

Basic Report 07007, Bologna, beef

Report Date: September 15, 2019 12:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice 30g	1 serving 28g
Proximates				
Water	g	55.31	16.59	15.49
Energy	kcal	299	90	84
Protein	g	10.91	3.27	3.05
Total lipid (fat)	g	26.13	7.84	7.32
Carbohydrate, by difference	g	4.29	1.29	1.20
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	2.05	0.61	0.57
Minerals				
Calcium, Ca	mg	21	6	6
Iron, Fe	mg	1.29	0.39	0.36
Magnesium, Mg	mg	13	4	4
Phosphorus, P	mg	154	46	43
Potassium, K	mg	351	105	98
Sodium, Na	mg	1013	304	284
Zinc, Zn	mg	1.93	0.58	0.54
Vitamins				
Vitamin C, total ascorbic acid	mg	15.2	4.6	4.3
Thiamin	mg	0.030	0.009	0.008
Riboflavin	mg	0.065	0.020	0.018
Niacin	mg	2.321	0.696	0.650
Vitamin B-6	mg	0.157	0.047	0.044
Folate, DFE	µg	3	1	1
Vitamin B-12	µg	1.19	0.36	0.33
Vitamin A, RAE	µg	19	6	5
Vitamin A, IU	IU	90	27	25
Vitamin E (alpha-tocopherol)	mg	0.56	0.17	0.16

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Vitamin D (D2 + D3)	µg	0.7	0.2	0.2
Vitamin D	IU	28	8	8
Vitamin K (phylloquinone)	µg	2.4	0.7	0.7
Lipids				
Fatty acids, total saturated	g	10.487	3.146	2.936
Fatty acids, total monounsaturated	g	12.198	3.659	3.415
Fatty acids, total polyunsaturated	g	1.182	0.355	0.331
Fatty acids, total trans	g	1.370	0.411	0.384
Cholesterol	mg	57	17	16
Amino Acids				
Other				
Caffeine	mg	0	0	0