

Basic Report 07070, Salami, cooked, turkey

Report Date: June 19, 2019 15:16 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 28g
Proximates			
Water	g	68.80	19.26
Energy	kcal	172	48
Protein	g	19.20	5.38
Total lipid (fat)	g	9.21	2.58
Carbohydrate, by difference	g	1.55	0.43
Fiber, total dietary	g	0.1	0.0
Sugars, total	g	1.12	0.31
Minerals			
Calcium, Ca	mg	40	11
Iron, Fe	mg	1.25	0.35
Magnesium, Mg	mg	22	6
Phosphorus, P	mg	266	74
Potassium, K	mg	216	60
Sodium, Na	mg	1107	310
Zinc, Zn	mg	2.32	0.65
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.426	0.119
Riboflavin	mg	0.303	0.085
Niacin	mg	3.979	1.114
Vitamin B-6	mg	0.427	0.120
Folate, DFE	µg	10	3
Vitamin B-12	µg	0.99	0.28
Vitamin A, RAE	µg	2	1
Vitamin A, IU	IU	6	2
Vitamin E (alpha-tocopherol)	mg	0.24	0.07

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Vitamin D (D2 + D3)	µg	0.6	0.2
Vitamin D	IU	24	7
Vitamin K (phylloquinone)	µg	1.3	0.4
Lipids			
Fatty acids, total saturated	g	2.783	0.779
Fatty acids, total monounsaturated	g	3.172	0.888
Fatty acids, total polyunsaturated	g	2.466	0.690
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	76	21
Amino Acids			
Other			
Caffeine	mg	0	0