

## Basic Report 07016, Cheesefurter, cheese smokie, pork, beef

Report Date: September 18, 2019 20:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	2.0 links 100g
<b>Proximates</b>			
Water	g	52.50	52.50
Energy	kcal	328	328
Protein	g	14.10	14.10
Total lipid (fat)	g	29.00	29.00
Carbohydrate, by difference	g	1.51	1.51
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	1.51	1.51
<b>Minerals</b>			
Calcium, Ca	mg	58	58
Iron, Fe	mg	1.08	1.08
Magnesium, Mg	mg	13	13
Phosphorus, P	mg	178	178
Potassium, K	mg	206	206
Sodium, Na	mg	1082	1082
Zinc, Zn	mg	2.25	2.25
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.250	0.250
Riboflavin	mg	0.160	0.160
Niacin	mg	2.900	2.900
Vitamin B-6	mg	0.130	0.130
Folate, DFE	µg	3	3
Vitamin B-12	µg	1.73	1.73
Vitamin A, RAE	µg	6	6
Vitamin A, IU	IU	19	19
Vitamin E (alpha-tocopherol)	mg	0.24	0.24

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>2.0 links 100g</b>
Vitamin D (D2 + D3)	µg	0.3	0.3
Vitamin D	IU	12	12
Vitamin K (phylloquinone)	µg	1.6	1.6
<b>Lipids</b>			
Fatty acids, total saturated	g	10.470	10.470
Fatty acids, total monounsaturated	g	13.640	13.640
Fatty acids, total polyunsaturated	g	3.020	3.020
Cholesterol	mg	68	68
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0