

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

Report Date: June 28, 2017 03:02 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 link 28g
Proximates			
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
Minerals			
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
Vitamins			
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
Lipids			
Fatty acids, total saturated	g	4.968	1.391

Nutrient	Unit	1 Value Per100 g	1 link 28g
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			