

## Basic Report 07041, Liver sausage, liverwurst, pork

Report Date: June 18, 2019 06:58 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice (2-1/2" dia x 1/4" thick) 18g	1 oz 28.35g
<b>Proximates</b>				
Water	g	52.10	9.38	14.77
Energy	kcal	326	59	92
Protein	g	14.10	2.54	4.00
Total lipid (fat)	g	28.50	5.13	8.08
Carbohydrate, by difference	g	2.20	0.40	0.62
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	26	5	7
Iron, Fe	mg	6.40	1.15	1.81
Magnesium, Mg	mg	12	2	3
Phosphorus, P	mg	230	41	65
Potassium, K	mg	170	31	48
Sodium, Na	mg	860	155	244
Zinc, Zn	mg	2.30	0.41	0.65
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.272	0.049	0.077
Riboflavin	mg	1.030	0.185	0.292
Niacin	mg	4.300	0.774	1.219
Vitamin B-6	mg	0.190	0.034	0.054
Folate, DFE	µg	30	5	9
Vitamin B-12	µg	13.46	2.42	3.82
Vitamin A, RAE	µg	8308	1495	2355
Vitamin A, IU	IU	27667	4980	7844
<b>Lipids</b>				
Fatty acids, total saturated	g	10.600	1.908	3.005

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Fatty acids, total monounsaturated	g	13.340	2.401	3.782
Fatty acids, total polyunsaturated	g	2.600	0.468	0.737
Cholesterol	mg	158	28	45
<b>Amino Acids</b>				
<b>Other</b>				