

## Basic Report 07034, Headcheese, pork

Report Date: June 18, 2019 13:13 EDT

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	45.0 g 45g
<b>Proximates</b>				
Water	g	73.84	20.68	33.23
Energy	kcal	157	44	71
Protein	g	13.83	3.87	6.22
Total lipid (fat)	g	10.90	3.05	4.91
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	16	4	7
Iron, Fe	mg	1.50	0.42	0.68
Magnesium, Mg	mg	9	3	4
Phosphorus, P	mg	56	16	25
Potassium, K	mg	31	9	14
Sodium, Na	mg	941	263	423
Zinc, Zn	mg	0.97	0.27	0.44
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.023	0.006	0.010
Riboflavin	mg	0.115	0.032	0.052
Niacin	mg	0.440	0.123	0.198
Vitamin B-6	mg	0.190	0.053	0.086
Folate, DFE	µg	2	1	1
Vitamin B-12	µg	1.05	0.29	0.47
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.25	0.07	0.11

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Vitamin D (D2 + D3)	µg	0.9	0.3	0.4
Vitamin D	IU	37	10	17
Vitamin K (phylloquinone)	µg	3.4	1.0	1.5
<b>Lipids</b>				
Fatty acids, total saturated	g	3.402	0.953	1.531
Fatty acids, total monounsaturated	g	5.601	1.568	2.520
Fatty acids, total polyunsaturated	g	1.134	0.318	0.510
Cholesterol	mg	69	19	31
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0