

Basic Report 07934, Kielbasa, Polish, turkey and beef, smoked

Report Date: June 24, 2019 05:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 2 oz 56g
Proximates			
Water	g	62.00	34.72
Energy	kcal	226	127
Protein	g	13.10	7.34
Total lipid (fat)	g	17.60	9.86
Carbohydrate, by difference	g	3.90	2.18
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
Minerals			
Iron, Fe	mg	1.24	0.69
Sodium, Na	mg	1200	672
Vitamins			
Vitamin C, total ascorbic acid	mg	14.8	8.3
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Lipids			
Fatty acids, total saturated	g	6.230	3.489
Fatty acids, total monounsaturated	g	8.270	4.631
Fatty acids, total polyunsaturated	g	2.330	1.305
Cholesterol	mg	70	39
Amino Acids			
Other			
Caffeine	mg	0	0