

## Basic Report 07005, Blood sausage

Report Date: July 21, 2019 23:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 slices 100g
<b>Proximates</b>			
Water	g	47.30	47.30
Energy	kcal	379	379
Protein	g	14.60	14.60
Total lipid (fat)	g	34.50	34.50
Carbohydrate, by difference	g	1.29	1.29
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	1.29	1.29
<b>Minerals</b>			
Calcium, Ca	mg	6	6
Iron, Fe	mg	6.40	6.40
Magnesium, Mg	mg	8	8
Phosphorus, P	mg	22	22
Potassium, K	mg	38	38
Sodium, Na	mg	680	680
Zinc, Zn	mg	1.30	1.30
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.070	0.070
Riboflavin	mg	0.130	0.130
Niacin	mg	1.200	1.200
Vitamin B-6	mg	0.040	0.040
Folate, DFE	µg	5	5
Vitamin B-12	µg	1.00	1.00
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.13	0.13

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>4.0 slices 100g</b>
Vitamin D (D2 + D3)	µg	1.3	1.3
Vitamin D	IU	52	52
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	13.400	13.400
Fatty acids, total monounsaturated	g	15.900	15.900
Fatty acids, total polyunsaturated	g	3.460	3.460
Cholesterol	mg	120	120
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0