

**Basic Report 07907, USDA Commodity, pork sausage, bulk/links/patties, frozen, raw**

Report Date: August 22, 2017 18:41 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 link 28g
<b>Proximates</b>			
Water	g	64.92	18.18
Energy	kcal	231	65
Protein	g	14.95	4.19
Total lipid (fat)	g	18.56	5.20
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
<b>Minerals</b>			
Calcium, Ca	mg	9	3
Iron, Fe	mg	0.99	0.28
Magnesium, Mg	mg	17	5
Phosphorus, P	mg	162	45
Potassium, K	mg	231	65
Sodium, Na	mg	507	142
Zinc, Zn	mg	2.39	0.67
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.688	0.193
Riboflavin	mg	0.223	0.062
Niacin	mg	2.619	0.733
Vitamin B-6	mg	0.234	0.066
Folate, DFE	µg	3	1
Vitamin B-12	µg	0.84	0.24
Vitamin A, RAE	µg	12	3
Vitamin A, IU	IU	40	11
<b>Lipids</b>			
Fatty acids, total saturated	g	4.968	1.391

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 link 28g</b>
Fatty acids, total monounsaturated	g	8.061	2.257
Fatty acids, total polyunsaturated	g	2.246	0.629
Cholesterol	mg	73	20

**Amino Acids**

**Other**