

Basic Report 07072, Salami, dry or hard, pork, beef

Report Date: September 18, 2019 07:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice 9.8g	1 oz 28g	3.0 slices 1 serving 27g
Proximates					
Water	g	41.19	4.04	11.53	11.12
Energy	kcal	378	37	106	102
Protein	g	21.07	2.06	5.90	5.69
Total lipid (fat)	g	31.65	3.10	8.86	8.55
Carbohydrate, by difference	g	0.72	0.07	0.20	0.19
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.26	0.03	0.07	0.07
Minerals					
Calcium, Ca	mg	24	2	7	6
Iron, Fe	mg	1.36	0.13	0.38	0.37
Magnesium, Mg	mg	20	2	6	5
Phosphorus, P	mg	192	19	54	52
Potassium, K	mg	363	36	102	98
Sodium, Na	mg	1756	172	492	474
Zinc, Zn	mg	2.67	0.26	0.75	0.72
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.386	0.038	0.108	0.104
Riboflavin	mg	0.196	0.019	0.055	0.053
Niacin	mg	6.105	0.598	1.709	1.648
Vitamin B-6	mg	0.441	0.043	0.123	0.119
Folate, DFE	µg	0	0	0	0
Vitamin B-12	µg	1.15	0.11	0.32	0.31
Vitamin A, RAE	µg	11	1	3	3
Vitamin A, IU	IU	36	4	10	10
Vitamin E (alpha-tocopherol)	mg	0.64	0.06	0.18	0.17

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Vitamin D (D2 + D3)	µg	0.9	0.1	0.3	0.2
Vitamin D	IU	36	4	10	10
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	11.418	1.119	3.197	3.083
Fatty acids, total monounsaturated	g	14.717	1.442	4.121	3.974
Fatty acids, total polyunsaturated	g	4.895	0.480	1.371	1.322
Fatty acids, total trans	g	0.480	0.047	0.134	0.130
Cholesterol	mg	108	11	30	29
Amino Acids					
Other					
Caffeine	mg	0	0	0	0