

Basic Report 07236, OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)

Report Date: February 01, 2015 20:45 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 link 9g	1 serving 57g
Proximates				
Water	g	53.20	4.79	30.32
Energy	kcal	315	28	180
Protein	g	13.50	1.22	7.70
Total lipid (fat)	g	28.20	2.54	16.07
Carbohydrate, by difference	g	1.70	0.15	0.97
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.30	0.03	0.17
Minerals				
Calcium, Ca	mg	67	6	38
Iron, Fe	mg	1.24	0.11	0.71
Magnesium, Mg	mg	21	2	12
Phosphorus, P	mg	248	22	141
Potassium, K	mg	152	14	87
Sodium, Na	mg	1036	93	591
Zinc, Zn	mg	2.04	0.18	1.16
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	11.160	1.004	6.361
Fatty acids, total monounsaturated	g	13.190	1.187	7.518
Fatty acids, total polyunsaturated	g	2.790	0.251	1.590
Cholesterol	mg	67	6	38