0.165		0	0.047
Threonine	g	0.846		0	0.240
Isoleucine	g	0.827		0	0.234
Leucine	g	1.508		0	0.428
Lysine	g	1.647		0	0.467
Methionine	g	0.488		0	0.138
Cystine	g	0.239		0	0.068
Phenylalanine	g	0.756		0	0.214
Tyrosine	g	0.610		0	0.173
Valine	g	0.927		0	0.263
Arginine	g	1.363		0	0.386
Histidine	g	0.585		0	0.166
Alanine	g	1.334		0	0.378
Aspartic acid	g	1.793		0	0.508
Glutamic acid	g	2.910		0	0.825
Glycine	g	1.499		0	0.425
Proline	g	1.098		0	0.311
Serine	g	0.824		0	0.234
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 slice (1 oz)

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

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	58.10	1.082	24	16.47	12.20	
Energy	kcal	177		0	50	37	
Energy	kj	741		0	210	156	
Protein (N x 5.95)	g	28.11	0.597	24	7.97	5.90	
Total lipid (fat)	g	3.84	0.270	9	1.09	0.81	
Carbohydrate, by difference	g	5.71		0	1.62	1.20	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	4.24	0.105	10	1.20	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.194	7	3	2	
Iron	mg	2.70	0.144	10	0.77	0.57	
Magnesium	mg	19	0.198	10	5	4	
Phosphorus	mg	168	15.496	3	48	35	
Potassium	mg	429	18.054	10	122	90	
Sodium	mg	1439	53.346	10	408	302	
Zinc	mg	3.98	0.218	10	1.13	0.84	
Copper	mg	0.034	0.013	10	0.010	0.007	
Manganese	mg	0.038	0.008	3	0.011	0.008	
Selenium	µg	28.2		0	8.0	5.9	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.006	3	0.023	0.017	
Riboflavin	mg	0.190	0.023	3	0.054	0.040	
Niacin	mg	5.270	0.341	3	1.494	1.107	
Pantothenic acid	mg	0.590		1	0.167	0.124	
Vitamin B-6	mg	0.340	0.115	3	0.096	0.071	
Folate	µg	11		0	3	2	
Vitamin B-12	µg	2.57	0.439	3	0.73	0.54	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.140		0	0.040	0.029	
Lipids:							
Saturated, total	g	1.650		0	0.468	0.347	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.010	0.009	3	0.003	0.002	
12:0	g	0.010	0.007	3	0.003	0.002	
14:0	g	0.090	0.031	3	0.026	0.019	
15.0	g						
16:0	g	0.870	0.104	3	0.247	0.183	
17:0	g						
18:0	g	0.610	0.087	3	0.173	0.128	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.680		0	0.476	0.353
14:1	g					
16:1	g	0.220	0.055	3	0.062	0.046
18:1	g	1.460	0.159	3	0.414	0.307
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.200		0	0.057	0.042
18:2	g	0.170	0.055	3	0.048	0.036
18:3	g	0.020	0.007	3	0.006	0.004
18:4	g	0.000		0	0.000	0.000
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	41	5.541	4	12	9
Phytosterols	mg	0		0	0	0
Amino acids:						
Tryptophan	g	0.229		0	0.065	0.048
Threonine	g	1.178		0	0.334	0.247
Isoleucine	g	1.151		0	0.326	0.242
Leucine	g	2.100		0	0.595	0.441
Lysine	g	2.293		0	0.650	0.482
Methionine	g	0.679		0	0.192	0.143
Cystine	g	0.333		0	0.094	0.070
Phenylalanine	g	1.052		0	0.298	0.221
Tyrosine	g	0.850		0	0.241	0.179
Valine	g	1.291		0	0.366	0.271
Arginine	g	1.898		0	0.538	0.399
Histidine	g	0.814		0	0.231	0.171
Alanine	g	1.857		0	0.526	0.390
Aspartic acid	g	2.496		0	0.708	0.524
Glutamic acid	g	4.052		0	1.149	0.851
Glycine	g	2.087		0	0.592	0.438
Proline	g	1.529		0	0.433	0.321
Serine	g	1.147		0	0.325	0.241
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 5 slices

