

Basic Report 07027, Ham, chopped, not canned

Report Date: November 21, 2017 05:07 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice (1 oz) (4" x 4" x 3/32" thick) 28g	1 slice (4-1/4" x 4-1/4" x 1/16") 21g
Proximates				
Water	g	65.30	18.28	13.71
Energy	kcal	180	50	38
Protein	g	16.50	4.62	3.46
Total lipid (fat)	g	10.30	2.88	2.16
Carbohydrate, by difference	g	4.20	1.18	0.88
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	7	2	1
Iron, Fe	mg	0.83	0.23	0.17
Magnesium, Mg	mg	16	4	3
Phosphorus, P	mg	155	43	33
Potassium, K	mg	319	89	67
Sodium, Na	mg	1039	291	218
Zinc, Zn	mg	1.94	0.54	0.41
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.632	0.177	0.133
Riboflavin	mg	0.204	0.057	0.043
Niacin	mg	3.880	1.086	0.815
Vitamin B-6	mg	0.350	0.098	0.073
Folate, DFE	µg	1	0	0
Vitamin B-12	µg	0.92	0.26	0.19
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.23	0.06	0.05

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Vitamin D (D2 + D3)	µg	0.7	0.2	0.1
Vitamin D	IU	29	8	6
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	3.422	0.958	0.719
Fatty acids, total monounsaturated	g	4.897	1.371	1.028
Fatty acids, total polyunsaturated	g	1.260	0.353	0.265
Cholesterol	mg	59	17	12
Amino Acids				
Other				
Caffeine	mg	0	0	0