

## Full Report (All Nutrients) 07934, Kielbasa, Polish, turkey and beef, smoked

Report Date: September 19, 2019 15:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Sausages and Luncheon Meats

Carbohydrate Factor: 4 Fat Factor: 9 Protein Factor:4 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 2 oz 56g
<b>Proximates</b>					
Water <a href="#">1</a>	g	62.00	1	--	34.72
Energy <a href="#">1</a>	kcal	226	--	--	127
Energy	kJ	947	--	--	530
Protein <a href="#">1</a>	g	13.10	1	--	7.34
Total lipid (fat) <a href="#">1</a>	g	17.60	1	--	9.86
Ash <a href="#">1</a>	g	3.40	1	--	1.90
Carbohydrate, by difference <a href="#">1</a>	g	3.90	--	--	2.18
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00
<b>Minerals</b>					
Iron, Fe <a href="#">1</a>	mg	1.24	1	--	0.69
Sodium, Na <a href="#">1</a>	mg	1200	1	--	672
<b>Vitamins</b>					
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	14.8	1	--	8.3
Vitamin A, RAE <a href="#">1</a>	µg	0	1	--	0
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU <a href="#">1</a>	IU	0	1	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0

### Lipids

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving 2 oz 56g
Fatty acids, total saturated	g	6.230	1	--	3.489
Fatty acids, total monounsaturated	g	8.270	1	--	4.631
Fatty acids, total polyunsaturated	g	2.330	1	--	1.305
Cholesterol <sup>1</sup>	mg	70	1	--	39
<b>Amino Acids</b>					
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

**Sources of Data**

<sup>1</sup>Food Safety and Inspection Service (FSIS), USDA Nutrient Composition of FSIS 96 NDL SLM Luncheon Meats, 1999