NDB No. 51641 PIERRE, Pork Sausage Patty - All Meat, cooked, product code 3750, contains USDA commodity 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	Samples	Measure 1* 34g	Measure 2*	Measure 3*
Proximates:							
Water	g	56.30		0	19.15		
Energy	kcal	250		0	85		
Energy	kj	1046		0	356		
Protein (N x 5.95)	g	24.33		0	8.28		
Total lipid (fat)	g	15.49		0	5.27		
Carbohydrate, by difference	g	1.28		0	0.44		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.85		0	0.97		
Sugars, total	g	1.28		0	0.44		
Minerals:							
Calcium	mg	28		0	10		
Iron	mg	1.33		0	0.45		
Magnesium	mg	23		0	8		
Phosphorus	mg	239		0	81		
Potassium	mg	395		0	134		
Sodium	mg	681		0	232		
Zinc	mg	2.30		0	0.78		
Copper	mg	0.047		0	0.016		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	0.2		
Thiamin	mg	0.796		0	0.271		
Riboflavin	mg	0.331		0	0.113		
Niacin	mg	4.190		0	1.425		
Pantothenic acid	mg	0.595		0	0.202		
Vitamin B-6	mg	0.352		0	0.120		
Folate	µg	5		0	2		
Vitamin B-12	µg	0.51		0	0.17		
Vitamin A	IU	28		0	10		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.242		0	0.082		
Lipids:							
Saturated, total	g	5.780		0	1.966		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.920		0	0.653		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.522	0	2.219
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.523	0	0.518
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	79	0	27
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51642 PIERRE, Pork Sausage Patty - All Meat, cooked, product code 3751, contains USDA commodity 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	Samples	Measure 1* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	56.30		0	39.11		
Energy	kcal	250		0	174		
Energy	kj	1046		0	727		
Protein (N x 5.95)	g	24.33		0	16.90		
Total lipid (fat)	g	15.49		0	10.76		
Carbohydrate, by difference	g	1.28		0	0.89		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.85		0	1.98		
Sugars, total	g	1.28		0	0.89		
Minerals:							
Calcium	mg	28		0	19		
Iron	mg	1.33		0	0.92		
Magnesium	mg	23		0	16		
Phosphorus	mg	239		0	166		
Potassium	mg	395		0	274		
Sodium	mg	681		0	473		
Zinc	mg	2.30		0	1.60		
Copper	mg	0.047		0	0.033		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	0.3		
Thiamin	mg	0.796		0	0.553		
Riboflavin	mg	0.331		0	0.230		
Niacin	mg	4.190		0	2.910		
Pantothenic acid	mg	0.595		0	0.413		
Vitamin B-6	mg	0.352		0	0.244		
Folate	µg	5		0	3		
Vitamin B-12	µg	0.51		0	0.35		
Vitamin A	IU	29		0	20		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.242		0	0.168		
Lipids:							
Saturated, total	g	5.780		0	4.015		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.920		0	1.334		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.522	0	4.530
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.523	0	1.058
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	79	0	55
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51643 PIERRE, Pork Sausage Link - All Meat, cooked, product code 3755, contains USDA commodity 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	Samples	Measure 1* 34g	Measure 2*	Measure 3*
Proximates:							
Water	g	56.30		0	19.15		
Energy	kcal	250		0	85		
Energy	kj	1046		0	356		
Protein (N x 5.95)	g	24.33		0	8.28		
Total lipid (fat)	g	15.49		0	5.27		
Carbohydrate, by difference	g	1.28		0	0.44		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.85		0	0.97		
Sugars, total	g	1.28		0	0.44		
Minerals:							
Calcium	mg	28		0	10		
Iron	mg	1.33		0	0.45		
Magnesium	mg	23		0	8		
Phosphorus	mg	239		0	81		
Potassium	mg	395		0	134		
Sodium	mg	681		0	232		
Zinc	mg	2.30		0	0.78		
Copper	mg	0.047		0	0.016		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	0.2		
Thiamin	mg	0.796		0	0.271		
Riboflavin	mg	0.331		0	0.113		
Niacin	mg	4.190		0	1.425		
Pantothenic acid	mg	0.595		0	0.202		
Vitamin B-6	mg	0.352		0	0.120		
Folate	µg	5		0	2		
Vitamin B-12	µg	0.51		0	0.17		
Vitamin A	IU	29		0	10		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.242		0	0.082		
Lipids:							
Saturated, total	g	5.780		0	1.966		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.920		0	0.653		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.522	0	2.219
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.523	0	0.518
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	79	0	27
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51672 PIERRE, Pork Sausage Patty - All Meat, cooked, product code 3850

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 34g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.50		0	18.19		
Energy	kcal	280		0	95		
Energy	kj	1172		0	398		
Protein (N x 5.95)	g	23.29		0	7.92		
Total lipid (fat)	g	19.35		0	6.58		
Carbohydrate, by difference	g	1.52		0	0.52		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.82		0	0.96		
Sugars, total	g	1.28		0	0.44		
Minerals:							
Calcium	mg	31		0	11		
Iron	mg	1.26		0	0.43		
Magnesium	mg	22		0	7		
Phosphorus	mg	233		0	79		
Potassium	mg	381		0	130		
Sodium	mg	679		0	231		
Zinc	mg	2.21		0	0.75		
Copper	mg	0.048		0	0.016		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	0.2		
Thiamin	mg	0.756		0	0.257		
Riboflavin	mg	0.313		0	0.106		
Niacin	mg	4.048		0	1.376		
Pantothenic acid	mg	0.571		0	0.194		
Vitamin B-6	mg	0.333		0	0.113		
Folate	µg	5		0	2		
Vitamin B-12	µg	0.51		0	0.17		
Vitamin A	IU	29		0	10		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.294		0	0.100		
Lipids:							
Saturated, total	g	7.270		0	2.472		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.417		0	0.822		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.184	0	2.783
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.912	0	0.650
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	80	0	27
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51673 PIERRE, Pork Sausage Patty - All Meat, cooked, product code 3851

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	53.49		0	36.91		
Energy	kcal	280		0	193		
Energy	kj	1172		0	809		
Protein (N x 5.95)	g	23.29		0	16.07		
Total lipid (fat)	g	19.35		0	13.35		
Carbohydrate, by difference	g	1.52		0	1.05		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.82		0	1.95		
Sugars, total	g	1.28		0	0.88		
Minerals:							
Calcium	mg	31		0	21		
Iron	mg	1.26		0	0.87		
Magnesium	mg	22		0	15		
Phosphorus	mg	233		0	161		
Potassium	mg	381		0	263		
Sodium	mg	679		0	469		
Zinc	mg	2.21		0	1.52		
Copper	mg	0.048		0	0.033		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	0.3		
Thiamin	mg	0.756		0	0.522		
Riboflavin	mg	0.313		0	0.216		
Niacin	mg	4.048		0	2.793		
Pantothenic acid	mg	0.571		0	0.394		
Vitamin B-6	mg	0.333		0	0.230		
Folate	µg	5		0	3		
Vitamin B-12	µg	0.51		0	0.35		
Vitamin A	IU	29		0	20		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.294		0	0.203		
Lipids:							
Saturated, total	g	7.270		0	5.016		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	2.417		0	1.668		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.184	0	5.647
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.912	0	1.319
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	80	0	55
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			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece