

Basic Report 07019, Sausage, pork, chorizo, link or ground, raw

Report Date: December 15, 2018 01:49 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 link (4" long) 60g
Proximates				
Water	g	54.77	15.53	32.86
Energy	kcal	296	84	178
Protein	g	13.63	3.86	8.18
Total lipid (fat)	g	25.10	7.12	15.06
Carbohydrate, by difference	g	3.78	1.07	2.27
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	19	5	11
Iron, Fe	mg	1.41	0.40	0.85
Magnesium, Mg	mg	20	6	12
Phosphorus, P	mg	149	42	89
Potassium, K	mg	308	87	185
Sodium, Na	mg	788	223	473
Zinc, Zn	mg	1.68	0.48	1.01
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.207	0.059	0.124
Riboflavin	mg	0.310	0.088	0.186
Niacin	mg	5.470	1.551	3.282
Vitamin B-6	mg	0.313	0.089	0.188
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	2.00	0.57	1.20
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.22	0.06	0.13

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	1 link (4" long) 60g
Vitamin D (D2 + D3)	µg	1.5	0.4	0.9
Vitamin D	IU	61	17	37
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	8.595	2.437	5.157
Fatty acids, total monounsaturated	g	10.603	3.006	6.362
Fatty acids, total polyunsaturated	g	4.296	1.218	2.578
Fatty acids, total trans	g	0.123	0.035	0.074
Cholesterol	mg	63	18	38
Amino Acids				
Other				
Caffeine	mg	0	0	0